

Product May Vary  
Slightly From Pictured.



Warranty  
Operation  
Customer Care  
Safety Instructions

## Owner's Manual

### Safety Instructions

- ⚠ WARNING:** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.
- ⚠ CAUTION:** 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 bodily injury and property damage.
- ⚠ WARNING:** Weight limit is not applicable if product is used properly. This unit is not designed to support a user's weight. To reduce the risk of serious injury, please read all safety instructions before using the InStride® POP Fitness Cycle.

1. Save these instructions and ensure that other exercisers read this manual prior to using the InStride® POP Fitness Cycle for the first time.
2. Read this Owner's Manual and follow it carefully before using the InStride® POP Fitness Cycle.
3. Do not stand up on the InStride® POP Fitness Cycle.
4. Keep children away from the InStride® POP Fitness Cycle. Do not allow children to use or play around the InStride® POP Fitness Cycle. Keep children and pets away from the InStride® POP Fitness Cycle when it is in use.
5. Keep fingers clear of all pinch points when folding and unfolding the InStride® POP Fitness Cycle.
6. Set up and operate the InStride® POP Fitness Cycle on a solid, level surface like a desk or table for upper body workouts, and on an equipment mat for lower body workouts. You must always be seated when pedaling with your feet. Do not position the InStride® POP Fitness Cycle on loose rugs or uneven surfaces.
7. Before using, inspect the InStride® POP Fitness Cycle for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
8. The surface of the crank housing may become hot during use, so allow it to cool before moving.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
11. Do not wear loose or dangling clothing while using the InStride® POP Fitness Cycle.
12. Never exercise with bare feet or socks. Always wear appropriate footwear.
13. The InStride® POP Fitness Cycle should be used by only one person at a time.

This Product is Distributed Exclusively by



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Customer Care  
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www.staminaproducts.com

When calling for parts or  
service, please specify the  
following model number:  
**15-0129, 15-0130, 15-0131**

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2015, 12

# Assembly & Operational Instructions

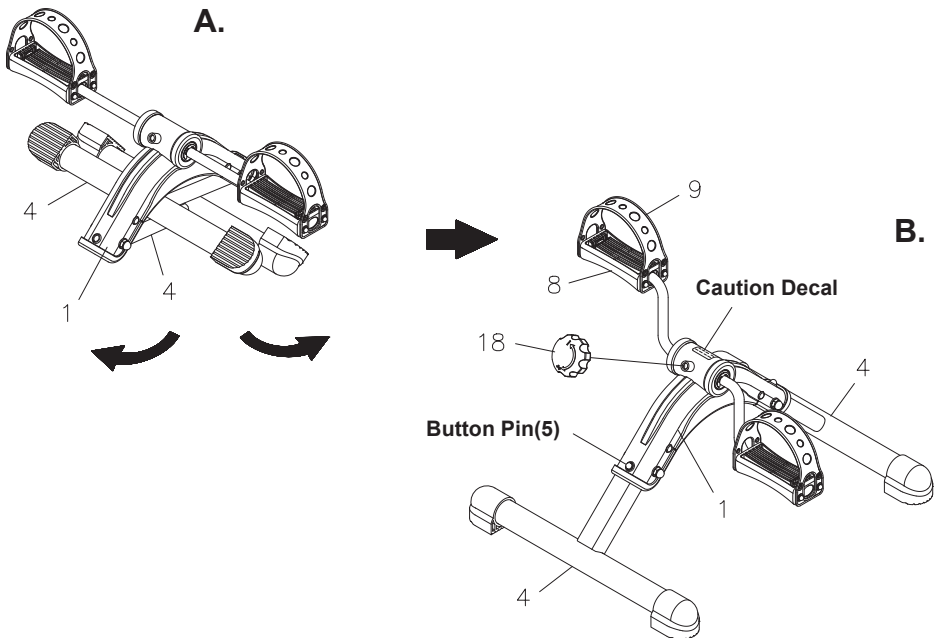
STEP 1: Simply unfold the SUPPORT LEGS(4) and make the BUTTON PINS(5) lock into the holes in the MAIN FRAME(1). Refer to illustrations A and B.

STEP 2: Refer to illustration B. Screw the ADJUSTMENT KNOB(18) into the hub on the MAIN FRAME(1).

PEDAL STRAP ADJUSTMENT: There are two adjustment holes on each side of the PEDAL STRAPS(9). Select the adjustment holes which allow your feet to be easily removed from the PEDALS(8).

CAUTION: The surface of the crank housing may become hot during use, so allow it to cool before moving. Read the caution posted on the InStride® POP Fitness Cycle.

**CAUTION HOT SURFACE!**  
The surface may become hot during use, so allow it to cool before moving.

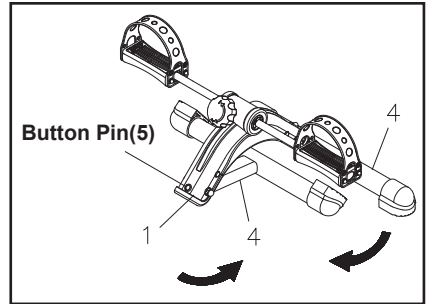


## LOAD ADJUSTMENT

To increase the intensity of your workout, turn the ADJUSTMENT KNOB(18) clockwise. To decrease the resistance, turn the ADJUSTMENT KNOB(18) counterclockwise.

