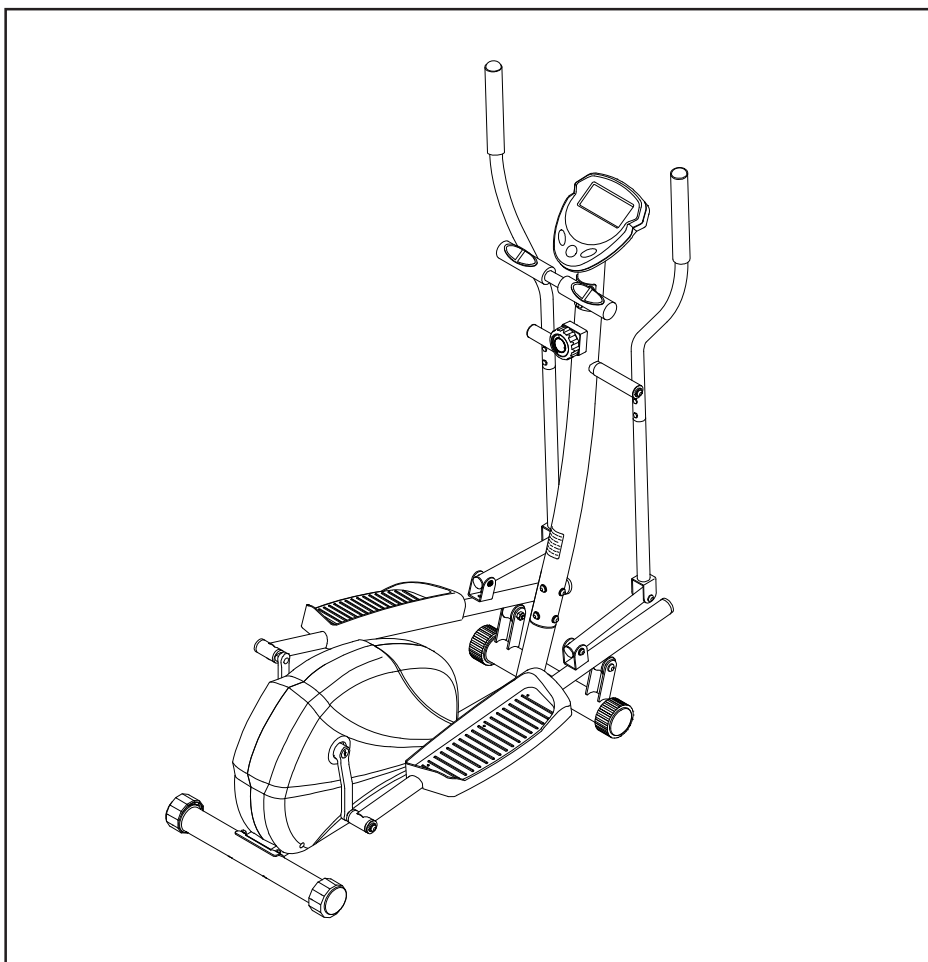


STAMINA® 1772

MAGNETIC CROSS TRAINER ELLIPTICAL

Owner's Manual



⚠ 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 of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

CAUTION:
Weight on this product should not exceed 250 lbs.

Model#: 55-1772
STAMINA PRODUCTS
MADE IN CHINA

**Product May Vary Slightly
From Pictured.**

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **Magnetic 1772 Elliptical**.

1. Read all warnings posted on the **Magnetic 1772 Elliptical**.
2. The **Magnetic 1772 Elliptical** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Magnetic 1772 Elliptical**. Do not allow children to use or play on the **Magnetic 1772 Elliptical**. Keep children and pets away from the **Magnetic 1772 Elliptical** when it is in use.
6. Make sure the **Magnetic 1772 Elliptical** is properly assembled and that all nuts and bolts are tightened before use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **Magnetic 1772 Elliptical** on a solid level surface. Do not position the **Magnetic 1772 Elliptical** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Magnetic 1772 Elliptical**.
10. Adjust the LEVELING CAPS on the REAR STABILIZER so that the bike sits on the floor without rocking.
11. Before using, inspect the **Magnetic 1772 Elliptical** for worn or loose components, and tighten or replace any loose or worn components prior to use.
13. 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.
14. Follow your physician's recommendations in developing your own personal fitness program.
15. 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.
16. Do not wear loose or dangling clothing while using the **Magnetic 1772 Elliptical**.
17. 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.
18. Care should be taken in mounting or dismounting the **Magnetic 1772 Elliptical**.
19. The **Magnetic 1772 Elliptical** should not be used by persons weighing over 250 pounds.
20. The **Magnetic 1772 Elliptical** should be used by only one person at a time.
21. The **Magnetic 1772 Elliptical** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST



Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE Magnetic 1772 Elliptical

To help you get started, we have pre-assembled most of your Magnetic 1772 Elliptical 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.



