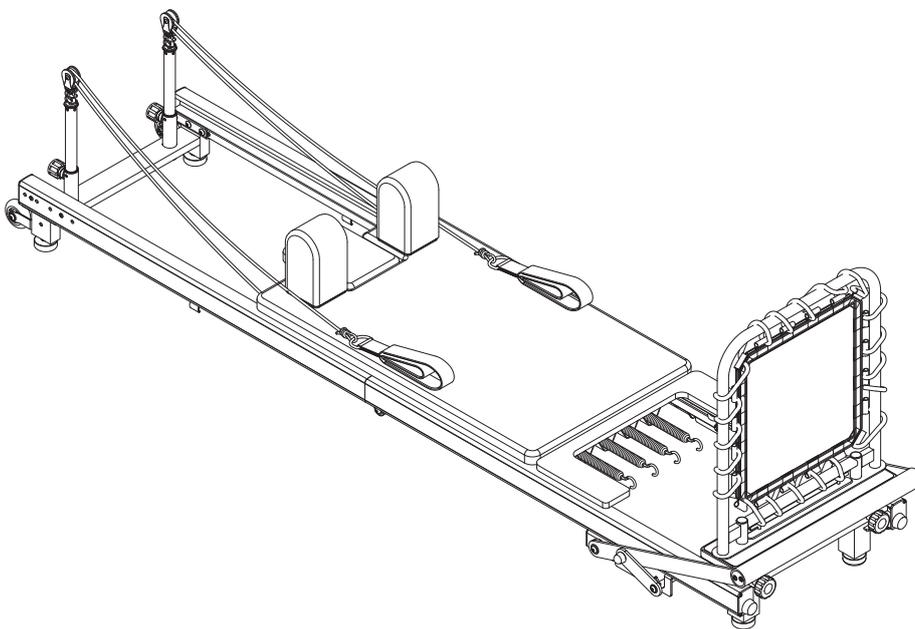


AeroPilates®

LESS STRESS | MORE HEART

PRECISION SERIES REFORMER

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:

Weight on this product should not exceed 350 lbs.

This Product is Distributed Exclusively by



4435 West Manufacturers Street, Springfield, MO 65803

Customer Care

1 (800) 375-7520

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#: 55-5615

S/N: _____

United States and/or International patents apply and/or are pending. See www.staminaproducts.com for details.

**STAMINA PRODUCTS
MADE IN CHINA**

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2025, 10



ACCESS YOUR ONLINE WORKOUT VIDEOS!

How to Access Your Videos

1. Go to video.staminaproducts.com
2. Click 
3. Enter your product VIDEO CODE

*Your **video code** is the model number.*

Coupon Code*

55-5615

REDEEM

Digital product only. No physical DVD will be shipped.

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SAFETY INSTRUCTIONS

⚠ WARNING Cancer and Reproductive Harm 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. Failure to follow all warnings and instructions could result in serious injury or death.

⚠ WARNING The Bungee Cord(155) contain natural rubber latex which may cause allergic reactions.

⚠ WARNING To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates Precision Series Reformer.

- The AeroPilates Precision Series Reformer 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 assembly of this product.
- Keep children and pets away from the AeroPilates Precision Series Reformer at all times. This product is for adult use only.
- When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and to the product.
- It is recommended that you place this product on an equipment mat.
- Set up and operate the AeroPilates Precision Series Reformer on a solid level surface. Do not position the product on loose or uneven surfaces.
- Make sure that adequate space is available for access to and around the product.
- When folding or unfolding the AeroPilates Precision Series Reformer, keep all children away from the AeroPilates Precision Series Reformer and make sure your hands are clear of any folding or pinch point.
- 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 AeroPilates Precision Series Reformer.
- Be careful to maintain your balance while assembling, mounting, using and dismounting the AeroPilates Precision Series Reformer. Loss of balance may result in a fall or serious bodily injury.
- The AeroPilates Precision Series Reformer should not be used by persons weighing over 350 pounds.
- The AeroPilates Precision Series Reformer 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



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FAX

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Street, Springfield, MO 65803

 facebook.com/StaminaProducts
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 AeroPilates Precision Series Reformer. 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 AeroPilates Precision Series Reformer 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

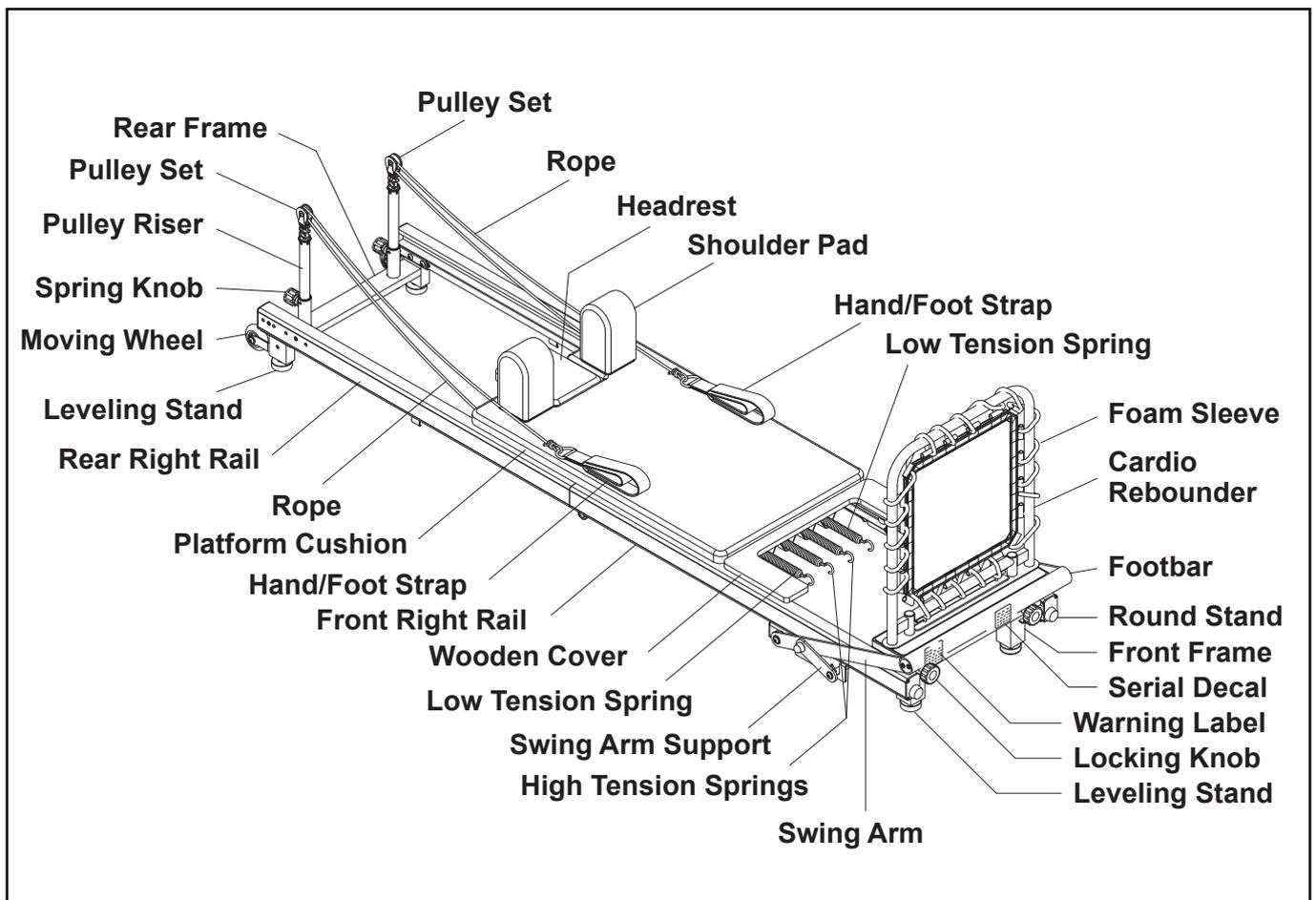
number and serial number are required when calling for assistance.

