

When calling for parts or service, please specify the following number: MODEL #25-1113

FIT RIDER X™

SIT AND GET FIT

OWNER'S ASSEMBLY & WORKOUT GUIDE

Featuring

Brenda DyGraf

International Fitness Expert

National Fitness Hall Of Fame Inductee

Also Includes:

Personal Training Computer

Please use this Manual to correctly assemble, maintain and use your FitRiderX™

CAUTION: DO NOT STAND UPRIGHT ON THE FitRiderX™. IT IS NOT DESIGNED TO SUPPORT THE BODY WEIGHT OF AN INDIVIDUAL. USE ONLY WHILE SEATED WITH BOTH FEET ON THE PEDALS DURING EXERCISE.

⚠ WARNING

Any exercise program can present a health risk. Consult a physician before beginning an exercise program using this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this workout guide and manual. Serious bodily injury can also occur if all instructions are not followed.

Always use your FitRiderX™ while seated with both feet on the pedals at all times. The pedals can be used in a scissors motion, a lateral motion, a circular motion and a skating motion to help tone and strengthen your inner and outer thighs, along with your quads and calves.

Brenda DyGraf's FitRiderX™

Congratulations on your purchase of my new FitRiderX™ !

The FitRiderX's™ easy-to-do workout provides you with 3 very important benefits necessary for good health. First, it provides a cardio workout without jarring impact to your joints to help strengthen your heart and improve lung function. Second, it boosts your body's ability to burn fat and control excess body weight. And last but not least, it helps tone your body from head to toe while delivering increased strength and flexibility throughout your entire core and lower back.

The first time you sit on the FitRiderX™, you'll appreciate the large, comfortable self-leveling padded seat. It not only helps you to workout in comfort, but also protects you from unnecessary lower back strain. In addition, the soft rotating handles offer a variety of exercise positions to help tone your triceps, biceps, chest, back, shoulders, thighs and butt. And it doesn't stop there, just follow my exercises in this manual to also strengthen and firm up your core without having to get down on the floor to do crunches!

So come on, it's time to put your sneakers on and get started! The new YOU is just a ride away!

Wishing you Great Health, Love and Happiness,

Sincerely,

A handwritten signature in black ink that reads "Brenda DyGraf". The signature is written in a cursive, flowing style with a large initial "B" and "D".

Brenda DyGraf

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SAFETY INSTRUCTIONS

⚠ WARNING This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

⚠ 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 FitRiderX™.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **FitRiderX™** for the first time.
2. Read all warnings and cautions posted on the **FitRiderX™**.
3. The **FitRiderX™** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **FitRiderX™**. Do not allow children to use or play on the **FitRiderX™**. Keep children and pets away from the **FitRiderX™** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **FitRiderX™** on a solid level surface. Do not position the **FitRiderX™** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **FitRiderX™**.
9. Before using, inspect the **FitRiderX™** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
11. 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.
12. Do not wear loose or dangling clothing while using the **FitRiderX™**.
13. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **FitRiderX™**, loss of balance may result in a fall and bodily injury.
15. The **FitRiderX™** should not be used by persons weighing over 250 pounds.
16. The **FitRiderX™** should be used by only one person at a time.
17. The **FitRiderX™** 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



TELEPHONE

1 (800) 375-7520



FAX

(417) 889-8064



MAIL

Stamina Products, Inc.
ATTN: Customer Care
P.O. Box 1071
Springfield, MO 65801-1071



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 **FitRiderX™**. We take great pride in producing 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 **FitRiderX™** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

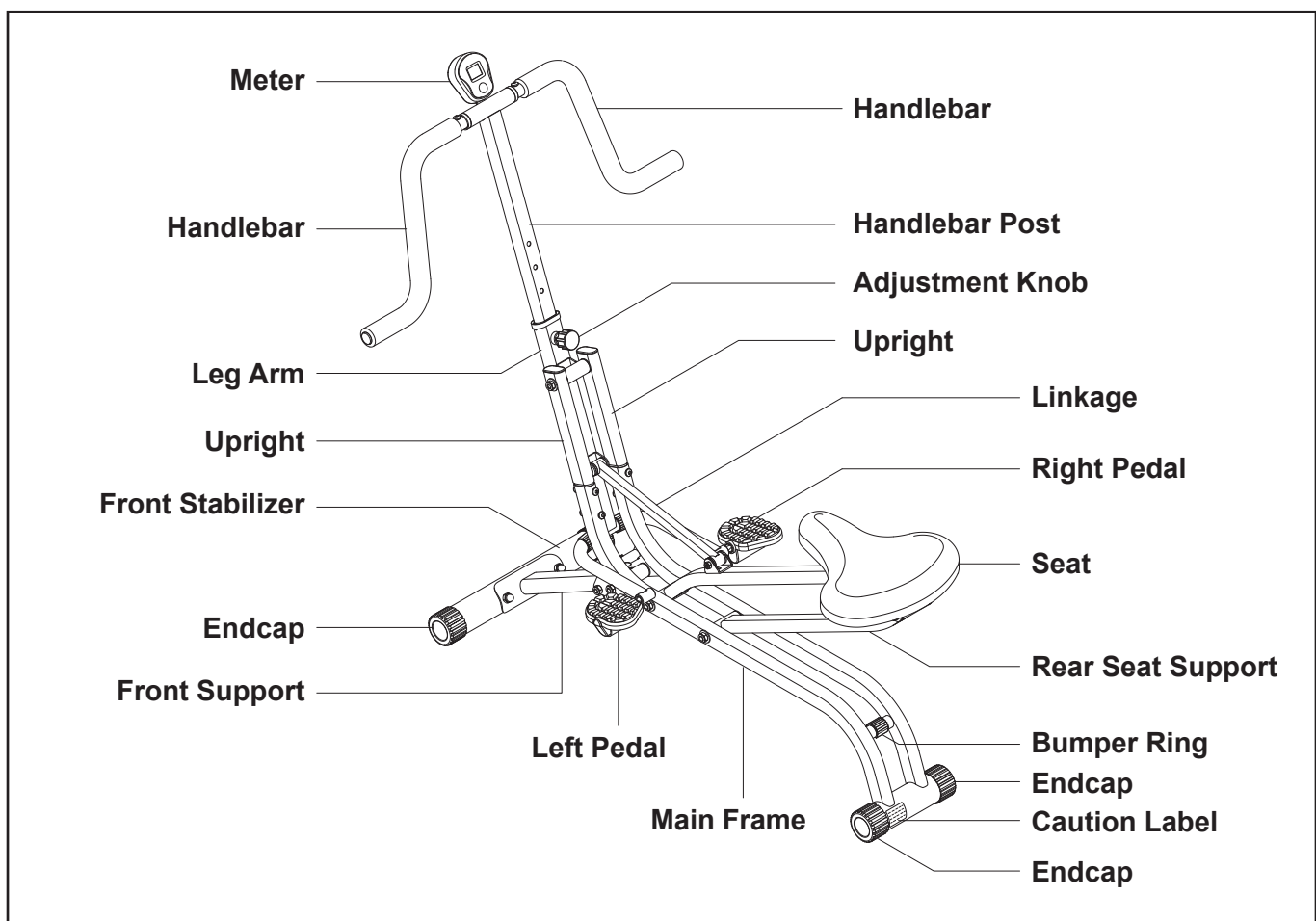
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **FitRiderX™**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **FitRiderX™**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to staminaproducts.com under the Customer Care section and order the part needed, 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.