TELEPHONE

CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX

CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE

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



MAIL

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

BEFORE YOU BEGIN

Thank you for choosing the **Magnetic 1772 Elliptical**. 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 **Magnetic 1772 Elliptical** provides a convenient and simple method to begin your assault on 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.

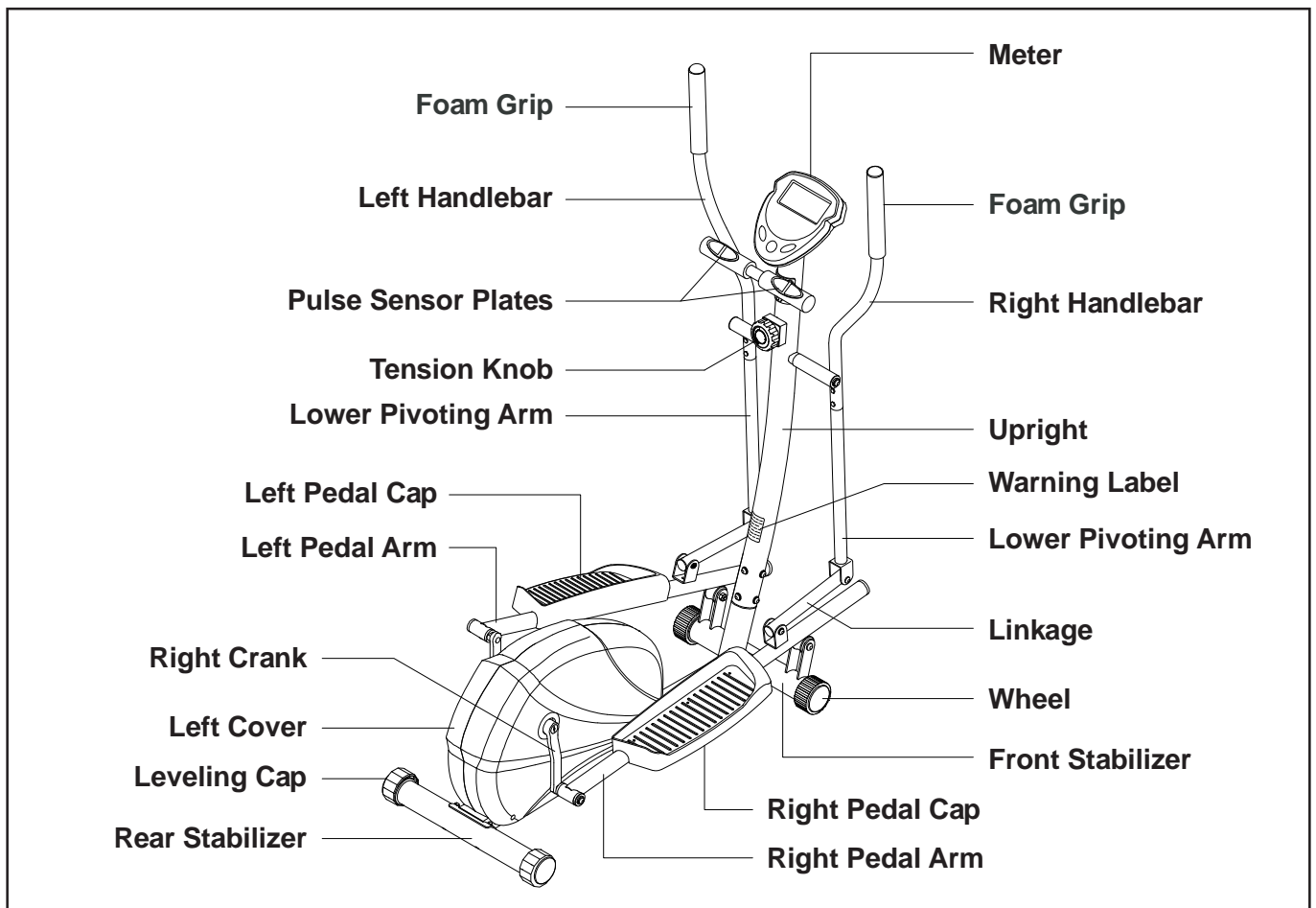
Read this manual carefully before using the **Magnetic 1772 Elliptical**.