Read this manual carefully before using the AeroPilates Precision Series Reformer.

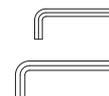
Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your AeroPilates Precision Series Reformer, please do not return the product. Contact us **FIRST!**

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. 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 ASSEMBLY:



Allen Wrench (4mm)

Allen Wrench (6mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the AeroPilates Precision Series Reformer. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

WARNING LABEL(160)



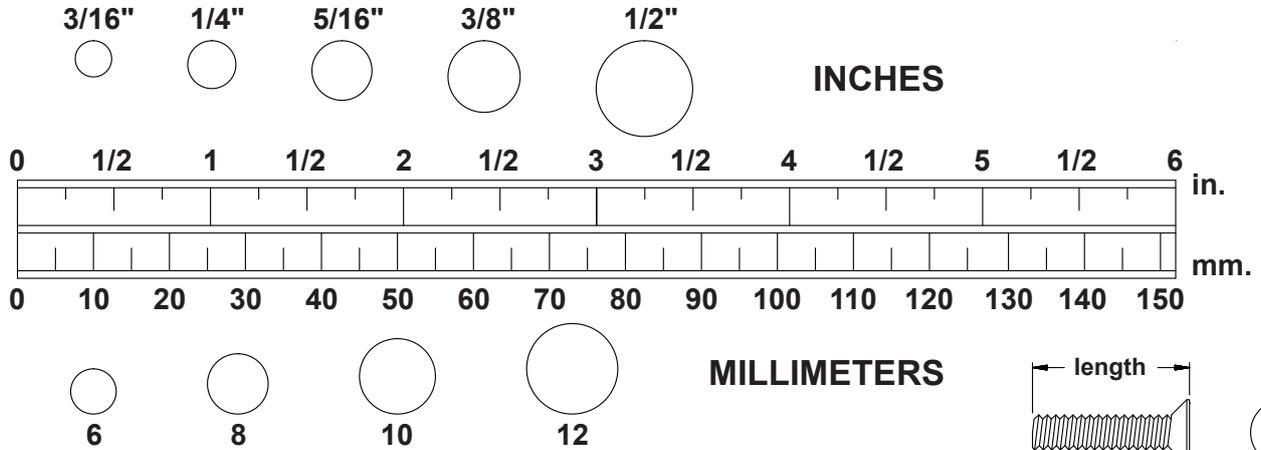
SERIAL DECAL(161)



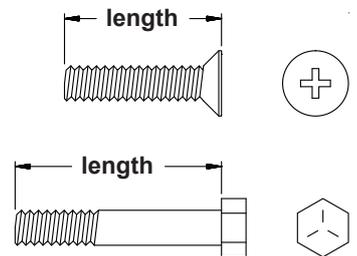
To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

HARDWARE IDENTIFICATION CHART

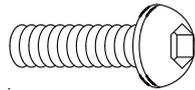
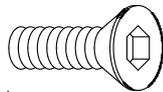
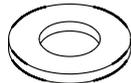
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description	Qty
	71 Bolt, Button Head (M8 x 1.25 x 20mm)	2
	76 Bolt, Button Head (M10 x 1.5 x 35mm)	2
	84 Bolt, Flat Socket Head (M8 x 1.25 x 20mm)	4
	94 Washer (M8)	2
	95 Washer (M10)	4
	104 Nylock Nut (M10 x 1.5)	2

ASSEMBLY INSTRUCTIONS

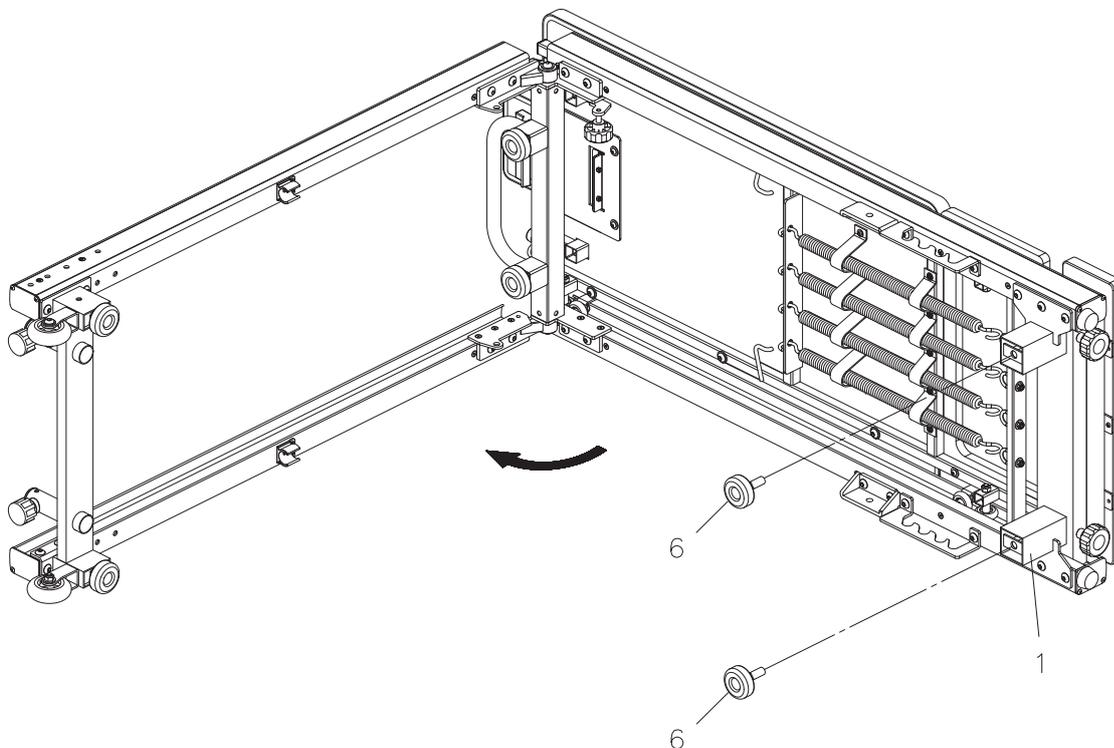
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Customer Care section and order the part needed, e-mail us at 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 AeroPilates Precision Series Reformer from its packaging, placing the product on its side. Unfold the **REAR FRAME ASSEMBLY** half way as shown in the illustration. Attach the **LEVELING STANDS(6)** to the **FRONT FRAME(1)**.

⚠ CAUTION Keep hands clear of the hinge when folding and unfolding the unit.



ASSEMBLY INSTRUCTIONS

⚠ CAUTION Keep hands clear of the hinge when folding and unfolding the unit.