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



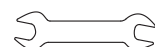
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Allen Wrench (6mm)



Wrench



Opening Wrench

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

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

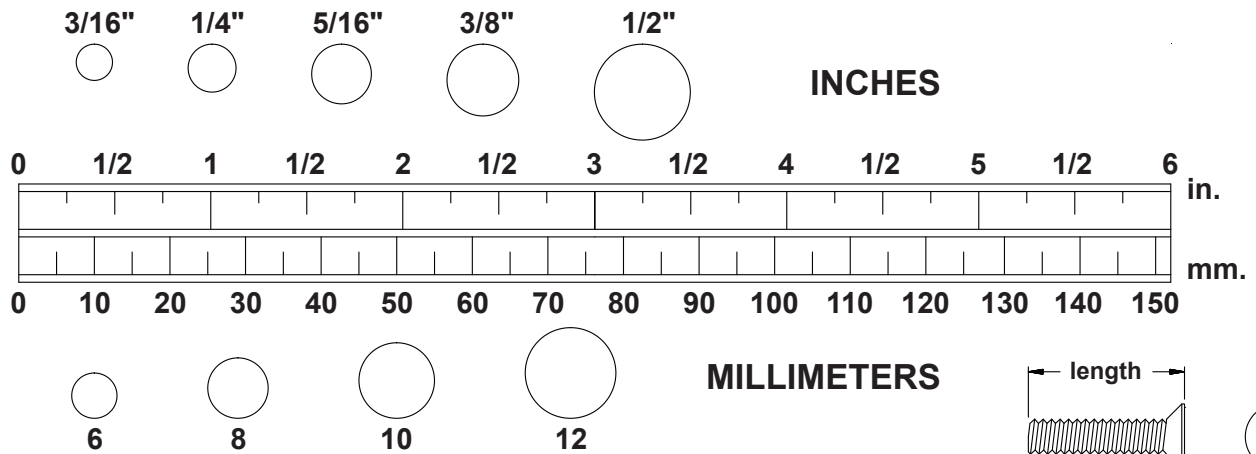
Label is larger than actual size

C1 CAUTION LABEL(42)

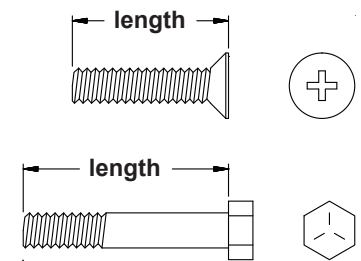


HARDWARE IDENTIFICATION CHART

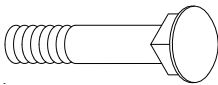
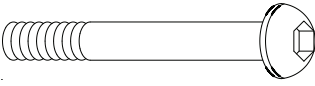
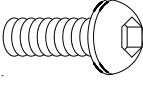
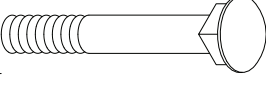





This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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 fasteners. Some fasteners may be already attached to the parts.

	Part Number and Description	Qty
	17 Carriage Bolt (M8 x 1.25 x 45.5mm)	1
	20 Bolt, Button Head (M10 x 1.5 x 103mm)	1
	21 Bolt, Button Head (M8 x 1.25 x 16mm)	10
	27 Carriage Bolt (M10 x 1.5 x 70mm)	2
	5 Nylock Nut (M8x1.25)	4
	9 Nylock Nut (M10x1.5)	1
	14 Washer (M8)	3
	22 Arc Washer (M8)	10
	25 Acorn Nut (M10 x 1.5)	2

