

When calling for parts or service, please specify
the following number: MODEL #55-9007

MINISTRIDER[™]

360° MOTION

OWNER'S ASSEMBLY and WORKOUT GUIDE

Featuring
Brenda DyGraf
International Fitness Expert
National Fitness Hall Of
Fame Inductee

Also includes:
**Premium
Equipment Mat**

Please use this Manual to correctly assemble,
maintain and use your MiniStriderX[™]

CAUTION: DO NOT STAND UPRIGHT ON THE MINISTRIDERX[™]. IT IS NOT DESIGNED TO SUPPORT THE BODYWEIGHT 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 MiniStriderX[™] 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.



Congratulations on receiving your new **MiniStriderX™**,

You'll be excited to know that good things come in small packages! This new powerful, portable **MiniStriderX™** helps you get your body moving almost anywhere! It's compact size and unique "ball and joint" design helps you get the health benefits of exercise almost anywhere; while working on your computer at home or at the office, sitting on the couch watching television, or in your favorite chair chatting on the phone with your friends. It's small size and portability even let's you use it while on the road in a RV or motorhome. With regular use, you'll relieve stress and energize your body, while helping tone your hips and thighs from every angle! And when you're finished exercising, just lift it with one hand and store it away.

If you've haven't worked out with the **MiniStriderX™** before or if it's been longer than a year since your last workout, I encourage you to follow my Energy Boost Workouts found on the enclosed DVD. You'll find five, 7 to 10 Minute workouts that not only train your lower body, but also bring you upper-body and core into the workout.

So come on, join me and let's get moving on your new **MiniStriderX™**!

Healthfully yours,

International Fitness Expert
National Fitness Hall Of Fame Inductee

Join me at:
www.brendasygraf.com, and check out my social media feeds.



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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.

⚠ 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 To reduce the risk of serious injury, read the following Safety Instructions before using the MiniStriderX™.

1. Save these instructions and ensure that other exercisers read this manual prior to using the MiniStriderX™ for the first time.
2. Read all warnings and cautions posted on the MiniStriderX™.
3. The MiniStriderX™ 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. CAUTION: Do not stand upright or place your full weight on the MiniStriderX™. It is not designed to support the weight of an individual.
5. Keep children away from the MiniStriderX™. Do not allow children to use or play on the MiniStriderX™. Keep children and pets away from the MiniStriderX™ 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 MiniStriderX™ on a solid level surface. Do not position the MiniStriderX™ on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the MiniStriderX™.
9. Keep fingers clear of all pinch points when folding and unfolding the MiniStriderX™.
10. Before using, inspect the MiniStriderX™ for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. 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.
12. 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.
13. Do not wear loose or dangling clothing while using the MiniStriderX™.
14. 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.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the MiniStriderX™, loss of balance may result in a fall and bodily injury.
16. The MiniStriderX™ should be used by only one person at a time.
17. The MiniStriderX™ is for consumer use only. It is not for use in public or semipublic facilities.

Call Us First



Customer Service
1 (800) 375-7520
www.staminaproducts.com

THANK YOU FOR PURCHASING THE
MiniStriderX™

To enact your warranty, please register your product
by going to register.staminaproducts.com

To help you get started, we have pre-assembled most of your
MiniStriderX™ at the factory with the exception
of those few parts left unassembled for shipping purposes.
Simply follow the few assembly instructions set forth in this manual.
With regular workouts, you will be getting your body into shape
and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.



ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com



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



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071



BEFORE YOU BEGIN

Thank you for choosing the **MiniStriderX™**. 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 **MiniStriderX™** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

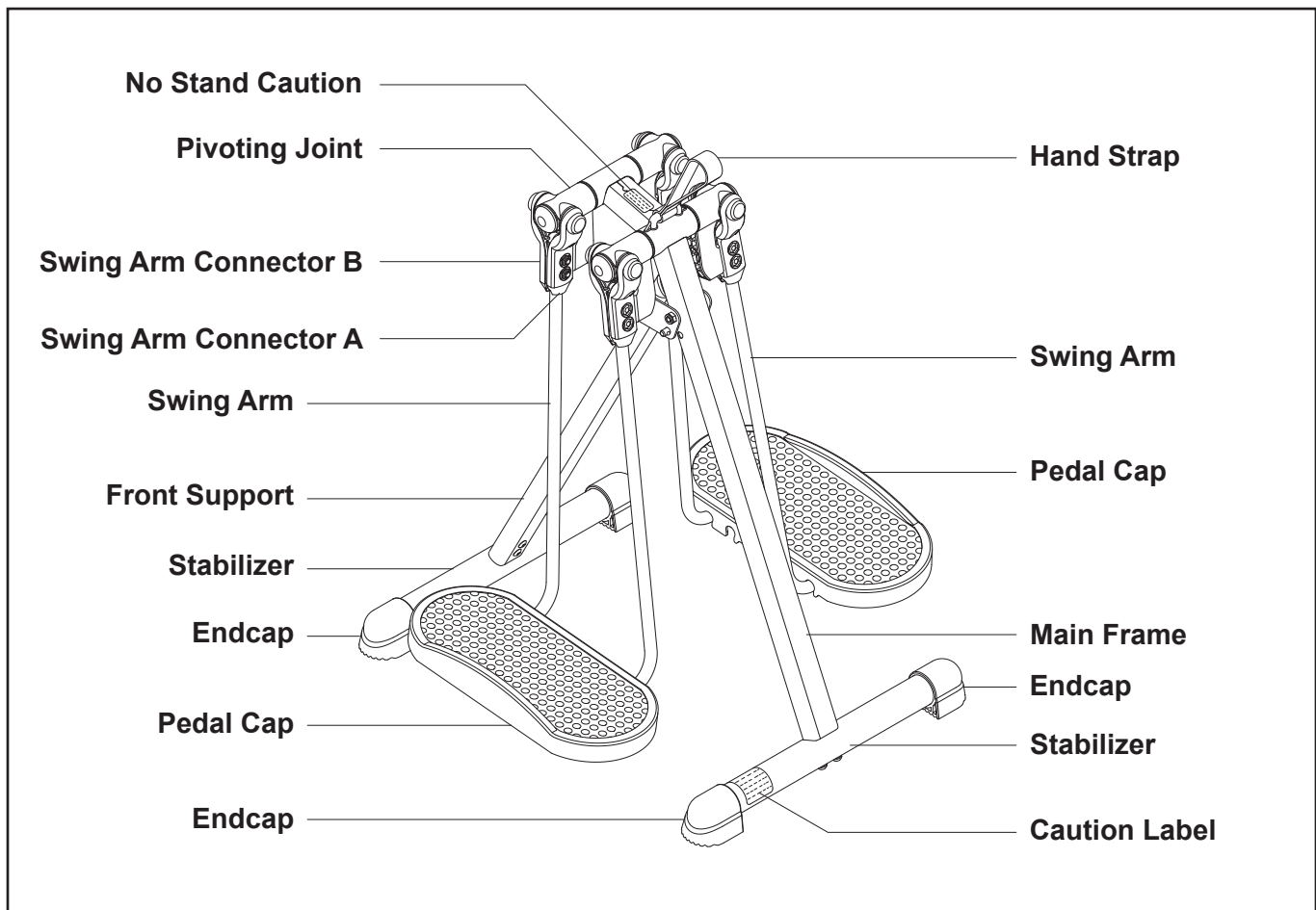
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