STEP 2

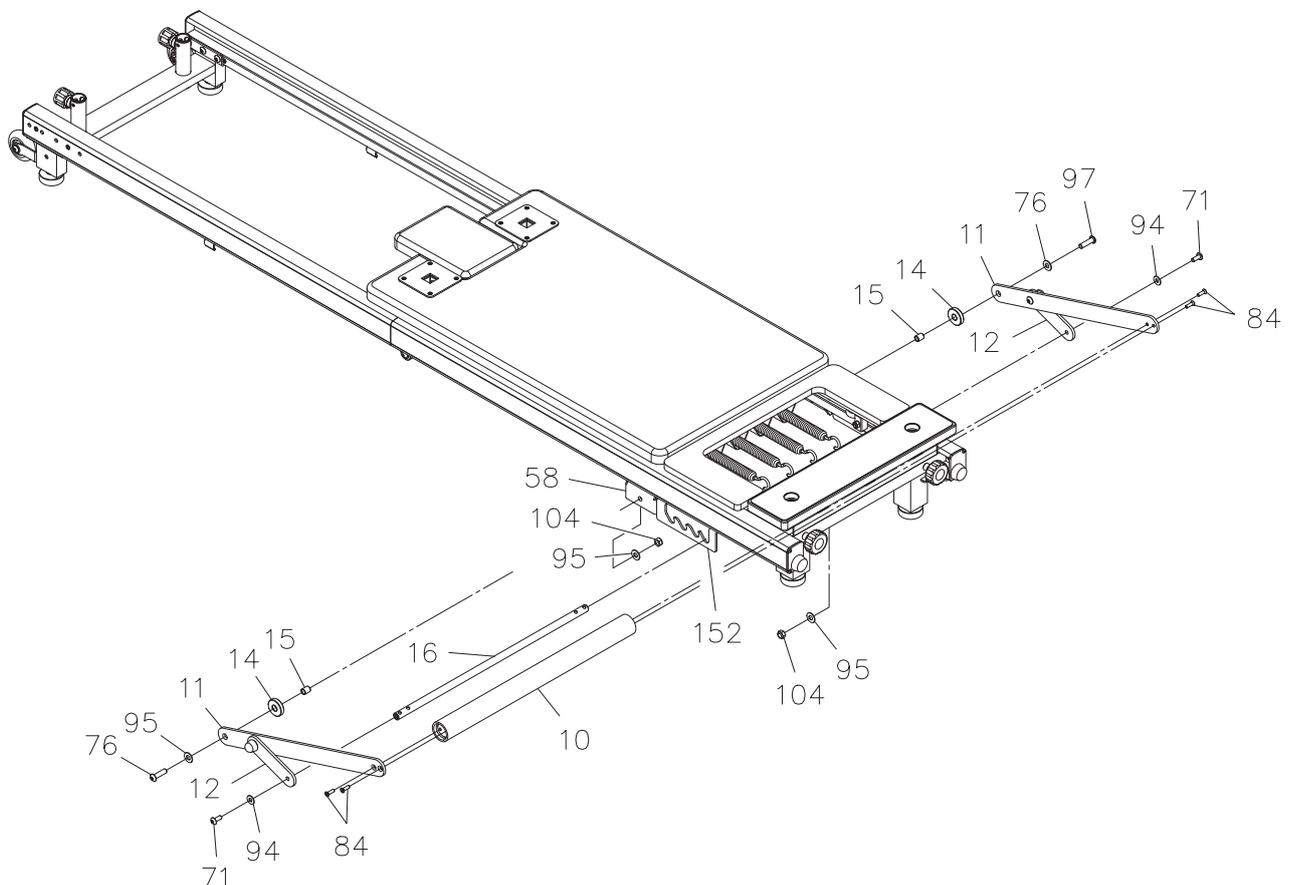
Unfold your AeroPilates Precision Series Reformer to a flat position by moving the **REAR FRAME ASSEMBLY** away from the **FRONT FRAME ASSEMBLY** in a clockwise position until fully extended. Lower the AeroPilates Precision Series Reformer so all six legs are flat on the floor. Refer to illustration below.

STEP 3

Attach the **SWING ARMS(11)** to the **MOUNTING BRACKETS(58)** on both sides of the AeroPilates Precision Series Reformer with **BUTTON HEAD BOLTS(M5x0.8x35mm)(76)**, **WASHERS(M10)(95)**, **PLASTIC CAPS(14)**, and **SWING ARM SPACERS(15)**.

STEP 4

Insert the **CROSSBAR(16)** through the **LEFT** and **RIGHT ADJUSTMENT CRADLES(151, 152)**. Attach the **SWING ARM SUPPORTS(12)** to the end of the **CROSSBAR(16)** on both sides with **BUTTON HEAD BOLTS(M8x1.25x20mm)(71)** and **WASHER(M8)(94)**. You need to use two Allen Wrenches to tighten the **BUTTON HEAD BOLTS(M8x1.25x20mm)(71)** at both ends of the **CROSSBAR(16)** at the same time. Attach the **SWING ARMS(11)** to both ends of the **FOOTBAR(10)** with **FLAT SOCKET HEAD BOLTS(M6x1x20mm)(84)**.