ASSEMBLY INSTRUCTIONS

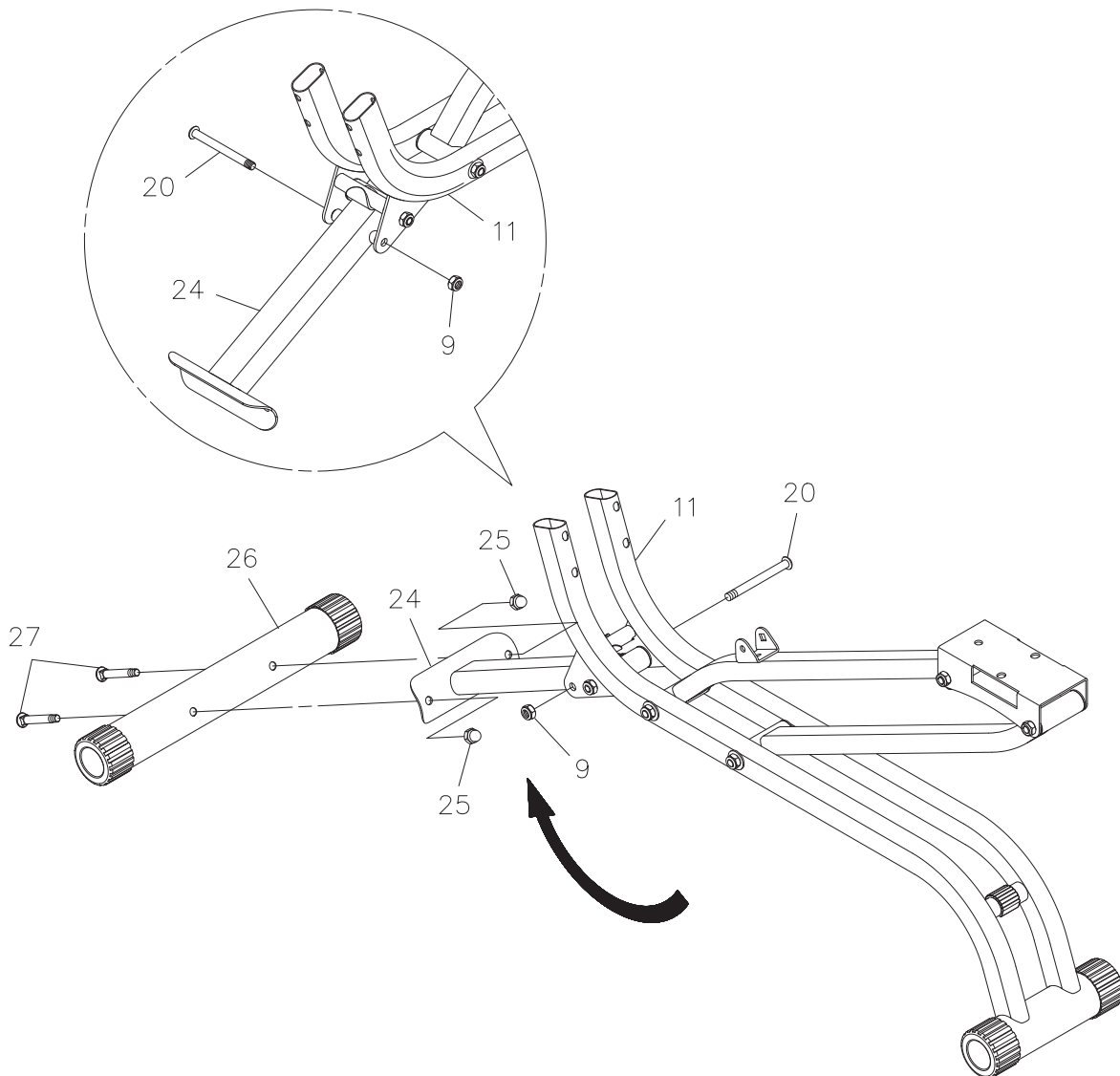
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing 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.

STEP 1

Refer to the detail view and the illustration below. Unfold the **FRONT SUPPORT(24)**. Insert the **BUTTON HEAD BOLT(M10x1.5x103mm)(20)** through the holes in the **MAIN FRAME(11)** and the **FRONT SUPPORT(24)** and secure with **NYLOCK NUT(M10x1.5)(9)**.

STEP 2

Attach the **FRONT STABILIZER(26)** to the **FRONT SUPPORT(24)** with **CARRIAGE BOLTS(M10x1.5x70mm)(27)** and **ACORN NUTS(M10x1.5)(25)**.



ASSEMBLY INSTRUCTIONS

STEP 3

Position the **LEG ARM(34)** at the front of the **MAIN FRAME(11)**, then insert the **UPRIGHTS(30)** into the **MAIN FRAME(11)** and secure with **BUTTON HEAD BOLTS(M8x1.25x16mm)(21)** and **ARC WASHERS(M8)(22)**.