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

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 **MiniStriderX™**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to staminaproducts.com under the Service section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service 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)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

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

Labels are larger than actual size

C1 CAUTION LABEL(28)

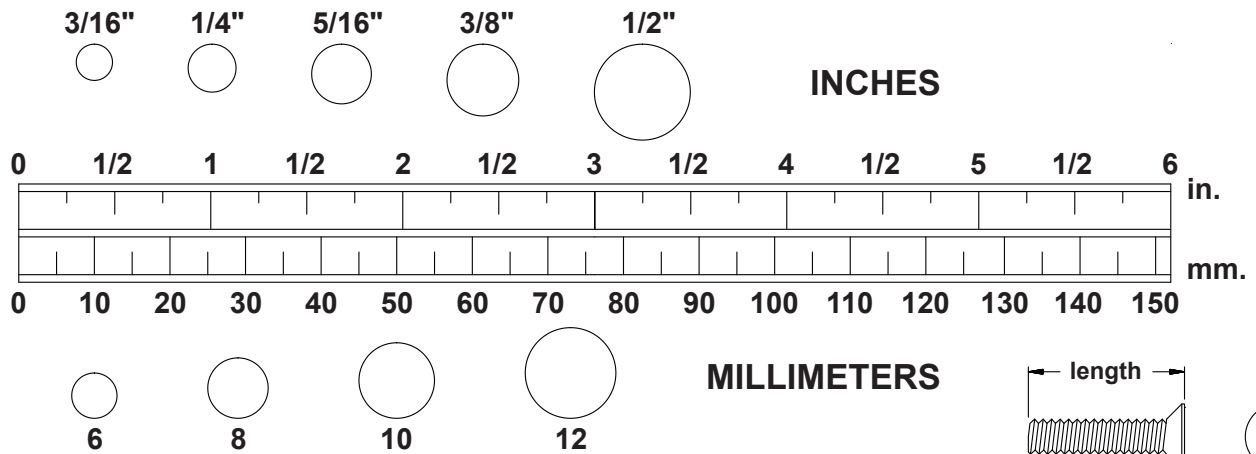


C2 NO STAND CAUTION(29)

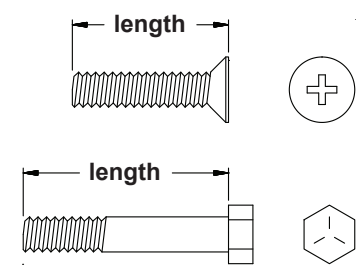


HARDWARE IDENTIFICATION CHART

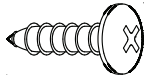
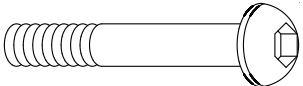
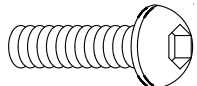
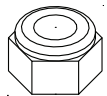
This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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
	20 Screw, Round Head (M5 x 15mm)	4
	21 Bolt, Button Head (M6 x 1 x 45mm)	4
	23 Bolt, Button Head (M6 x 1 x 25mm)	8
	26 Nylock Nut (M6 x 1)	8

ASSEMBLY INSTRUCTIONS

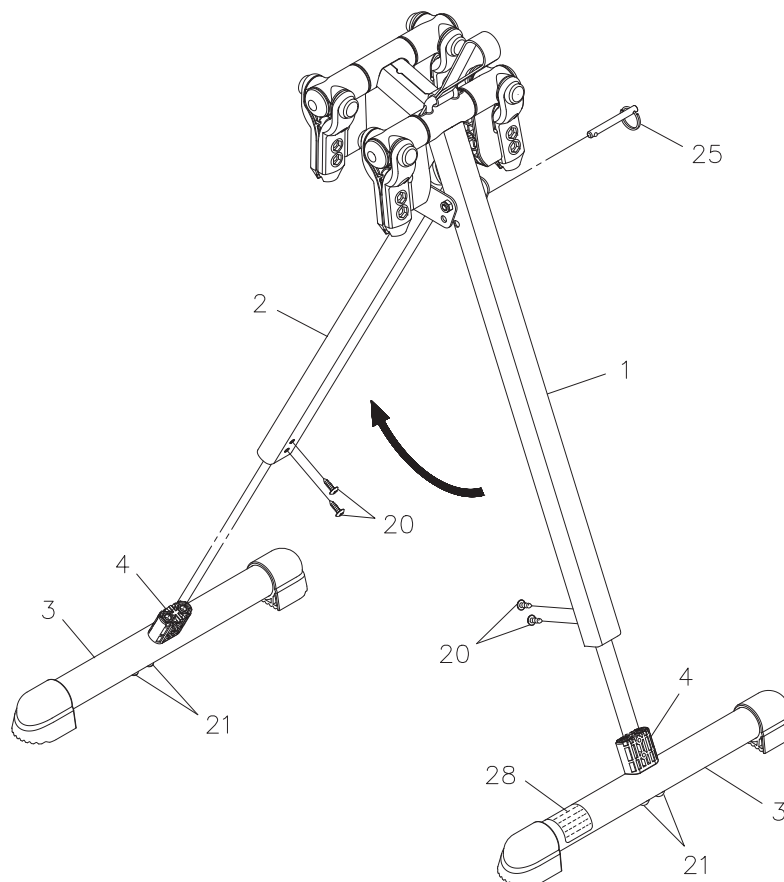
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service 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

Unfold the **FRONT SUPPORT(2)** from the **MAIN FRAME(1)** and lock in position with the **LOCKING PIN(25)**. Attach the **STABILIZER(3)**, the one with the **CAUTION LABEL(28)**, to the **MAIN FRAME(1)** by inserting the **MOUNTING INSERT(4)** into the **MAIN FRAME(1)** and secure with **ROUND HEAD SCREWS(M4x15mm)(20)**. Tighten the two **BUTTON HEAD BOLTS(M6x1x45mm)(21)** under the **STABILIZER(3)**.