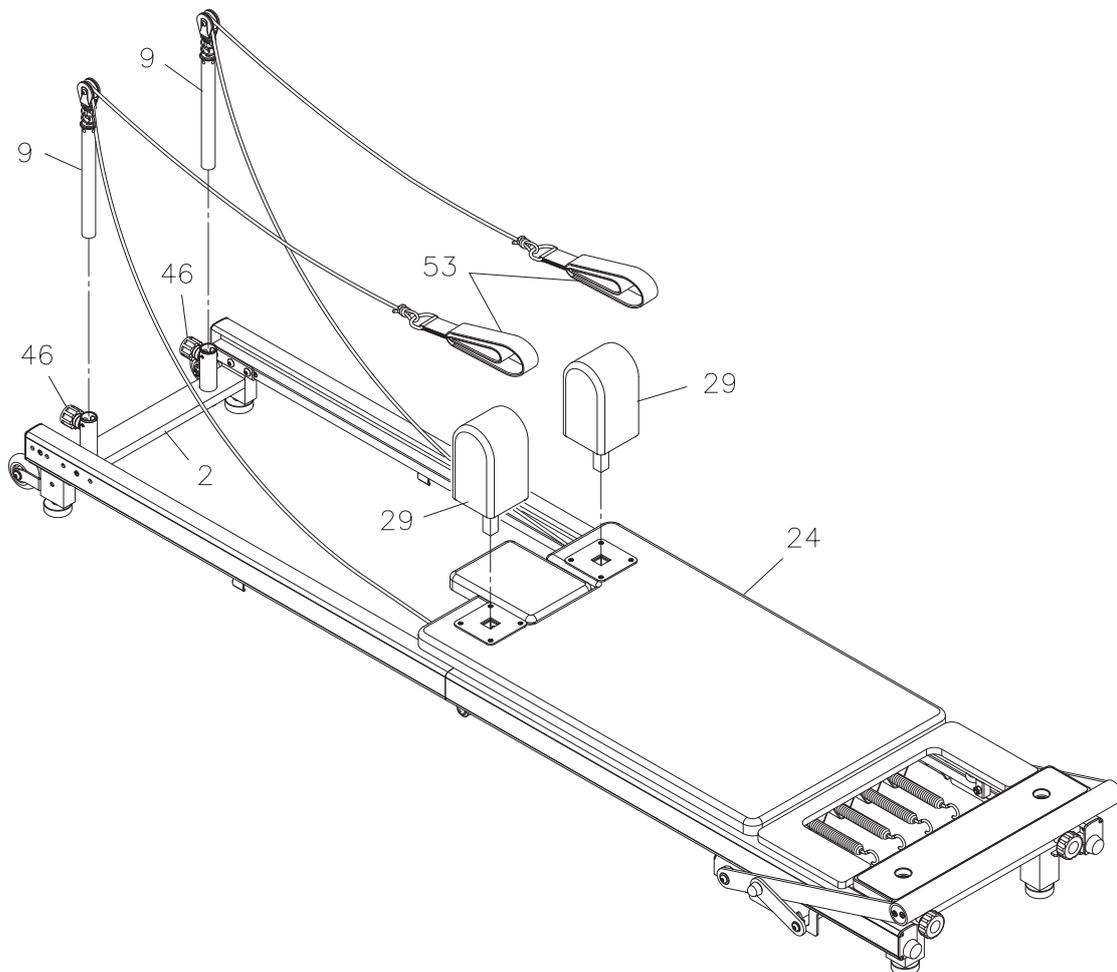
ASSEMBLY INSTRUCTIONS

STEP 5

Pull the **SPRING KNOBS(46)** and insert the **PULLEY RISERS(9)** into the mounting holes in the **REAR FRAME(2)**. Align the desired adjustment hole of the **PULLEY RISERS(16)** with the pin of the **SPRING KNOBS(46)** and tighten the **SPRING KNOBS(46)**.

STEP 6

Insert the **SHOULDER PADS(29)** into the holes located on the **PLATFORM CUSHION(24)**. Place the **HAND/FOOT STRAPS(53)** onto the **SHOULDER PADS(29)** for storage.

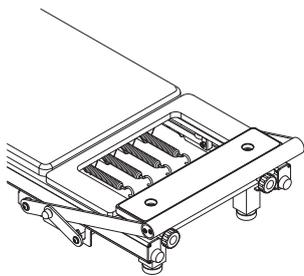
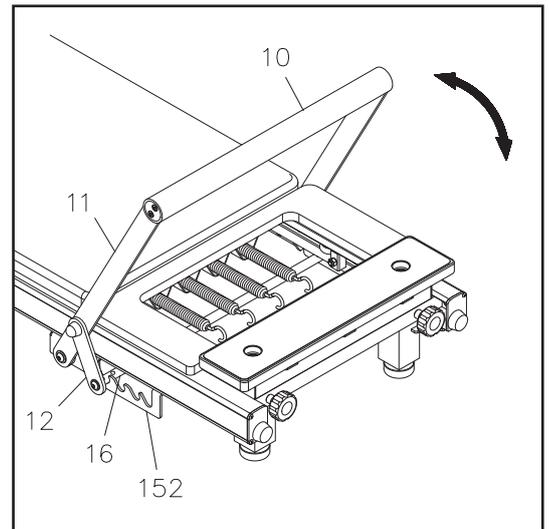


OPERATIONAL INSTRUCTIONS

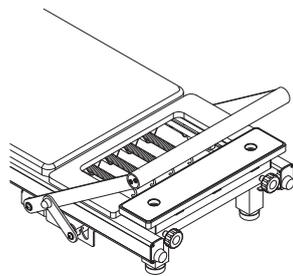
FOOTBAR ADJUSTMENT

The **FOOTBAR(10)** can be adjusted to the desired position by slightly lifting the **FOOTBAR(10)**, moving the **SWING ARM SUPPORT(12)**, and placing the **CROSSBAR(16)** into the different grooves of the **LEFT and RIGHT ADJUSTMENT CRADLES(151, 152)**.

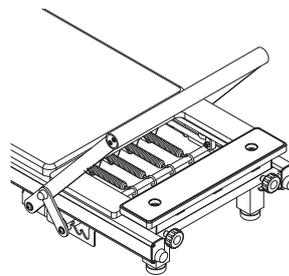
The **FOOTBAR(10)** can be adjusted to four positions. Refer to the following illustrations for the four positions of the **FOOTBAR(10)**.



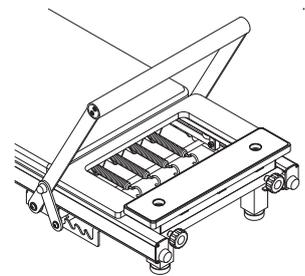
Position 1



Position 2



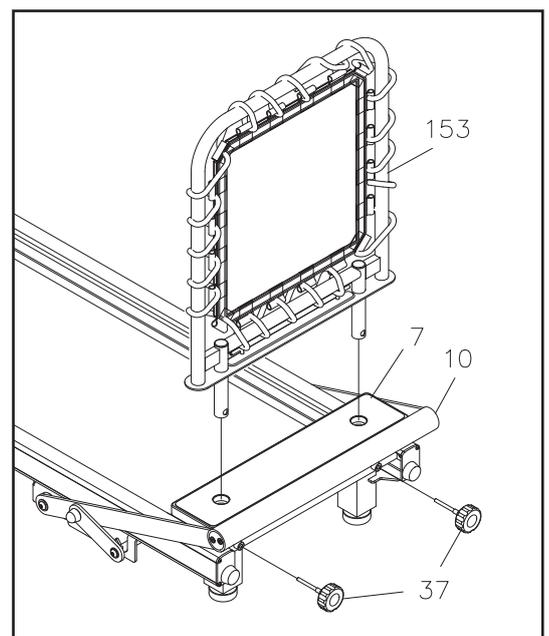
Position 3



Position 4

USING THE CARDIO REBOUNDER

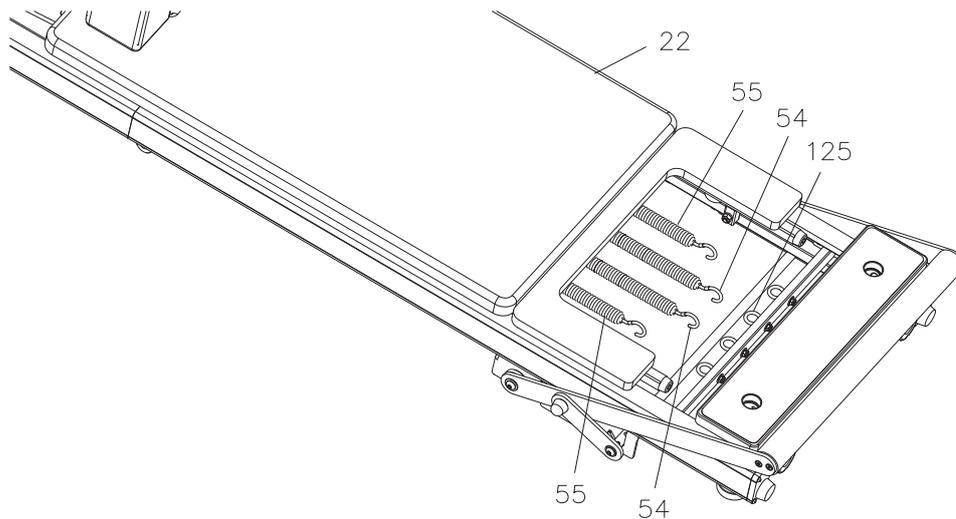
The **CARDIO REBOUNDER(153)** can be used to assist your exercise. To use, adjust the **FOOTBAR(10)** to the lowest position, make sure that the holes in the **CARDIO REBOUNDER(153)** are facing toward the end of the AeroPilates Precision Series Reformer. Insert the **CARDIO REBOUNDER(153)** into the mounting holes located in the **WOODEN PLATFORM(7)** and **FRONT FRAME(1)**. Insert the **CARDIO REBOUNDER(153)** all the way to the bottom and lock it in place with the **LOCKING KNOBS(37)**.