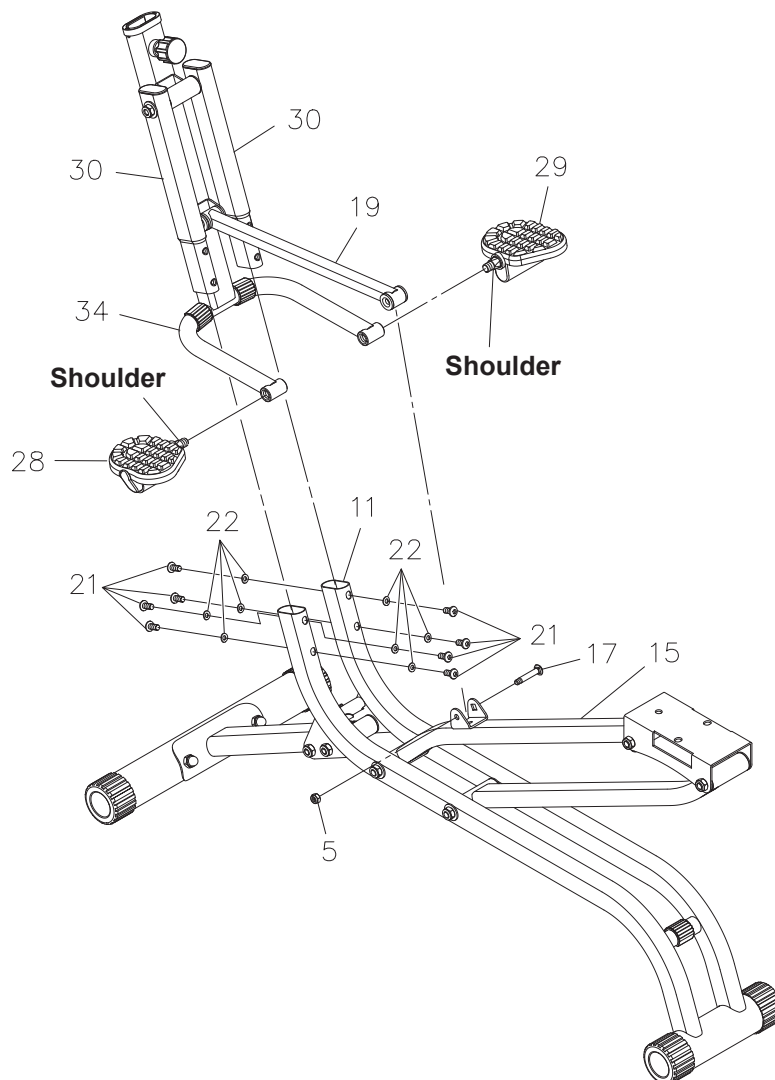
STEP 4

Attach the **LINKAGE(19)** to the U bracket on the **FRONT SEAT SUPPORT(15)** with **CARRIAGE BOLT(M8x1.25x45.5mm)(17)** and **NYLOCK NUT(M8x1.25)(5)**.

STEP 5

Thread the **RIGHT PEDAL(29)** into the right side of the **LEG ARM(34)** as shown. Tighten the pedal securely. The shoulder of the shaft of the **RIGHT PEDAL(29)** should be in contact with the **LEG ARM(34)** when securely tightened. Repeat on the left side to attach the **LEFT PEDAL(28)** to the left side of the **LEG ARM(34)**.

FRONT



BACK

ASSEMBLY INSTRUCTIONS

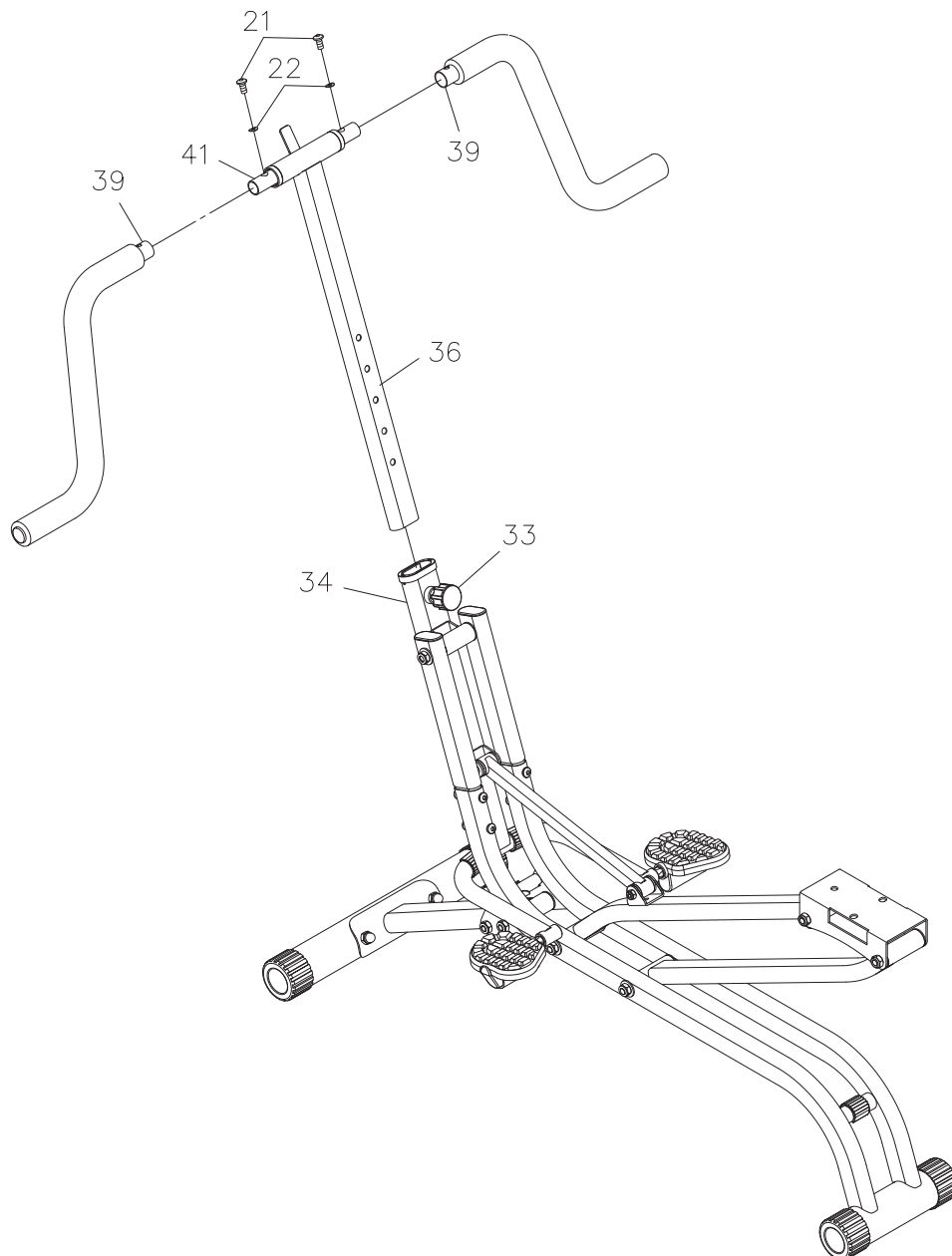
STEP 6

Turn the **ADJUSTMENT KNOB(33)** counterclockwise and pull, insert the **HANDLEBAR POST(36)** into the **LEG ARM(34)** then release the **ADJUSTMENT KNOB(33)** to make the pin of the **ADJUSTMENT KNOB(33)** get into one of the adjustment holes. Turn the **ADJUSTMENT KNOB(33)** clockwise to lock the **HANDLEBAR POST(36)** in position.

NOTE: There are five different **HANDLEBAR POST(36)** heights. Choose the one that best fits your workout needs. Try the middle one first.