STEP 2

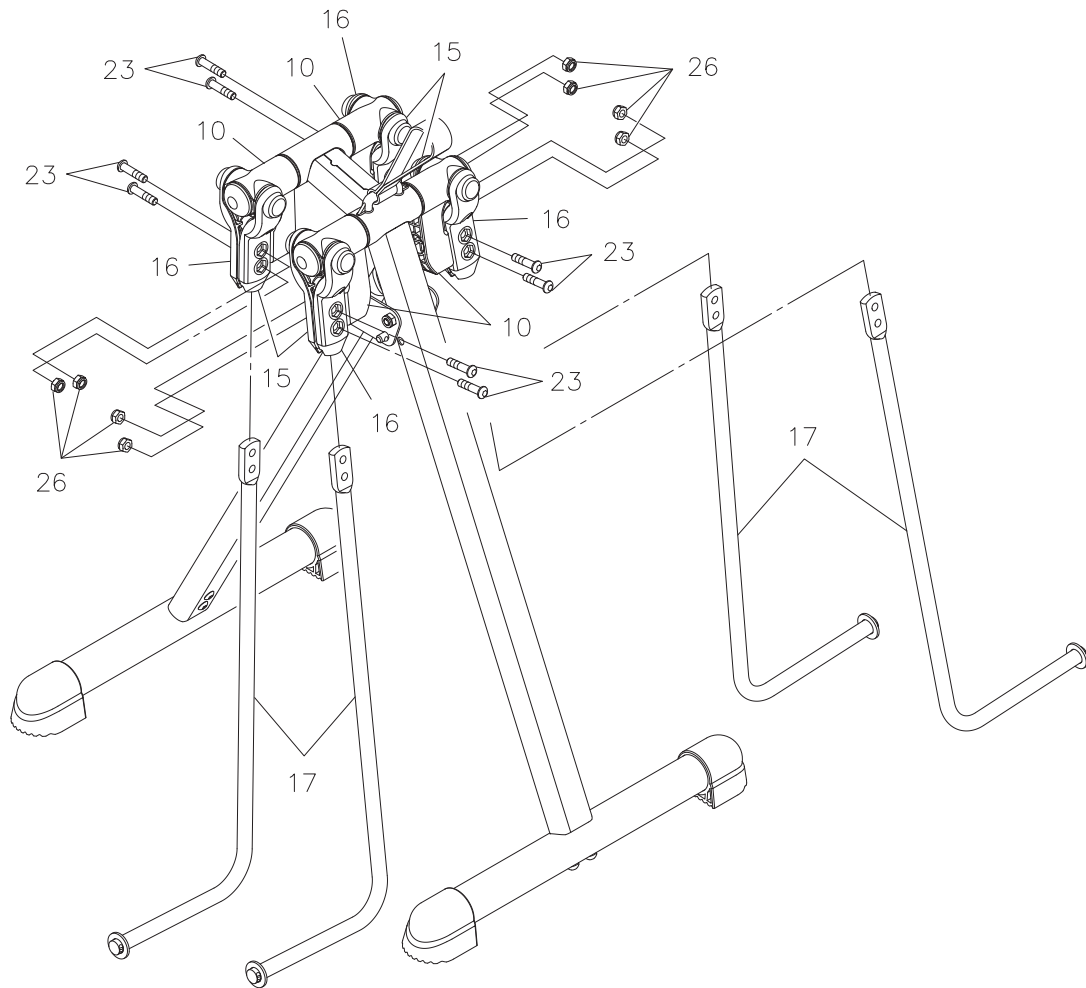
Attach the **STABILIZER(3)** to the **FRONT SUPPORT(2)** by inserting the **MOUNTING INSERT(4)** into the **FRONT SUPPORT(2)** and secure with **ROUND HEAD SCREWS(M4x15mm)(20)**. Tighten the two **BUTTON HEAD BOLTS(M6x1x45mm)(21)** under the **STABILIZER(3)**.



ASSEMBLY INSTRUCTIONS

STEP 3

Refer to the illustration below. **NOTE: Make sure all of the PIVOTING JOINTS(10) are facing down as shown.** Insert the **SWING ARM(17)** into the gap between the **SWING ARM CONNECTOR A(15)** and **SWING ARM CONNECTOR B(16)**, and secure with **BUTTON HEAD BOLTS (M6x1x25mm)(23)** and **NYLOCK NUTS(M6x1)(26)**. Repeat to assembly the other three **SWING ARMS(17)**.