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 **Magnetic 1772 Elliptical**, please do not return the product. Contact us **FIRST!**

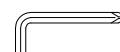
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

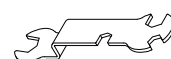
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Allen Wrench (6mm)



Multi-opening Wrench

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **Magnetic 1772 Elliptical**. Please take a moment to familiarize yourself with all of the warning & notice labels.

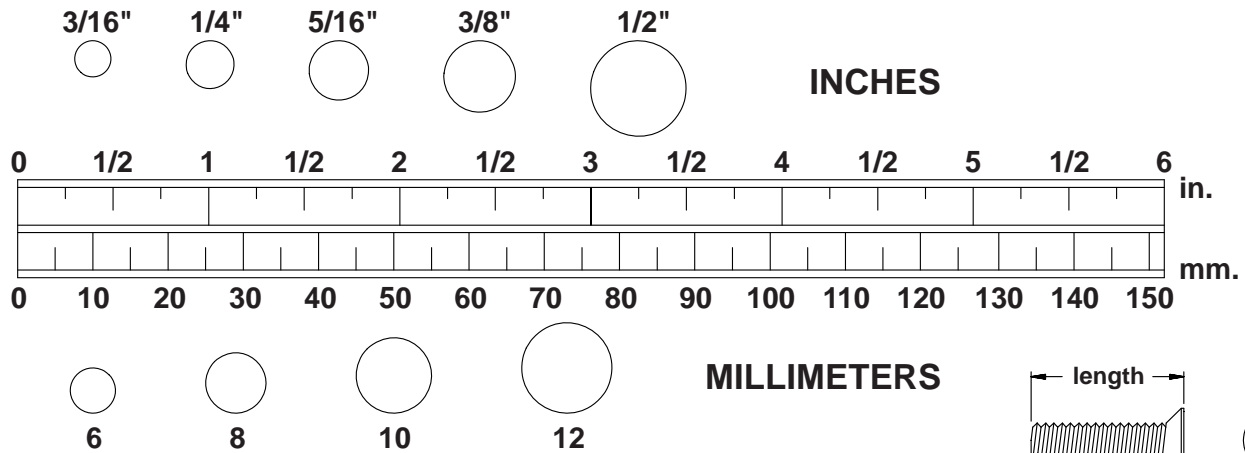
Label is larger than actual size

W1 WARNING LABEL(91)

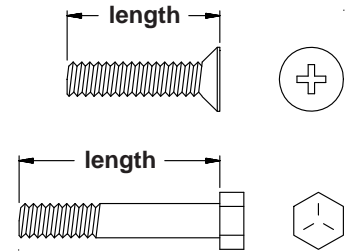


HARDWARE IDENTIFICATION CHART

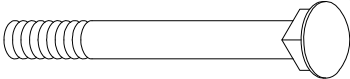
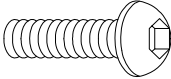

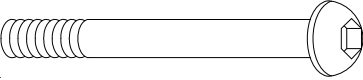
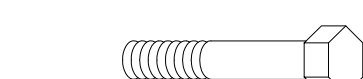
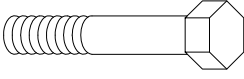
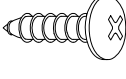




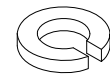




This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.