STEP 7

Attach the **HANDLEBARS(39)** to both ends of the **CONNECTING TUBE(41)** with **BUTTON HEAD BOLTS(M8x1.25x16mm)(21)** and **ARC WASHERS(M8)(22)**.



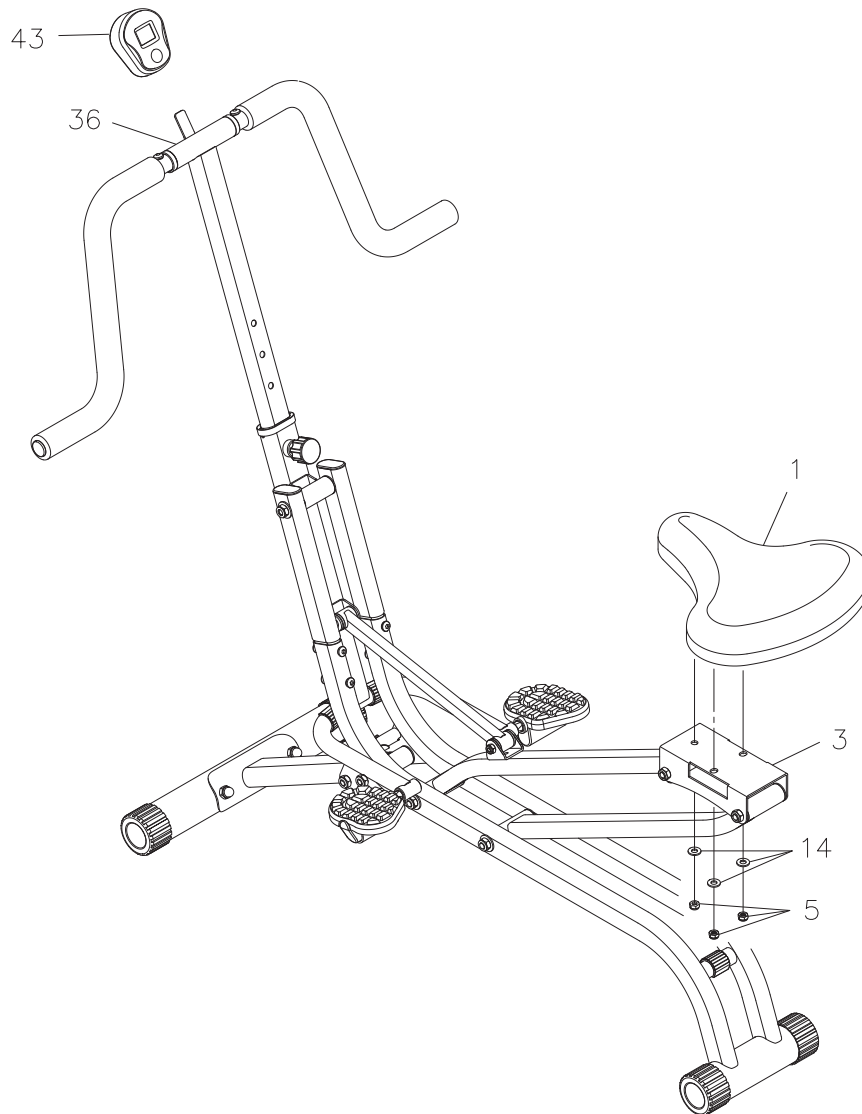
ASSEMBLY INSTRUCTIONS

STEP 8

Attach the **SEAT(1)** to the **SEAT BRACKET(3)** with **NYLOCK NUTS(M8x1.25)(5)** and **WASHERS(M8)(14)**.

STEP 9

Install a AAA battery into the **METER(43)**, the battery is not included. See page 13 for detailed battery installation instructions. Slide the **METER(43)** onto the plate on the **HANDLEBAR POST(36)**.



STORAGE

1. To store the **FitRiderX™**, simply keep it in a clean dry place.
2. To move the **FitRiderX™**, lift the **FRONT STABILIZER(26)** and the **REAR STABILIZER** on the **MAIN FRAME(11)**.
3. To avoid damage to the electronics, remove the batteries before storing the **FitRiderX™** for one year or more.

MAINTENANCE

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

1. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **CAUTION LABEL(42)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(42)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **FitRiderX™** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **FitRiderX™**.
7. Keep your **FitRiderX™** clean by wiping it off with an absorbent cloth after use.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

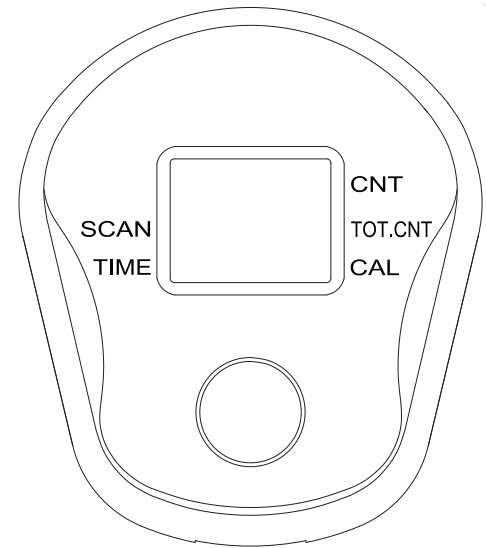
POWER ON : Handlebar movement or press the button.

POWER OFF : Automatically shuts off after four minutes of inactivity.

FUNCTION BUTTON:

Press to select the function value displays of **TIME**, **CALORIES**, and **TOTAL COUNT**.

Reset all functions to zero by pressing the button and holding it down for four seconds.



FUNCTIONS:

COUNT: Displays the total number of strides you have taken on upper display from zero to 9999 strides.

SCAN: Lower display automatically scans each function of **TIME**, **CALORIES**, and **TOTAL COUNT** in sequence every six seconds.

TIME: Displays the time from one second up to 99:59 minutes.

CALORIES: 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.