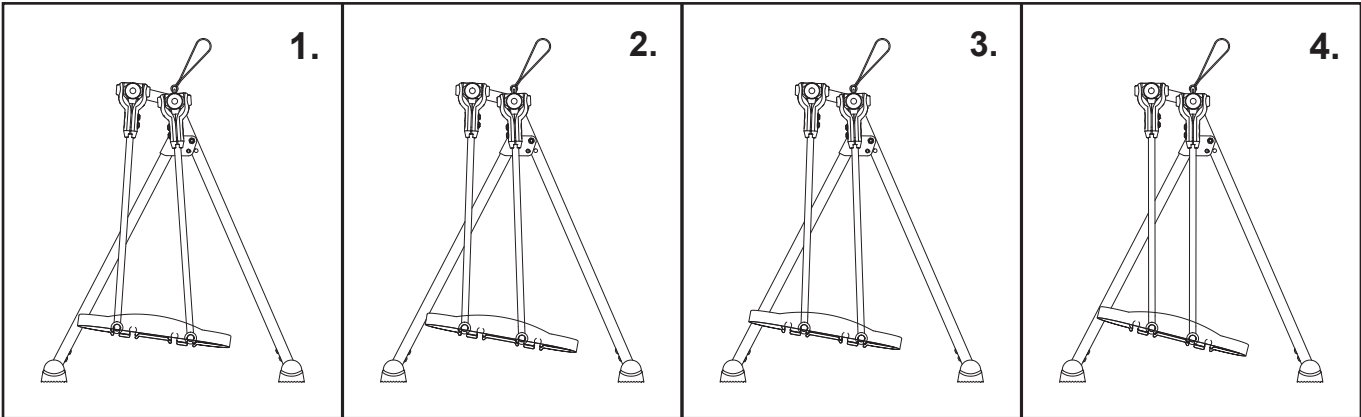
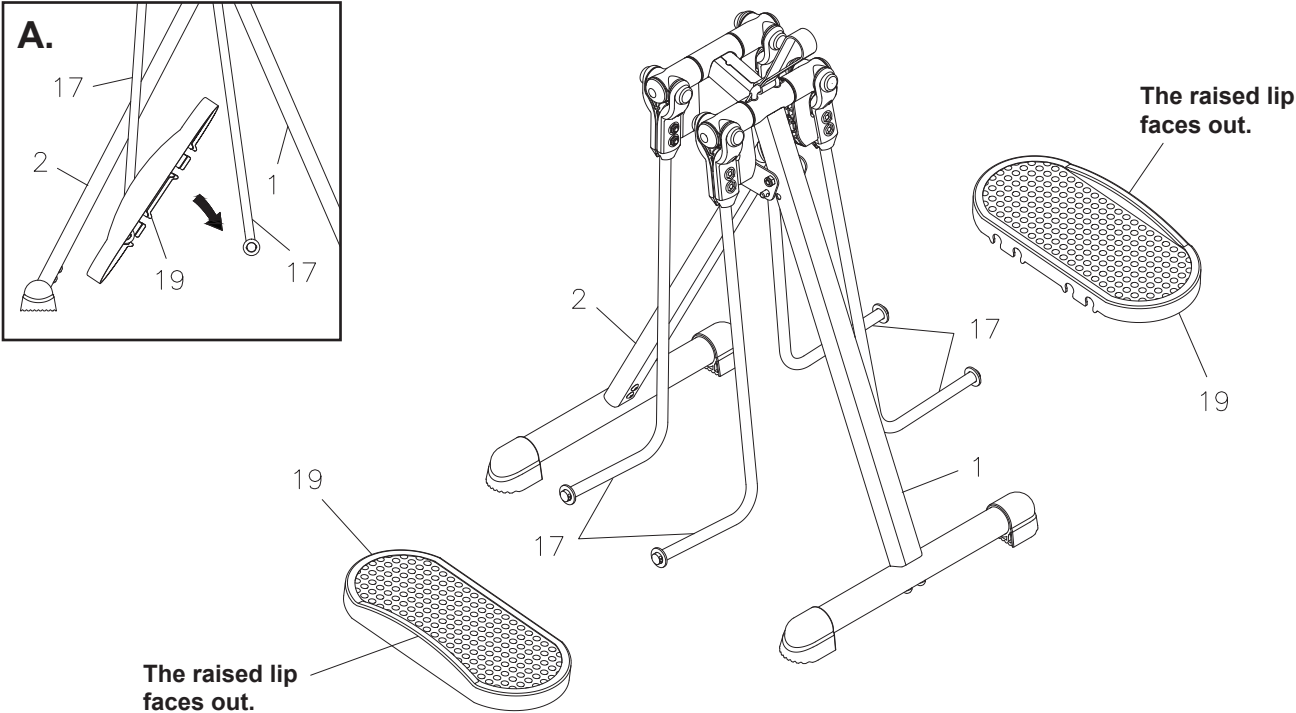


ASSEMBLY INSTRUCTIONS

STEP 4

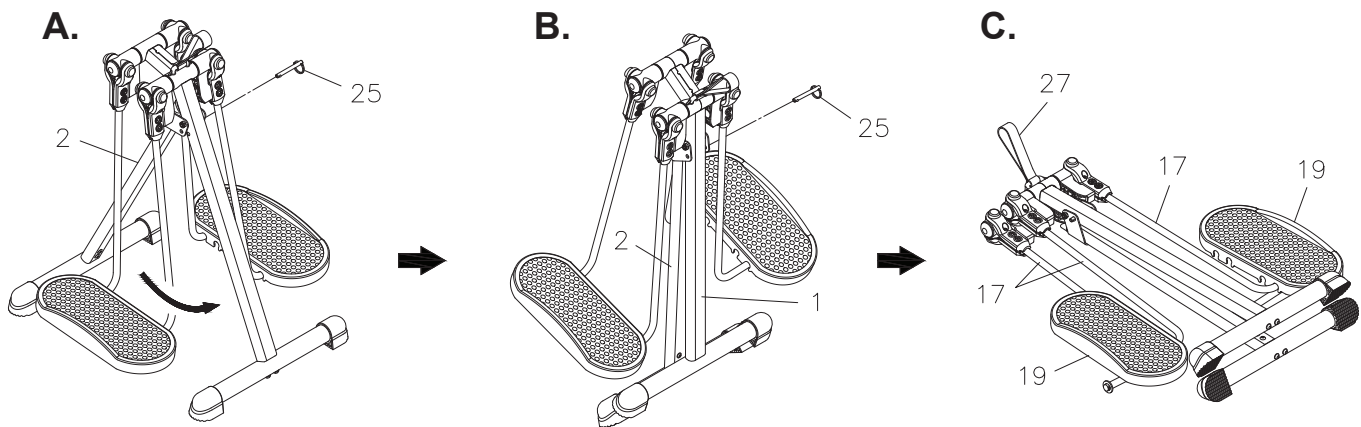
Refer to the illustration below and the detail view A. Clip the **PEDAL CAPS(19)** onto the **SWING ARMS(17)**.

There are four notches on the **PEDAL CAP(19)**. It can be clipped to the **SWING ARMS(17)** in four different ways as shown in illustrations 1 to 4. Select the position that is most comfortable for you.