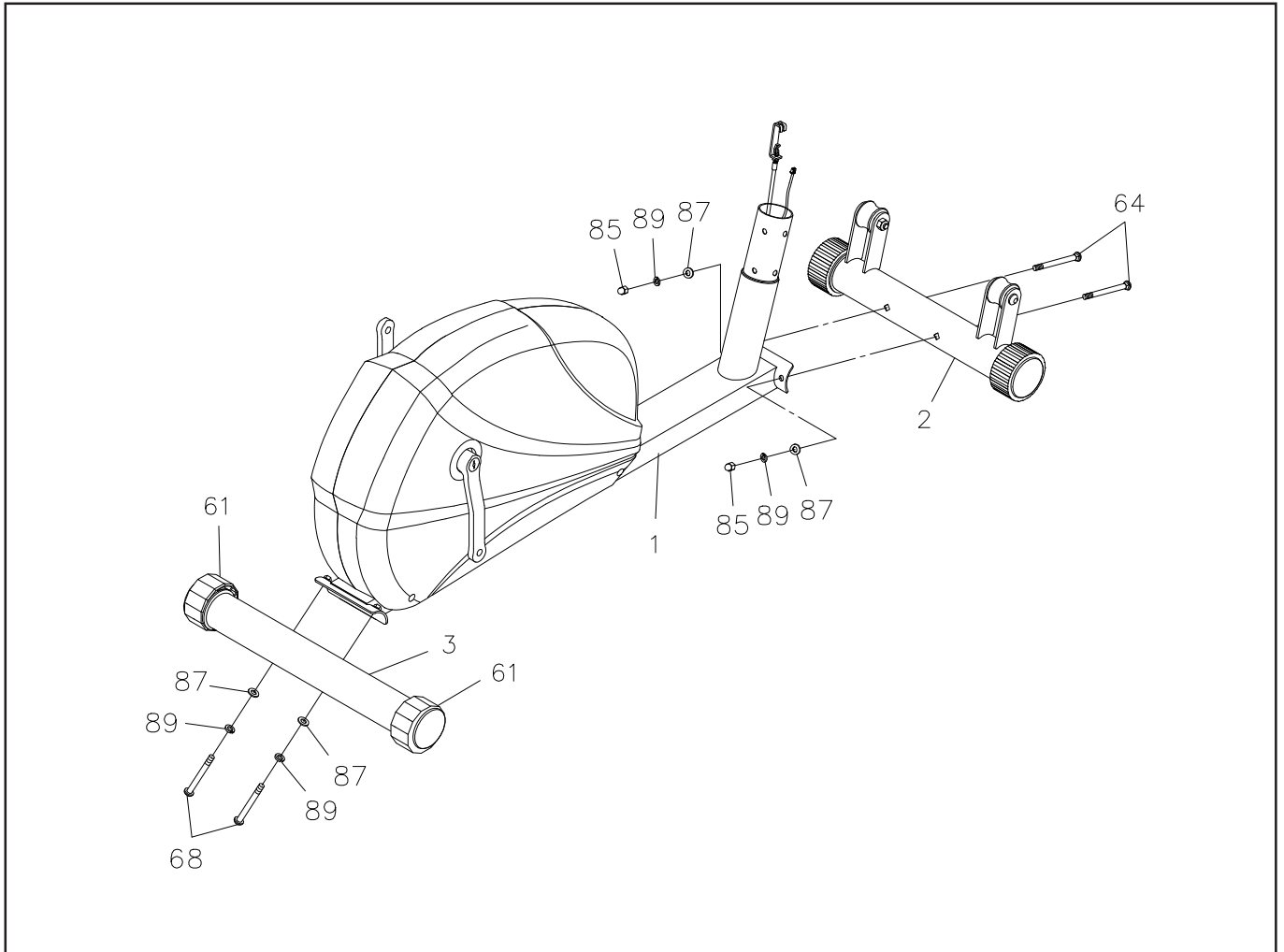


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	64 Carriage Bolt (M8 x 1.25 x 75mm)	2
	65 Bolt, Button Head (M8 x 1.25 x 15mm)	9
	66 Bolt, Button Head (M8 x 1.25 x 20mm)	2
	67 Bolt, Button Head (M8 x 1.25 x 48mm)	2
	68 Bolt, Button Head (M8 x 1.25 x 75mm)	2
	72 Bolt, Hex Head (M6 x 1 x 35mm)	4
	75 Screw, Round Head (M5 x 15mm)	6
	81 Nylock Nut (M8 x 1.25)	2
	84 Acorn Nut (M6 x 1)	4
	85 Acorn Nut (M8 x 1.25)	2
	86 Arc Washer (M6)	4
	87 Arc Washer (M8)	13
	88 Lock Washer (M6)	4
	89 Lock Washer (M8)	15
	45 Large Washer (M8 x ø32 x 2mm thick)	2
	52 Large Washer (M16 x ø32 x 0.5mm thick)	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 call our toll-free number for assistance 1-800-375-7520 or e-mail us at: customerservice@staminaproducts.com