OPERATIONAL INSTRUCTIONS

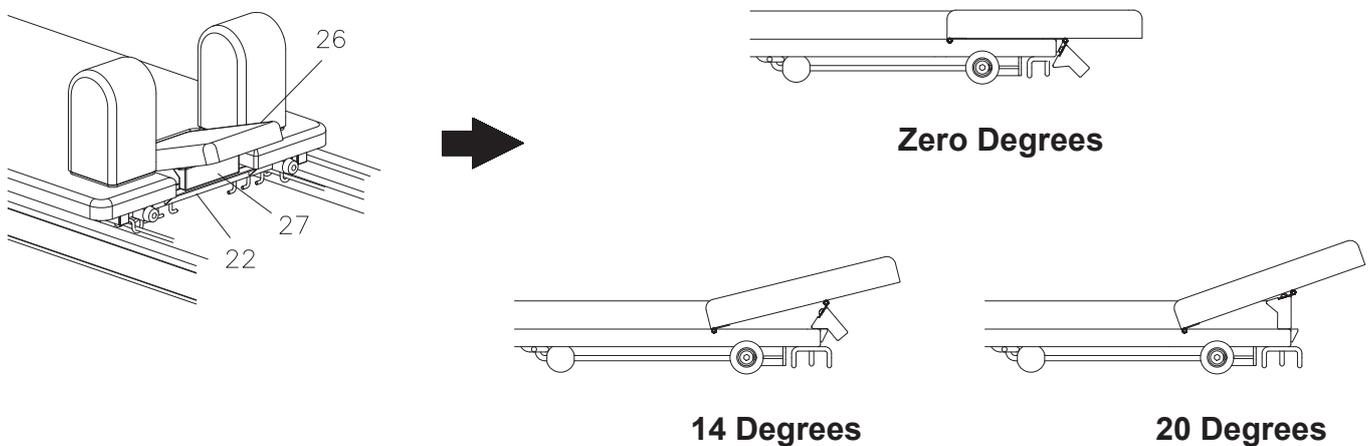
LOAD ADJUSTMENT

The AeroPilates Precision Series Reformer has four springs: two **HIGH TENSION SPRINGS(54)** identified with yellow bands and two **LOW TENSION SPRINGS(55)** identified with blue bands. The resistance of the **PLATFORM(22)** can be adjusted by attaching the springs to the **EYEHOOKS(125)**. Springs are easily changed between exercises for an uninterrupted workout. The workout wall chart recommends how many and which springs to use for each exercise.



HEADREST ADJUSTMENT

The **HEADREST(26)** on the **PLATFORM(22)** can be positioned at three different angles, 0°, 14°, and 20°. Simply pivot the **ANGLE ADJUSTER(27)** underneath the **HEADREST(26)**.

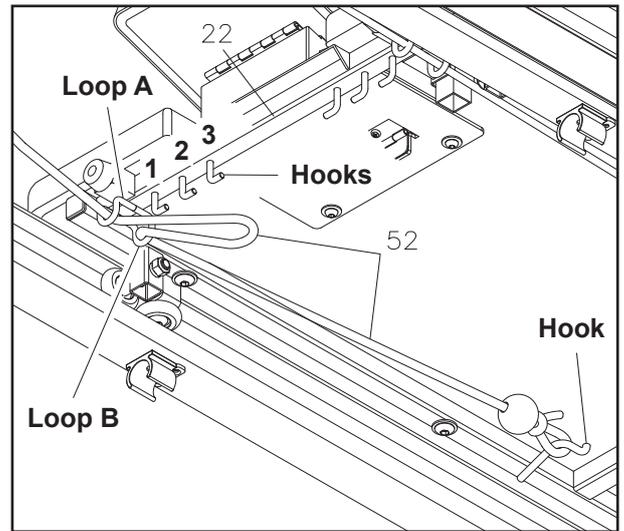


OPERATIONAL INSTRUCTIONS

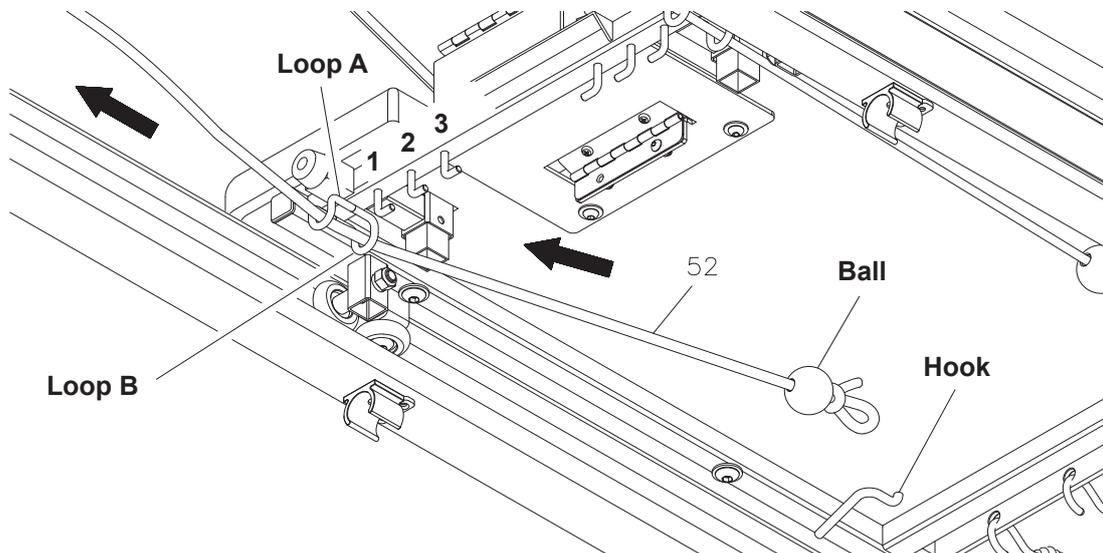
ROPE LENGTH ADJUSTMENT

The **ROPE(52)** feeds through the **PULLEY SET(149)**, **Loop A** and **Loop B**, then the ball end is attached on the hook on the underside of the top edge of the **PLATFORM(22)**.

You can adjust the length between the **PULLEY SET(149)** and the **HAND/FOOT STRAP(53)**. Pull the **ROPE(52)** from the gap between **Loop A** and **Loop B** and hang the **ROPE(52)** onto one of the three hooks.



If more length is needed, unhook the ball end of the **ROPE(52)** from the hook. The ball will stop at **Loop B**, making this rope 16 inches longer. You can still pull the **ROPE(52)** from the gap between **Loop A** and **Loop B** and hang the **ROPE(52)** onto one of the three hooks to adjust the length.