STORAGE

1. To store the **MiniStriderX™**, simply keep it in a clean dry place.
2. Follow the following procedure to fold the **MiniStrider 360™** for easy storage.
 - a. Remove the **LOCKING PIN(25)** from the **FRONT SUPPORT(2)**.
 - b. Fold the **FRONT SUPPORT(2)** in towards the **MAIN FRAME(1)** and lock in position with the **LOCKING PIN(25)**.
 - c. Detach the **PEDAL CAPS(19)** from the **SWING ARMS(17)** at the front to fold the unit as shown in the illustration C.
 - d. Lift unit by the **HAND STRAP(27)** to move.



MAINTENANCE

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

1. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
2. Verify that the **CAUTION LABEL(28)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(28)** if it is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the **MiniStriderX™** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **MiniStriderX™**.
6. Keep your **MiniStriderX™** clean by wiping it off 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.

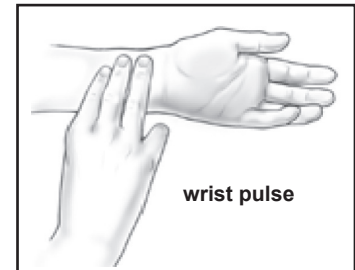
Remember to follow these essentials:

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

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation 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 TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and 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, family, or household 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. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at customerservice@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 MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is 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 AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor'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 Products, Inc. **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 written or express warranty given by Stamina Products, Inc. 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 OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Front Support	1
3	Stabilizer	2
4	Mounting Insert	2
5	Endcap (ø31.8mm)	4
6	Front Spacer	2
7	Right Rear Spacer	1
8	Left Rear Spacer	1
9	Large Washer	8
10	Pivoting Joint	4
11	Washer (ø12.8 x ø19.5 x 1mm thick)	8
12	Bushing (ø12.7 x ø14.3 x 8mm)	8
13	C Ring (No.19)	4
14	Dome Plug (ø25mm)	4
15	Swing Arm Connector A (two holes)	4
16	Swing Arm Connector B (three holes)	4
17	Swing Arm	4
18	Support Plug	1
19	Pedal Cap	2
20	Screw, Round Head (M5 x 15mm)	9
21	Bolt, Button Head (M6 x 1 x 45mm)	4
22	Bolt, Button Head (M6 x 1 x 50mm)	1
23	Bolt, Button Head (M6 x 1 x 25mm)	8
25	Locking Pin	1
26	Nylock Nut (M6 x 1)	13
27	Hand Strap	1
28	Caution Label	1
29	No Stand Caution	1
30	Mat	1
31	Allen Wrench (4mm)	1
32	Manual	1
33	Workout DVD	1

GETTING STARTED

I'm looking forward to workout out with you on you new **MiniStriderX™**!

Your package includes:

The **MiniStriderX™**, Owner's Assembly & Workout Guide to help you assemble and use your unit correctly plus my Energy Boost Workout DVD with five, 7 to 10 minute workouts conveniently located on one DVD!

After assembling your **MiniStriderX™** place it in front of a chair or sofa or under a desk on a mat or carpet. Make you have plenty of room to stride back and forth and side to side. Please read all the safety instructions in this manual and review all the proper workout instructions. Then, when you're ready to start, load up the Energy Boost DVD and follow the workout to start exercising in the comfort of your own easy chair! Each of the Energy Boost Workouts are designed to get you striding and your heart pumping while you relieve stress and tone your upper body, lower body, abs and core. If possible, work out with me at least 5 days a week.

I suggest that you start with the "Energy Boost/Stress Relief Workout". It combines lower-body striding with long, slow upper body stretches to help reduce stress and tension in your neck, shoulders and back.

Next, try my "Lower Body Strider Workout" to get your leg muscles into action! This workout shows you how the MiniStrider's ball and joint action mimics the natural movement of your hip joints so you can target and tone your outer thighs, inner thighs, quadriceps, hamstrings and hips, all while sitting down!

My next workout is called the "Upper Body Strider Workout." You'll keep your legs striding as I show you how to bring your upper body into the workout to firm and sculpt your shoulders, chest, back and arms. I recommend that you add light hand weights or try my 1 Pound Weighted Gloves for even quicker toning results! (Gloves not included, but can be purchase separately at brendadygraf.com)

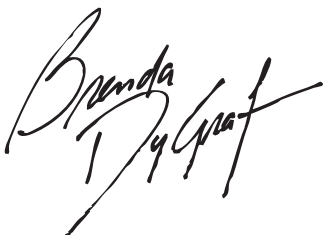
Then, when you're ready to develop a stronger core and tighter abs, follow the "Ab Strider Workout." I created this workout to help elevate your heart rate while tightening abs and obliques with seated abdominal crunches.

Plus there's more! For a fun workout follow along with my "Fun Groove Strider Workout." It's guaranteed to get you striding and dancing in your seat!

Remember, if you're looking to lose weight, it's essential to reduce your daily fat and calorie consumption. Drink plenty of water and make sure you have enough lean protein and complex carbs in your daily diet.

C'mon, let's get healthier together!

Thank you for choosing me to be your personal trainer!



International Fitness Expert
National Fitness Hall Of Fame Inductee



USING YOUR MiniStriderX™

UNFOLDING THE MINI STRIDER AFTER ASSEMBLY

Remove the **LOCKING PIN(25)** from the **FRONT SUPPORT(2)**. Unfold the **FRONT SUPPORT(2)** to the use position and lock in place with the **LOCKING PIN(25)**. Attach **PEDAL CAPS(19)** to the **SWING ARMS(17)**. If at anytime you notice the **LOCKING PIN(25)** slipping out, stop exercising immediately and place pin back in the hole.

ANTI-SLIP FOOT PEDALS

The Mini Strider's foot pedals feature an anti-slip surface. Always place both feet on the **MiniStriderX™** while working out and periodically look down at the position of your feet to make sure that your feet are in the center of each pedal.

HOW TO STRIDE

Position your **MiniStriderX™** on the floor in front of a chair. The **FRONT SUPPORT(2)** should be facing away from your body.

Next, place your dominant foot (if you are right handed your right foot is usually your dominant foot) on the right foot pedal. Then place your non-dominant foot on the opposite pedal.