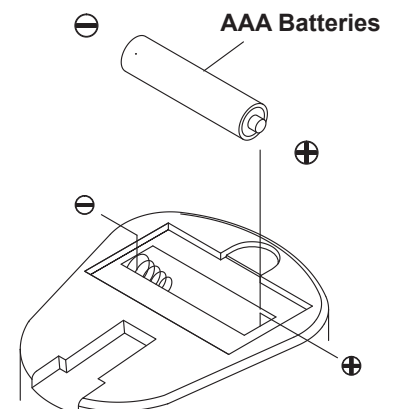
TOTAL COUNT: Displays the total accumulated number of strides you have taken, from zero to 9999 strides. The total accumulated strides is retained when the meter is turned off, until the battery is removed.

NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for four seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with a AAA battery, the battery is not included.
Refer to the illustration to install or replace the battery.

- NOTE:**
1. Rechargeable batteries are not recommended.
 2. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
 3. **Do not dispose of batteries in fire.**



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.

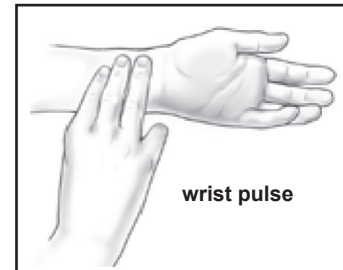
Remember to follow these essentials:

- 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

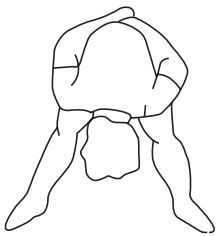
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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.

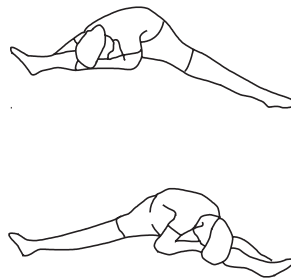
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises



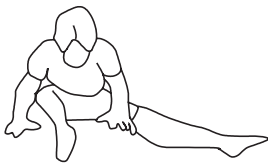
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



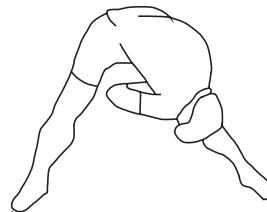
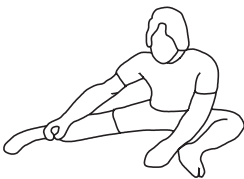
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

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 include the stretches listed above and should be completed after each strength training session.

FitRiderX™ Workout Guide

Important Safety Information

1. Always securely hold the handles throughout the entire workout. Do not let go of the handles until the workout is over.
2. Always keep your feet on the pedals and sit on the seat during the workout.
3. Use only accessories and attachments recommended by the manufacturer. The use of any attachments or accessories not recommended by the manufacturer will void the warranty and possibly cause serious personal injury or damage to you and the FitRiderX™.

Basic Exercise Instructions

There are two ways to get on your FitRiderX™.

POSITION # 1

- Straddle the FitRiderX™ and sit on the seat with your body facing the handlebars.
- Place the center of your feet on the non-slip pedals.
- Lean forward, grasp the handles and pull the handlebar towards you. It's that easy to start exercising!

POSITION # 2

- Straddle the FitRiderX™ with one leg on each side of the Rider with your body facing the handlebars.
- Grab the top center area of the handlebar and pull the bar back towards you as you lower yourself onto the seat, maintain a firm grip and place your feet onto the non-slip pedals.
- Slowly lower yourself into the starting position.

How to get off your FitRiderX™

While seated with your feet on the pedals, let the handle bar go all the way forward into the starting position.

Next, place one foot at a time on the floor, straddling the FitRiderX™. Then, stand up and bring one leg over the center bar to join the other leg.

Basic FitRiderX™ Motion

Exercising on the FitRiderX™ is as easy as 1,2,3. Just follow these three basic steps:

1. Place your feet on the pedals with your hands in an overhand grip on either the center or the end of the handlebars. Choose whatever hand position you feel is most comfortable.
2. As you press your feet against the pedals, pull the handles back as far as possible while pulling your upper body toward the bar.
3. Bend your knees and return the handles back to the starting position and repeat.

Exercise Duration

Always start your workout on the FitRiderX™ with a few minutes of slow, easy movements to help give your muscles time to stretch and flex. And make sure you drink plenty of water and have a towel nearby when exercising!

If your goal is to strengthen your heart and gradually develop better stamina, we suggest that you exercise a minimum of 10 minutes a day, 3 times a week. If weight loss is your goal, then plan to workout at least 15 to 30 minutes every day or every other day, depending on your body's ability to recover after exercise.

To keep your body's muscles alert, your metabolism revved up and to put your heart rate into its optimal fat burning zone, I created these 10 Super Effective FitRiderX™ Exercises.

10 Super Effective FitRiderX™ Exercises

I encourage you to try my 10 Super Effective FitRiderX™ Exercises that help tone your body from head to toe, while burning fat and strengthening your heart!

Also, remember that it isn't always about how fast you can do the exercises. For variety, I suggest alternating quicker, faster reps for 1 minute, then slowing down and letting your body recover for 30-45 seconds, then go again. This new type of interval workout is called HIIT (High Intensity Interval Training) and the FitRiderX™ is an ideal way to perform this workout style. HIIT workouts can be more intense, yet shorter than traditional repetition-based workout, making it ideal for those who don't have time for longer, slower workouts.

BICEP CURLS: Tones Arms and Shoulders

- Place your feet on the pedals with your hands in an underhanded grip on the outside portion of the handlebar.
- Press your feet against the pedals, contract your biceps and pull the handlebar up and towards your shoulders.
- Then slowly release your bicep contraction as you return back to the starting position and repeat.



TRICEP KICK BACKS: Targets Triceps

- Place your feet on the pedals with your hands in an overhanded grip on the outside portion of the handlebar.
- As you press your feet against the pedals, pull the handlebars back and down toward your hips.
- Try to bring your arms as close to the side of your body as possible. It's important to extend your arms as straight as possible, but do not lock out your elbows.
- Then slowly return to the starting position and repeat.