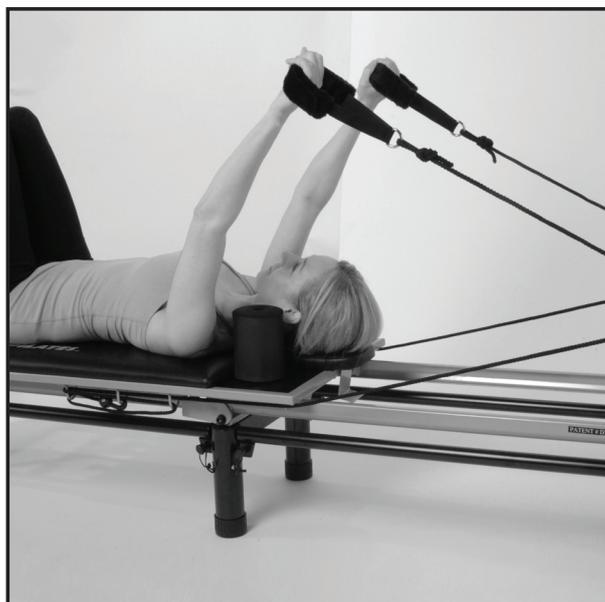
OPERATIONAL INSTRUCTIONS

CUSTOMIZING ROPE LENGTH

Ideal rope length will vary depending on your height and limb length. To determine your ideal rope length, begin by placing the hand/foot straps over the shoulder rests as shown below. Adjust the ropes so they are taut. For complete rope length adjustment instructions, see additional Rope Length Adjustment instructions in this Owner's Manual.



Next, lie on the reformer with your hands in the straps with shoulders against the shoulder rests. Reach your hands toward the ceiling until they are directly over the back edge of the reformer platform as shown below. In this position, the reformer platform should be at rest with no tension on the ropes. If there is still tension on the ropes in this position, lengthen the ropes. If you lose tension before reaching the arm position shown below, shorten the ropes.

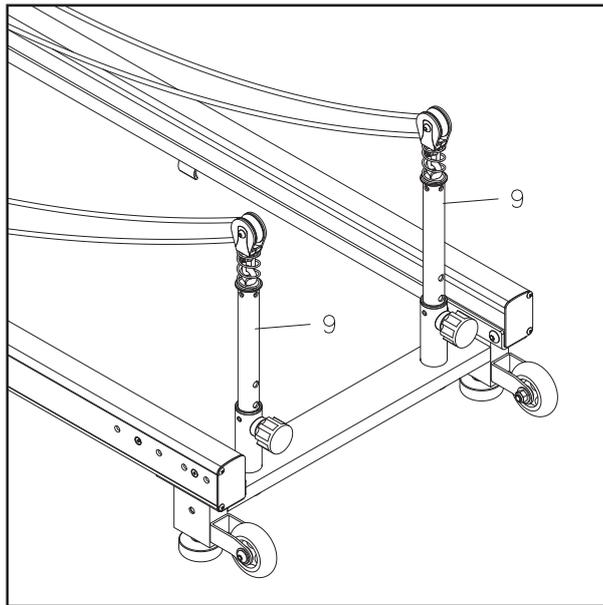


OPERATIONAL INSTRUCTIONS

PULLEY HEIGHT ADJUSTMENT

Standard Setting- the top setting

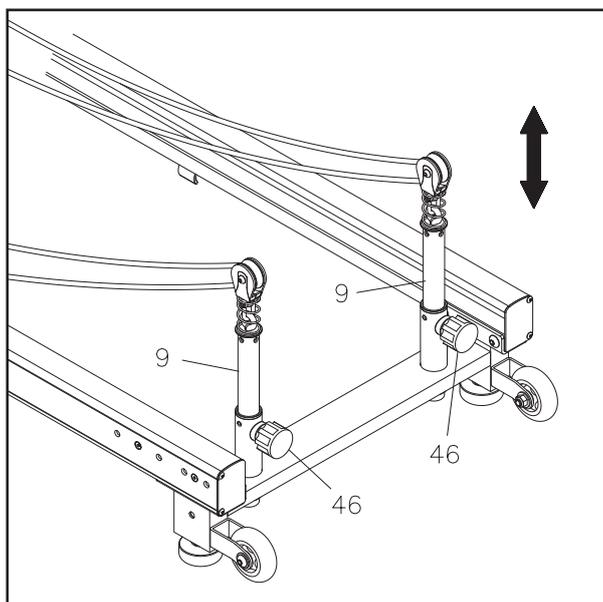
The standard height setting for the reformer pulleys is the top setting. At the top setting, the pull of the ropes provides the most support and feedback for the body. Place your pulleys at the top setting to most easily achieve proper form and to engage the core muscles.



Variable settings- lower settings

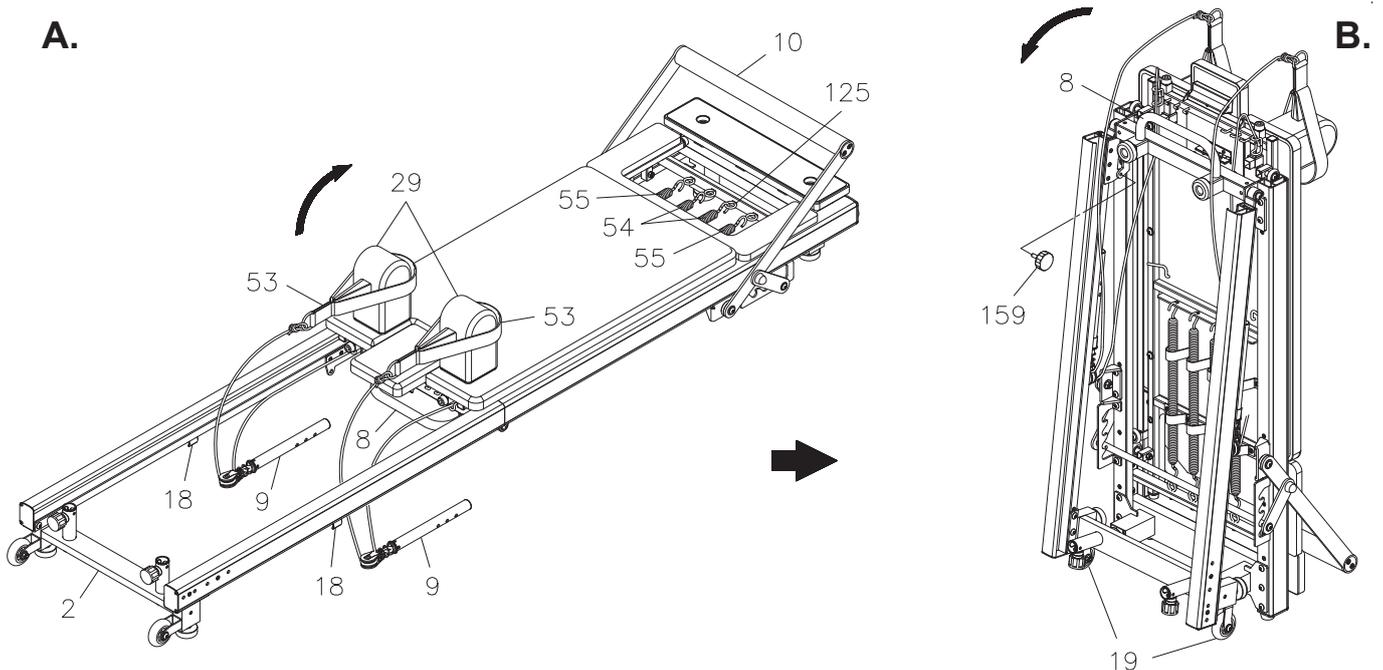
You can add variety to your routine by using different pulley settings. The lower you set the pulleys, the less guidance and support you receive from the ropes. By providing less guidance and support, the lower settings further challenge strength and coordination.