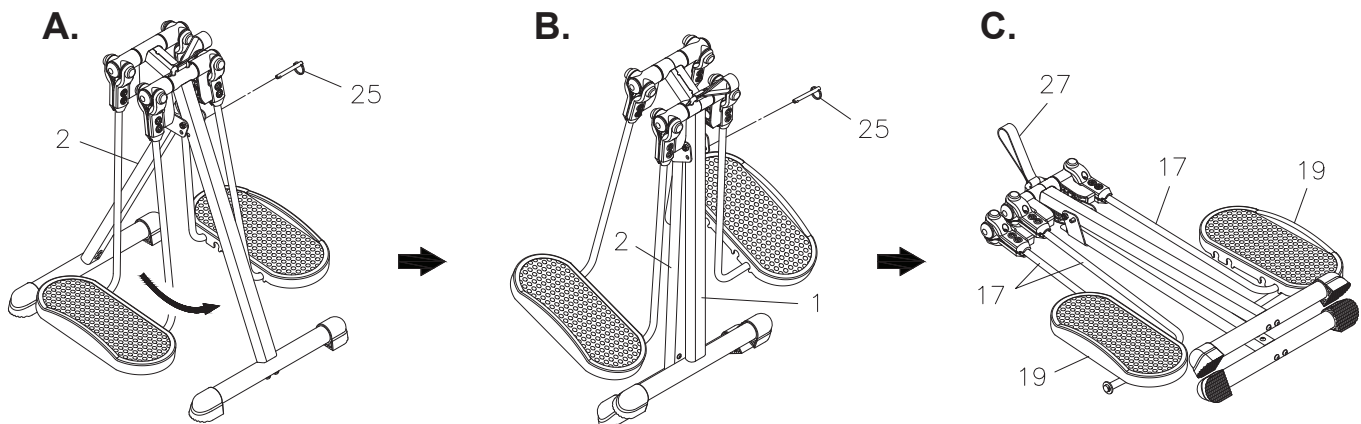
Once both of your feet are on the pedals, push your dominant foot forward and your non-dominant foot backwards. Continue to stride your feet back and forth.

Do not push your foot too far forward so that it locks out your knee since this could cause your Mini Strider to tip forward.

Then when you're ready, you can perform a Skating Pattern, Circles and Side Extensions to work your legs in a 360 degree motion. Please see the exercise section of this manual for learn how to perform these exercises.

FOLDING AND STORING.

1. To store the **MiniStriderX™**, simply keep it in a clean dry place.
2. Follow the following procedure to fold the **MiniStrider 360™** for easy storage.
 - a. Remove the **LOCKING PIN(25)** from the **FRONT SUPPORT(2)**.
 - b. Fold the **FRONT SUPPORT(2)** in towards the **MAIN FRAME(1)** and lock in position with the **LOCKING PIN(25)**.
 - c. Detach the **PEDAL CAPS(19)** from the **SWING ARMS(17)** at the front to fold the unit as shown in the illustration C.
 - d. Lift unit by the **HAND STRAP(27)** to move.



WARM-UP

The purpose of warm-up is to prepare your body for exercise and to minimize injuries. Since the **MiniStriderX™** is virtually a non-impact, non-jarring workout, you can either warm up by striding on your Mini Strider at a slow speed or by performing light activities that raise your heart rate and warm up your muscles. Activities may include walking in place or standing low-impact knee lifts where you alternatively bring one knee to your waist. It is also a good idea to perform a lower back stretch by placing both hands on the top of both thighs and arch your back for 20 seconds, then flatten your back for 20 seconds. Repeat this movement 4 times.

As you workout on the **MiniStriderX™** make sure follow these simple, but important rules:

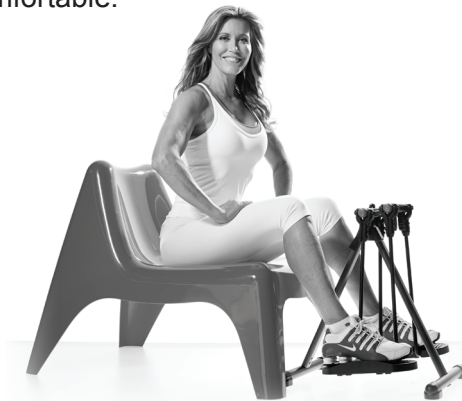
- Always be in control of each and every movement
- Always have your feet in the center of the anti-slip pedal
- If at anytime you feel the Mini Slider slide while you're exercising, stop exercising and reposition the Mini Strider.
- If at anytime you are performing large leg movements and notice that the MiniStrider feels wobbly to the point of tipping over, remove your feet from the pedals and stop exercising immediately. If the MiniStrider tips over, keep your feet free from the direction it is tilting and allow the MiniStrider to fall. Then pick it up, reposition it in front of you and begin striding again using control.

MiniStriderX™ EXERCISES

EASY STRIDE:

Tightens and tones thigh muscles and glutes

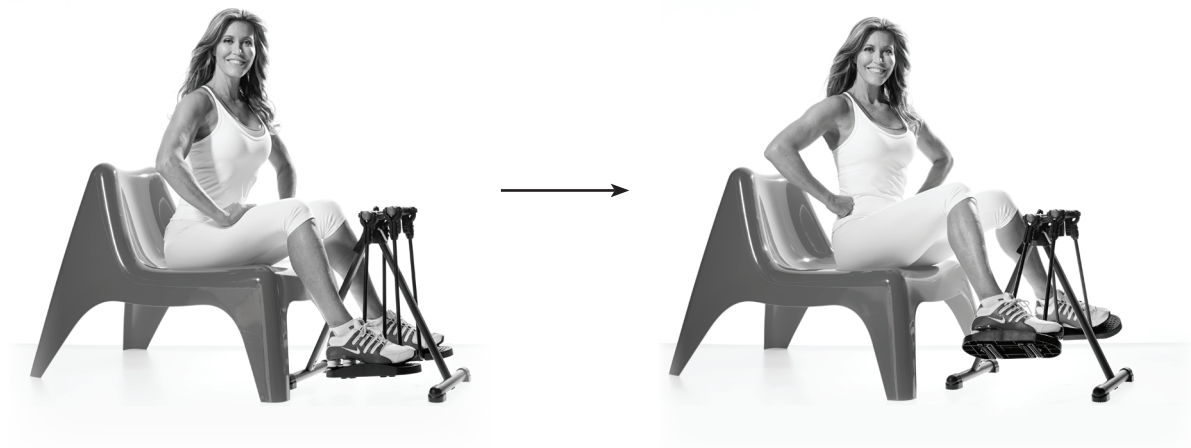
With both feet securely on the foot pedals, stride forwards and backwards. Do not extend your legs all the way forward, but instead keep your knees flexible and slightly bent. Continue to stride for 5 to 20 minutes or as long as you feel comfortable.