SQUATS: Tone and Firm your Butt and Thighs

- Place your feet on the pedals and your hands on the top of the handlebars.
- Pull the handlebar half way towards you and perform limited range of movements for a isolated 'up and down' riding movement.
- This limited range of motion really isolates the contraction in your thighs and buttocks.
- Focus on quads doing most of the work with arms providing minimal assistance.



UPPER BACK: Helps to improve Posture and develop a Stronger Back

- Place your feet on the pedals with your hands in an overhanded grip on the outside portion of the handlebar.
- As you press your feet against the pedals, contract your upper back muscles and extend your chest forward while you pull the handles back as far as you can.
- Slowly return to the starting position and repeat.



LOWER BACK: Helps develop a healthier Lower Back

- Place your feet on the pedals with your hands in an overhanded grip on the center portion of the handlebar. You should immediately feel a nice stretch in your lower back.
- As you press your feet against the pedals, contract your back muscles and extend your chest forward as you pull the handlebar towards your chest.
- Then slowly return to the starting position and repeat.



CHEST: Firms and helps Lift Chest muscles

- Place your feet on the pedals, cross your hands and grab the top center portion of the handlebar with an overhanded grip.
- As you press your feet against the pedals, squeeze your chest muscles and extend your chest forward as you pull your body into a full upright, seated position.
- Slowly return to the starting position and repeat.



SHOULDERS: Develop Shapely Shoulders

- Place your feet on the pedals with your hands in an overhanded grip on the outside portion of the handlebar.
- As you press your feet against the pedals, pull the handlebars up towards your chin.
- Slowly return to the starting position and repeat.



SEATED ABDOMINAL CRUNCH: Strengthen Abs and Entire Core

- Place your feet on the pedals. Bend your upper body forward and place your hands in an overhanded grip on the top center portion of the handlebar.
- As you press your feet against the pedals, contract your abdominal muscles as you pull your waist towards the handles.
- Slowly return to the starting position and repeat.



OBLIQUE TWIST: Trims and Shapes Obliques for a firmer Waistline

- Place your feet on the pedals. Bend your upper body forward and place your RIGHT hand in an overhanded grip on the top RIGHT side of the handlebar.
- While remaining forward, twist and lower your LEFT ELBOW toward your RIGHT knee.
- As you press your feet against the pedals, pull the handlebar towards your waist as you twist your torso and raise your LEFT elbow up and out into a straight upright position.
- Slowly return to the starting position and repeat this same movement until you are ready to switch your LEFT hand to the handlebar and your RIGHT elbow to your LEFT knee.



ADVANCED LOWER BACK AND EXTERNAL OBLIQUE TWIST: Helps develop Lower Back Flexibility while it strengthens Oblique muscles to shape a slimmer waist

- Place your feet on the pedals. Bend your upper body forward and place your LEFT hand in an overhanded grip on the top RIGHT handlebar.
- As you press your feet against the pedals, contract your abdominal and LEFT oblique muscles as you pull your waist toward the handles.
- Slowly return to the starting position and repeat this same movement until you are ready to change sides by placing your RIGHT hand on the top of the LEFT handlebar to work your RIGHT oblique.



Cool Down Stretches

Stretching should be a key part of your exercise program since it helps increase flexibility and improve your range of motion. It is best to stretch after you've warmed your body up with five to ten minutes of light movements, or better, after you've finished your workout.

As you stretch, hold each position for a minimum of 30 seconds and do not bounce while stretching.

QUADRICEP STRETCH: Front of Thigh

- Stand in the front of your FitRiderX™ for support.
- Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh.
- Stand tall and tighten your abdominal muscles to prevent your abdomen from sagging outward and keep your knees close together. Hold for 30 seconds, switch legs and repeat.



ILLIOTIBIAL BAND (ITB) & OBLIQUES: The band of muscle and tissue that runs along the outside of your hip, thigh, knee and waist.

- Stand in front of your FitRiderX™ for support.
- Cross your left leg over your right leg at the ankle.
- Extend your left arm overhead, reaching toward your right side. You'll feel the stretch along your left hip and left oblique.
- Hold for 30 seconds, switch sides and repeat.



HAMSTRING STRETCH: Back of the upper Thigh

- Stand a couple feet away from the back of your FitRiderX™.
- Place your left heel on top of the FitRiderX™ Seat.
- Allow your left leg to extend straight while keeping both knee slightly bent.
- Lean your upper body down towards your left leg.
- Hold for 30 seconds, switch sides and repeat.



CALF STRETCH – Back of your Lower Leg

- Stand behind your FitRiderX™.
- Place both hands on your FitRiderX™ seat.
- Extend your right leg behind your left foot.
- Slowly bend your left leg forward, keeping your right heel on the floor while pressing your hips forward.
- Hold for 30 seconds, switch legs and repeat.
- NOTE: To deepen the stretch, slightly bend your right knee as you bend your left leg forward.



SHOULDER STRETCH – Entire Shoulder area

- Bring your right arm across your body and hold it with your left arm, either above or below the elbow.
- Hold for 30 seconds, switch arms and repeat.