There are four adjustment holes in the **PULLEY RISERS(9)**. Unscrew and pull the **SPRING KNOBS(46)** to adjust the **PULLEY RISERS(9)** up or down, and then lock in desired position with the **SPRING KNOBS(46)**.



STORAGE

- To store the AeroPilates Precision Series Reformer, simply keep it in a clean dry place.
- It is recommended that two people be available to move the AeroPilates Precision Series Reformer.
- To move the AeroPilates Precision Series Reformer in the opened position: First, Move the **PLATFORM(22)** to the back end. Second, grasp the **FRONT FRAME(1)** and lift the unit from the front. Third, roll the AeroPilates Precision Series Reformer on the **MOVING WHEELS(19)** that are attached to the **REAR FRAME(2)**.
- Follow the illustrated process below to fold the AeroPilates Precision Series Reformer for storage.
 1. Place the **HAND/FOOT STRAPS(53)** onto the **SHOULDER PADS(29)** for storage. Remove the **PULLEY RISERS(9)** from the **REAR FRAME(2)**, and then push them into the **CLIPS(18)** under the rear rails for storage. Hook one of the **SPRINGS(54, 55)** to the **EYEHOOKS(125)**. Adjust the **FOOTBAR(10)** to position 2 as shown in illustration A.
 2. Fold the AeroPilates Precision Series Reformer by lifting the handle of the **MIDDLE FRAME(8)**. Refer to illustration B. Use the **DOME KNOB(159)** to lock the Reformer in the locked position.
- To move the AeroPilates Precision Series Reformer in the folded position: Grasp the handle of the **MIDDLE FRAME(8)**, tilt the Reformer slightly backward, and carefully roll the AeroPilates Precision Series Reformer on the **MOVING WHEELS(19)**.



MAINTENANCE

The safety and integrity designed into the AeroPilates Precision Series Reformer can only be maintained when the AeroPilates Precision Series Reformer is regularly examined for damage and wear. Special attention should be given to the following:

- It is the sole responsibility of the user/owner to ensure that regular maintenance is reformed.
- Worn or damaged components must be replaced immediately or the AeroPilates Precision Series Reformer removed from service until repair is made.
- Verify that the **CAUTION LABEL(160)** is present and legible. Replace the **CAUTION LABEL(160)** if it is missing or damaged.
- Verify that the **ROPES(52)** are properly installed on the **PULLEY SETS(149)**.
- Check the condition of the **ROPES(52)** and replace if they are frayed or worn.
- Check the condition of the **TENSION SPRINGS(54, 55)**. Replace the springs that are damaged.
- Check the **BUNGEE CORD(155)** on the **CARDIO REBOUNDER(153)** for wear. Replace the **CARDIO REBOUNDER(153)** if the **BUNGEE CORD(155)** is frayed or worn.
- Check the **PLASTIC SNAP HOOKS(156)** on the ends of the **BUNGEE CORD(155)**. Replace the **CARDIO REBOUNDER(153)** if **PLASTIC SNAP HOOKS(156)** are damaged or deformed.
- Check the **PULLEY SETS(149)** for excessive wear. Replace worn **PULLEY SETS(149)**.
- Check the **HAND/FOOT STRAPS(53)** for damage. Replace damaged parts.
- Check the **BUMPERS(36)** for looseness or damage and replace any damaged parts.
- Check the **PLATFORM CUSHION(24)** and **SHOULDER PADS(29)**. Replace if it is damaged or worn.
- Check and clean the **ROLLERS(35)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
- Only Stamina Products supplied components should be used to maintain/repair the AeroPilates Precision Series Reformer.
- Keep your AeroPilates Precision Series Reformer clean by wiping with an absorbent cloth after use.

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.

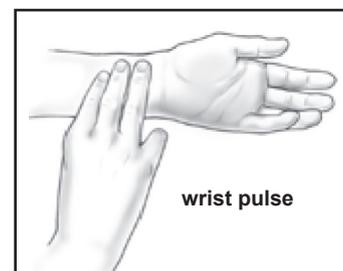
Remember to follow these essentials:

- 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: $220 - \text{Age} = \text{predicted maximum heart rate}$