SIDE EXTENSIONS:

Tones inner and outer thighs

With both feet securely on the foot pedals sweep your legs outward to the side in a controlled manner. Then, slowly move them back inward to the starting position. Exhale as you move your legs outward and inhale as you move them inward. Gradually increase the sweep width to work your inner and outer thigh. Concentrate on squeezing your glutes and outer thighs as you sweep out for added benefit. Complete 10 to 20 controlled side extensions, rest and repeat.

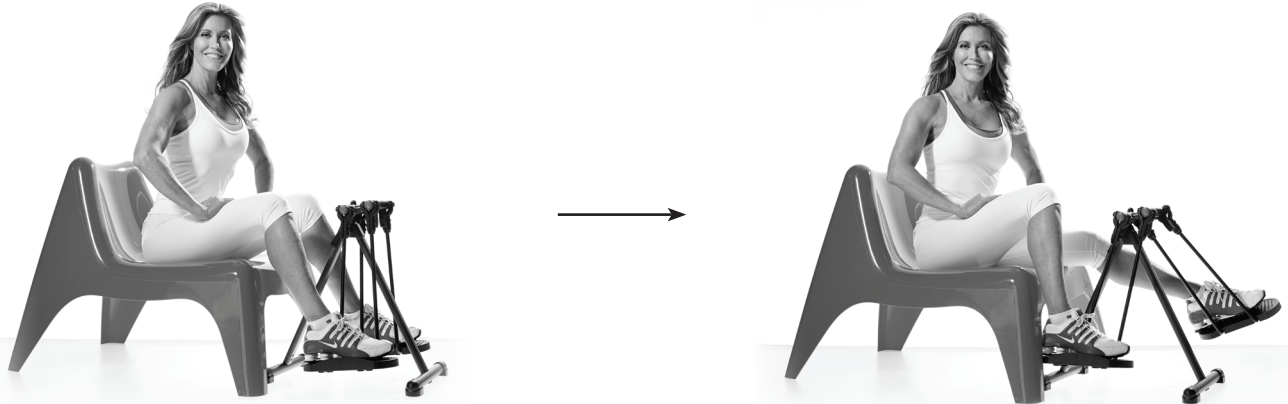


MiniStriderX™ EXERCISES

SKATING:

Works thigh muscles, lower abs, core and glutes

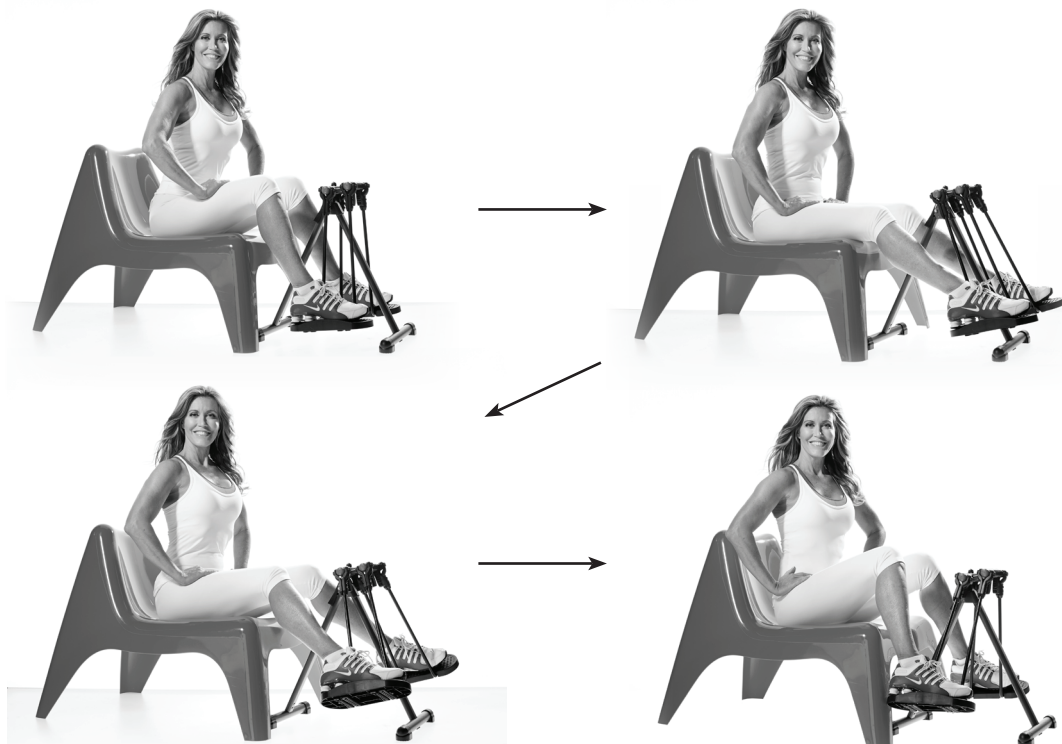
With both feet securely on the foot pedals, move your right foot forward and to the right as in a skating motion. As your right foot returns to the beginning position, skate your left foot forward and to the left. Tighten your abs and squeeze with your glutes and thighs. Repeat 10 times with each foot.



DOUBLE CIRCLES FORWARD:

Works thighs, glutes and core

With both feet securely on the foot pedals, you'll be making a circle with both feet slowly moving forward, then out to the side, backwards toward you and then forward to the starting position. Tighten your abs and squeeze with your glutes and thighs as you circle. Repeat 10 times.