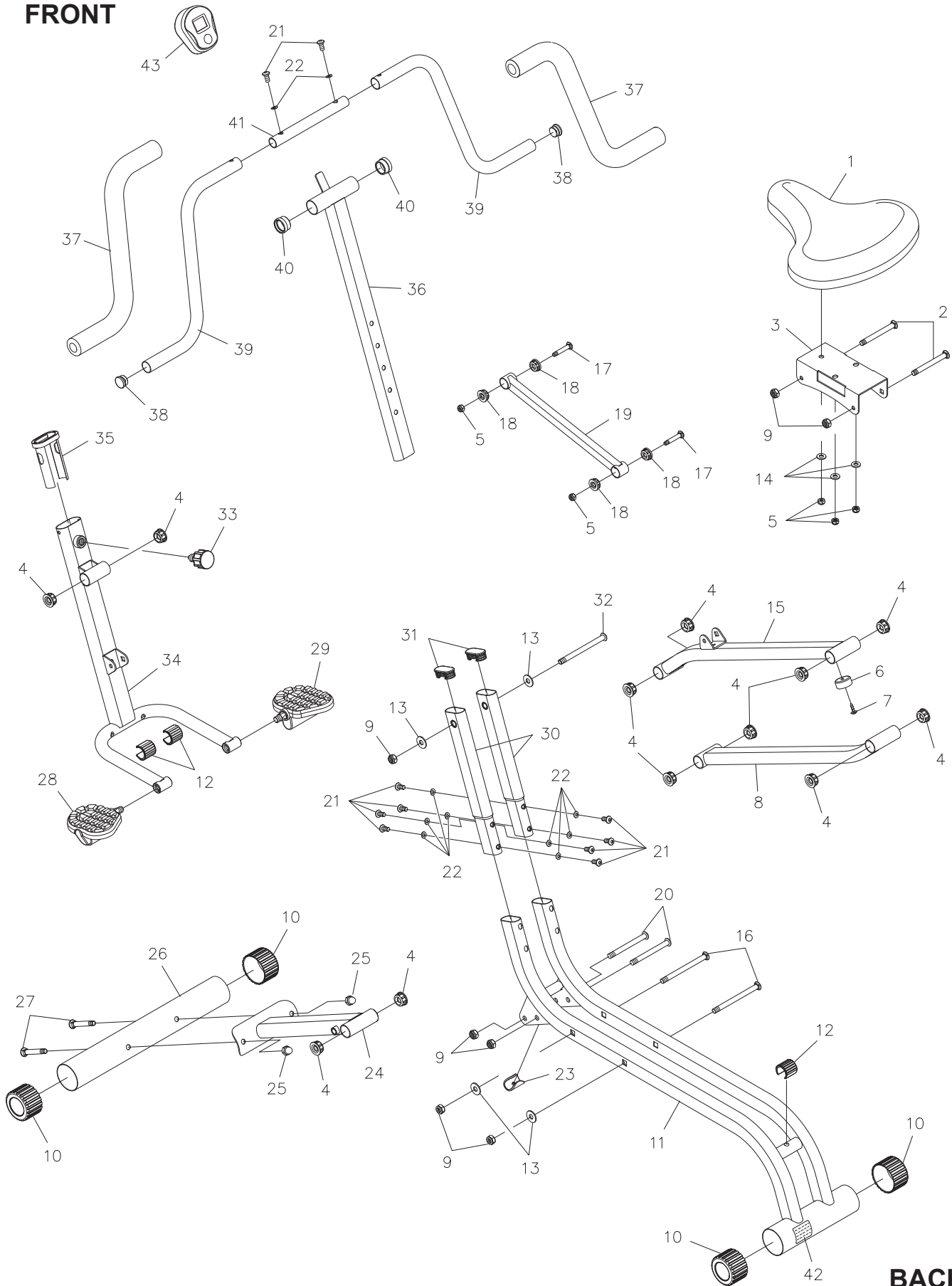
TRICEP STRETCH – Back of your Arm

- Extend your right arm straight overhead.
- Grasp elbow overhead with your left hand and pull elbow back toward head.
- Hold stretch for 30 seconds, switch arms and repeat.



PRODUCT PARTS DRAWING

FRONT



BACK

PARTS LIST

PART#	PART NAME	QTY
1	Seat	1
2	Carriage Bolt (M10 x 1.5 x 94mm)	2
3	Seat Bracket	1
4	Bushing	12
5	Nylock Nut (M8 x 1.25)	5
6	Bumper	1
7	Screw, Round Head (M5 x 20mm)	1
8	Rear Seat Support	1
9	Nylock Nut (M10 x 1.5)	7
10	Endcap	4
11	Main Frame	1
12	Bumper Ring	3
13	Washer (M10)	4
14	Washer (M8)	3
15	Front Seat Support	1
16	Carriage Bolt (M10 x 1.5 x 126mm)	2
17	Carriage Bolt (M8 x 1.25 x 45.5mm)	2
18	Linkage Bushing	4
19	Linkage	1
20	Bolt, Button Head (M10 x 1.5 x 103mm)	2
21	Bolt, Button Head (M8 x 1.25 x 16mm)	10
22	Arc Washer (M8)	10
23	Front Support Bumper	1
24	Front Support	1
25	Acorn Nut (M10 x 1.5)	2
26	Front Stabilizer	1
27	Carriage Bolt (M10 x 1.5 x 70mm)	2
28	Left Pedal	1
29	Right Pedal	1
30	Upright	2
31	Oval Plug (25 x 50mm)	2
32	Bolt, Button Head (M10 x 1.5 x 126mm)	1
33	Adjustment Knob	1
34	Leg Arm	1
35	Sleeve	1
36	Handlebar Post	1
37	Foam Tube (ø23 x ø39 x 550mm)	2
38	Round Plug (ø25.4mm)	2
39	Handlebar	2
40	Handlebar Bushing	2
41	Connecting Tube	1
42	Caution Label	1
43	Meter	1
44	Allen Wrench (6mm)	1
45	Wrench	1
46	Opening Wrench	1
47	Assembly and Maintenance Guide	1
48	Workout Instructions (DVD)	1

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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 one year 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.

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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
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ATTN: Customer Care
P.O. Box 1071 Springfield, MO. 65801-1071

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.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM	Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071
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?* <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. P.O. Box 1071 Springfield, MO 65801-1071	
Mr./Ms:	Apt. #:	
Address:		
City: State:	Zip Code:	
IMPORTANT : We must have your phone number to process the order!		
Phone #: ()	Work Phone #: ()	
Date of Purchase:		
Model #:		
Purchased From:		
IMPORTANT : Before filling out the form 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



FIT RIDER XTM

SIT AND GET FIT

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