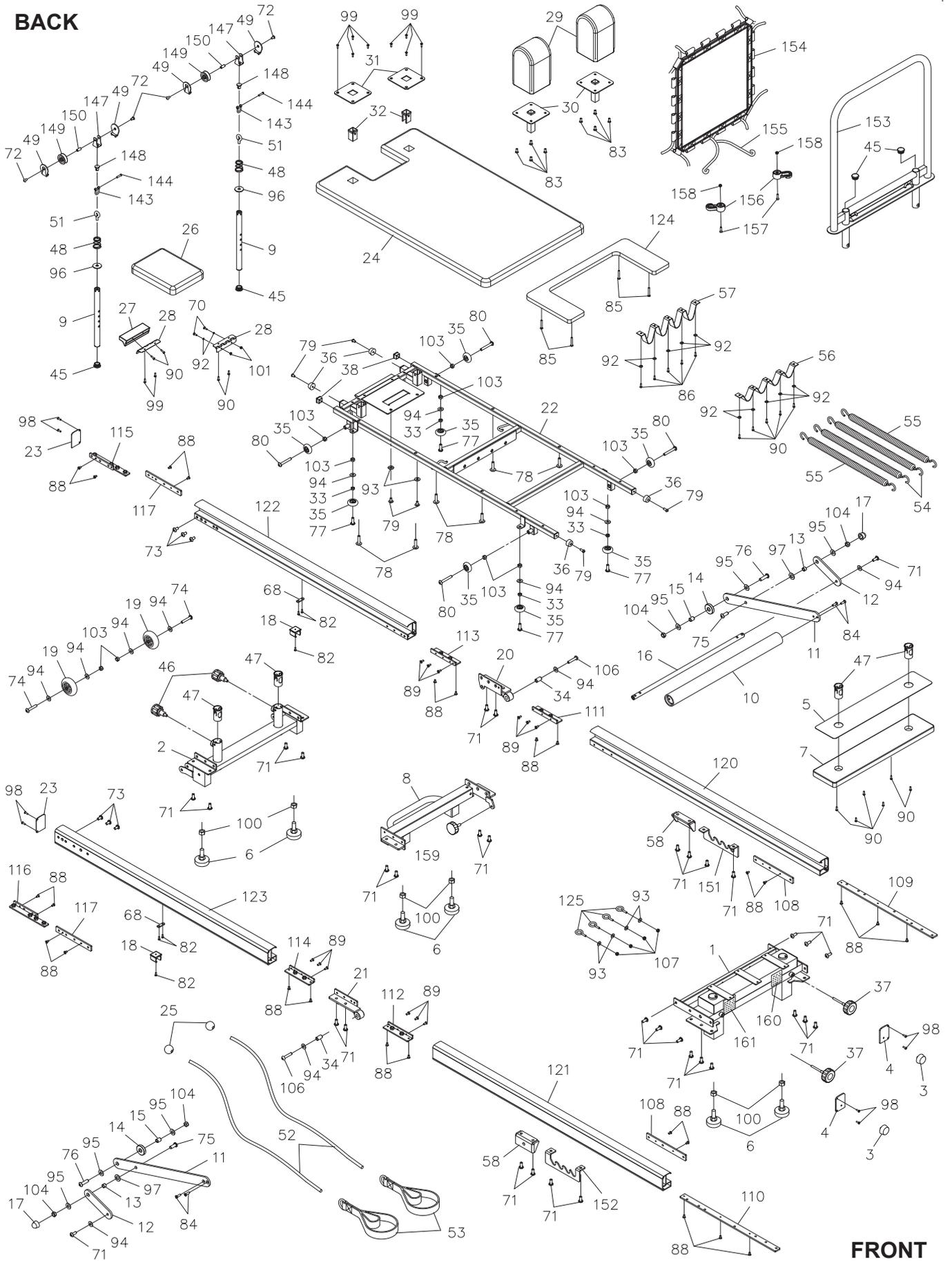
WARM-UP and COOL-DOWN

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.

PRODUCT PARTS DRAWING

BACK



FRONT

PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Round Stand	2
4	Front End Plate	2
5	Non-skid Pad	1
6	Leveling Stand	6
7	Wooden Platform	1
8	Middle Frame	1
9	Pulley Riser	2
10	Footbar	1
11	Swing Arm	2
12	Swing Arm Support	2
13	Footbar Spacer (ø10.2 x ø13 x 9mm)	2
14	Plastic Cap	2
15	Swing Arm Spacer (ø10.2 x ø13 x 16.5mm)	2
16	Crossbar	1
17	Nut Cap (M10)	2
18	Clip	2
19	Moving Wheel	2
20	Left Hinge	1
21	Right Hinge	1
22	Platform	1
23	Back End Plate	2
24	Platform Cushion	1
25	Ball	2
26	Headrest	1
27	Angle Adjuster	1
28	Hinge	2
29	Shoulder Pad	2
30	Shoulder Pad Support	2
31	Shoulder Pad Support Plate	2
32	Square Sleeve	2
33	Roller Spacer (ø8.5 x ø12.7 x 5mm)	4
34	Hinge Spacer (ø12.7 x ø8.3 x 22.5mm)	2
35	Roller	8
36	Bumper	4
37	Locking Knob	2
38	Square Plug (20 x 20mm)	2
45	Round Plug (ø25.4mm, for tube 2mm thick)	4
46	Spring Knob	2
47	Bushing	4
48	Pulley Spring	2
49	Pulley Bracket Cover	4
51	Pulley Riser Eyehook	2
52	Rope	2
53	Hand/Foot Strap	2
54	High Tension Spring, Yellow Marked	2
55	Low Tension Spring, Blue Marked	2
56	Front Spring Strap	1

PARTS LIST

PART#	PART NAME	QTY
57	Rear Spring Strap	1
58	Mounting Bracket	2
68	Fixing Plate	2
70	Bolt, Button Head (M4 x 0.7 x 12mm)	2
71	Bolt, Button Head (M8 x 1.25 x 20mm)	34
72	Bolt, Button Head (M6 x 1 x 10mm)	4
73	Bolt, Button Head (M8 x 1.25 x 15mm)	6
74	Bolt, Button Head (M8 x 1.25 x 45mm)	2
75	Bolt, Button Head (M10 x 1.5 x 25mm)	2
76	Bolt, Button Head (M10 x 1.5 x 35mm)	2
77	Bolt, Button Head (M8 x 1.25 x 25mm)	4
78	Bolt, Button Head (M8 x 1.25 x 35mm)	6
79	Bolt, Button Head (M6 x 1 x 15mm)	6
80	Bolt, Button Head (M8 x 1.25 x 55mm)	4
82	Bolt, Flat Socket Head (M4 x 0.7 x 12mm)	6
83	Bolt, Flat Socket Head (M6 x 1 x 15mm)	8
84	Bolt, Flat Socket Head (M6 x 1 x 20mm)	4
85	Bolt, Button Head (M5 x 0.8 x 35mm)	4
86	Screw, Round Washer Head (M4 x 15mm)	5
88	Bolt, Flat Socket Head (M5x0.8x10mm, with threadlocker)	26
89	Bolt, Flat Socket Head (M5x0.8x10mm, with threadlocker)	12
90	Screw, Round Head (M4 x 15mm)	15
92	Washer (M5)	12
93	Washer (M6)	6
94	Washer (M8)	12
95	Washer (M10)	6
96	Large Washer (ø8.7 x ø32 x 2mm)	2
97	Plastic Washer (ø13.2 x ø25.4 x 2mm)	2
98	Bolt, Round Head (M4 x 0.7 x 15mm)	8
99	Wood Screw, Round Head (M4 x 15mm)	10
100	Nut (1/2" -16)	6
101	Nylock Nut (M4 x 0.7)	2
103	Nylock Nut (M8 x 1.25)	10
104	Nylock Nut (M10 x 1.5)	4
106	Bolt, Button Head (M8 x 1.25 x 40mm)	2
107	Nylock Nut (M6 x 1)	4
108	Front Rail Support Plate	2
109	Left Front Rail Long Support Plate	1
110	Right Front Rail Long Support Plate	1
111	Left Middle Support Plate	1
112	Right Middle Support Plate	1
113	Left Hinge Support Plate	1
114	Right Hinge Support Plate	1
115	Rear Left Rail Support Plate	1
116	Rear Right Rail Support Plate	1
117	Rear Rail Flat Support Plate	2
120	Front Left Rail	1
121	Front Right Rail	1
122	Rear Left Rail	1

PARTS LIST

PART#	PART NAME	QTY
123	Rear Right Rail	1
124	Wooden Cover	1
125	Eyehook	4
143	U-shaped Connector	2
144	Connector Bolt (M5 x 0.8 x 22.2mm)	2
147	Pulley Bracket	2
148	Connector Shaft	2
149	Pulley	2
150	Pulley Spacer	2
151	Left Adjustment Cradle	1
152	Right Adjustment Cradle	1
153	Cardio Rebounder	1
154	Cardio Rebounder Mat	1
155	Bungee Cord	1
156	Plastic Snap Hook	2
157	Screw, Flat Head (M5 x 0.8 x 22mm)	2
158	Nylock Nut (M5 x 0.8)	2
159	Dome Knob	1
160	Warning Label	1
161	Serial Decal	1
162	Allen Wrench(4mm)	1
163	Allen Wrench(6mm)	2
164	Manual	1
165	Workout Chart	1

LIMITED WARRANTY

MODEL 55-5615

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 five 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.**

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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.

TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at 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
www.staminaproducts.com



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



**FAX
CUSTOMER CARE**
Fax: (417) 889-8064



MAIL
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

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to 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:	Phone #: ()	Zip Code:
Email Address:		Phone #: ()	
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> 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 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.



Detach and Mail or Fax the Form Below



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	