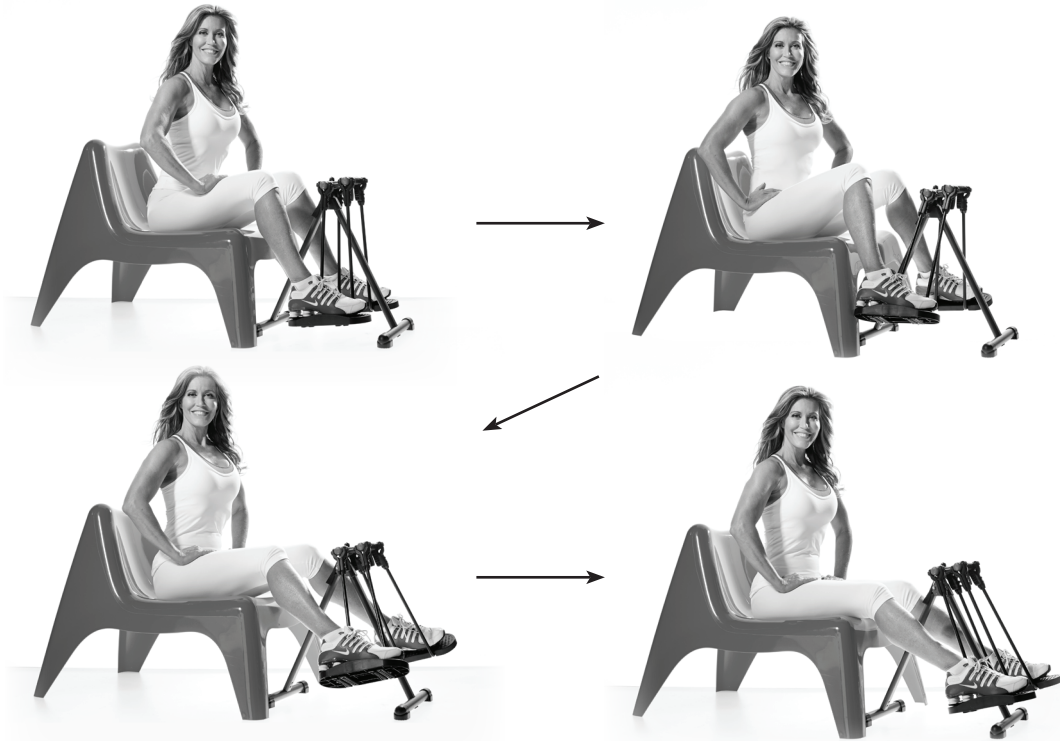


MiniStriderX™ EXERCISES

DOUBLE CIRCLES BACKWARD:

Works thighs, glutes and core

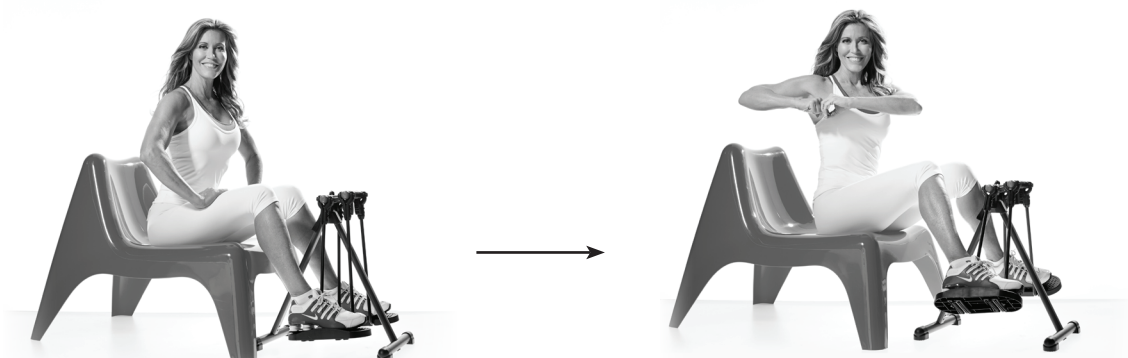
With both feet securely on foot pedals, you'll be making a circle with both feet slowly moving backwards, then out to the side, forward and then backward to the starting position. Tighten your abs and squeeze with your glutes and thighs as you circle. Repeat 10 times.



SIDE EXTENSIONS WITH OBLIQUE TWIST:

Tones inner and outer thighs

With both feet securely on the pedals sweep your legs outward to the side in a controlled manner while simultaneously twisting your upper torso to the right. Then, slowly move them back inward while your allow your torso to return to the starting position. Exhale as you move your legs outward and inhale as you move them inward. Then, repeat while twisting your upper torso to the left. Gradually increase each sweep width and upper torso rotation to focus the benefit in your thighs and obliques at the same time. Complete 10 controlled side extensions and twist to each side, rest and repeat.

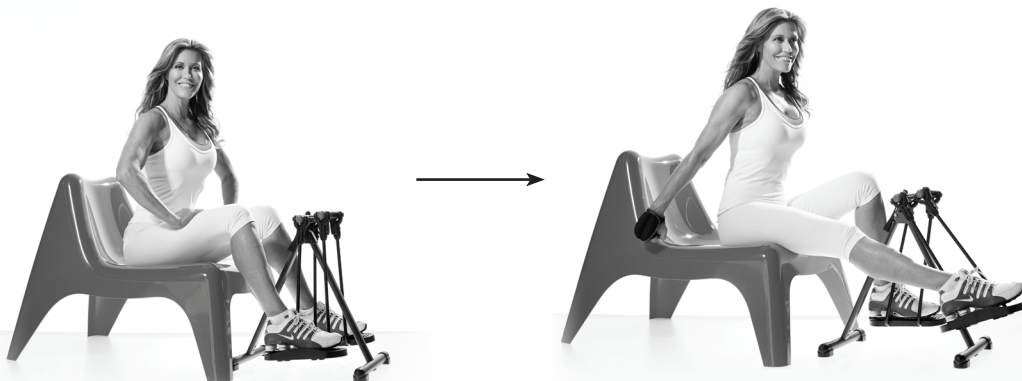


MiniStriderX™ EXERCISES

EASY STRIDE WITH TRICEP EXTENSION:

Tones thigh muscles, glutes and triceps

With both feet securely on the foot pedals, start striding forwards and backwards. While extending your foot forward, bend your arm from the elbow so that you extend your hand backwards. You will feel the movement in your tricep muscle (the upper rear portion of your arm). Never extend your legs all the way forward, but instead keep your knees flexible. Continue to move your legs forward and backwards with one arm in motion for 10 reps and then repeat the same lower body movement with the opposite arm for 10 reps.



COOL DOWN STRETCH



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.

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service 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.



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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 service 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 service. 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:		
Address: Apt. #:		
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



NOTE: GLOVES NOT INCLUDED

MINISTRIDER[™]

360° MOTION

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