## Folding And Storage

1. To store the **InStride® POP Fitness Cycle**, simply keep it in a clean dry place.
2. The minimum folded dimensions of the **InStride® POP Fitness Cycle** are approximately 14.9" long x 10.4" wide x 6.6" tall. Please measure your **InStride® POP Fitness Cycle** if exact dimensions are needed.
3. To fold, press down the **BUTTON PINS(5)** to fold the **SUPPORT LEGS(4)** as the illustration shown.



## Maintenance

The safety and integrity designed into the **InStride® POP Fitness Cycle** can only be maintained when the **InStride® POP Fitness Cycle** is regularly examined for damage and wear. Special attention should be given to the following:

1. A light oil is applied to the pedals of your **InStride® POP Fitness Cycle** before shipping. Reapply oil if the pedals begin squeaking.
2. Verify that all nuts and bolts are properly tightened.
3. Verify that the **CAUTION LABEL(20)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **CAUTION LABEL(20)** if it is missing or damaged.
4. Use only Stamina Products components for maintenance and repair.
5. Keep your **InStride® POP Fitness Cycle** clean by wiping with an absorbent cloth after use.

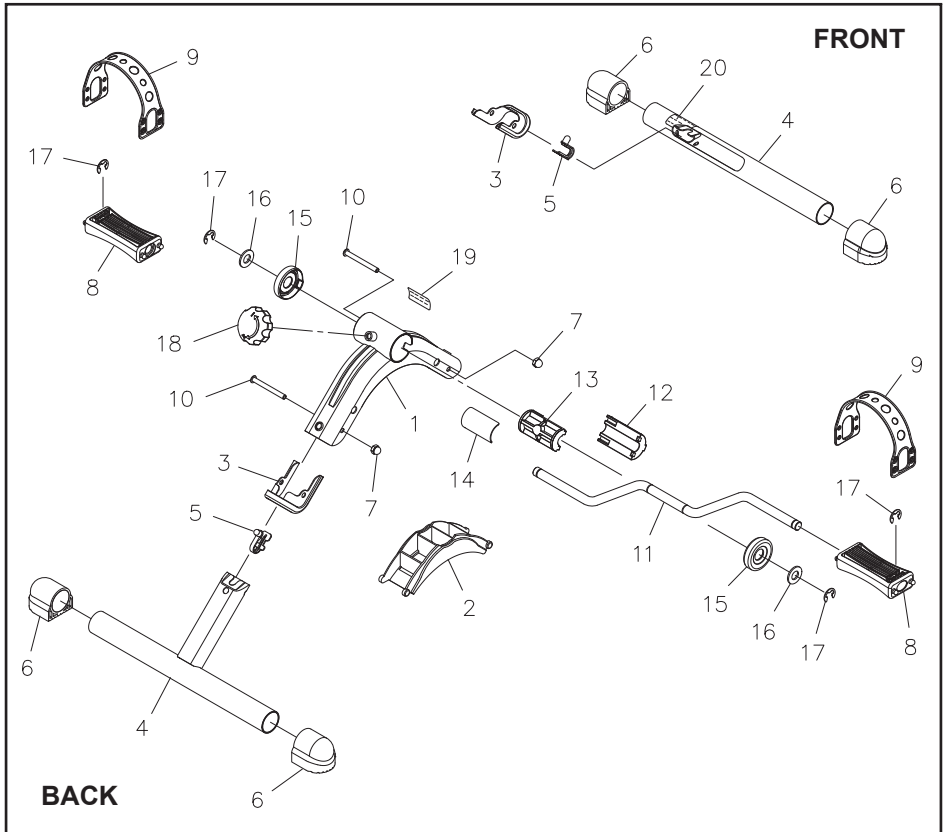
## Limited Warranty

This product is warranted to be free from defects in material and workmanship and to be in perfect working order at the time of purchase. This warranty applies to personal, family or household use. This warranty does not apply to use in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities.

If the product should, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer. This warranty does not apply to any damage caused by improper assembly, accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

Products shipped to the manufacturer must be in the original shipping carton with freight prepaid. All expenses for repairing or replacing the product, including the cost of shipping it back to the original purchaser, will be covered by the manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

# Product Parts Drawing and Parts List



Part No. and Description	Qty	Part No. and Description	Qty
1 Main Frame	1	12 Female Brake Block	1
2 Bottom Cover	1	13 Male Brake Block	1
3 End Cover	2	14 Press Plate	1
4 Support Leg	2	15 Hub Cap	2
5 Button Pin	2	16 Washer (M12)	2
6 Endcap (ø31.8mm)	4	17 E Clip (12mm)	4
7 Acorn Nut (M6 x 1)	2	18 Adjustment Knob	1
8 Pedal	2	19 Caution Decal - Hot Surface	1
9 Pedal Strap	2	20 Caution Label	1
10 Bolt, Button Head (M6 x 1 x 55mm)	2	21 Owner's Manual	1
11 Crank	1		