STEP 1

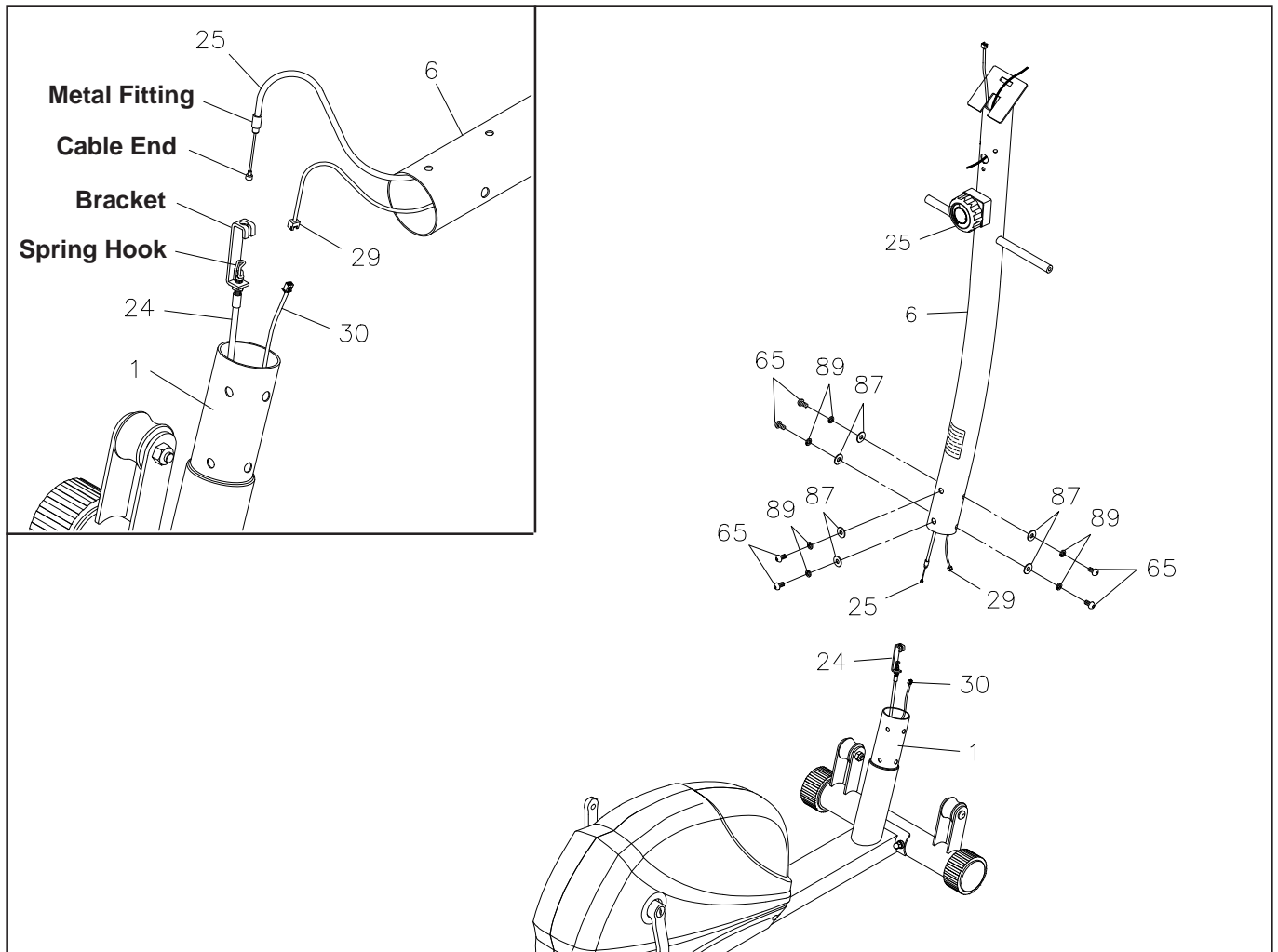
Attach the **FRONT STABILIZER(2)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm) (64)**, **ARC WASHERS(M8)(87)**, **LOCK WASHERS(M8)(89)**, and **ACORN NUTS(M8x1.25)(85)**.

STEP 2

Attach the **REAR STABILIZER(3)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x 75mm) (68)**, **ARC WASHERS(M8)(87)**, and **LOCK WASHERS(M8)(89)**.

NOTE: You can adjust the **LEVELING CAPS(61)** on the **REAR STABILIZER(3)** to keep the **Magnetic 1772 Elliptical** stable.

ASSEMBLY INSTRUCTIONS



STEP 3

Refer to the inset drawing. Lay the **UPRIGHT(6)** on the floor close to the front of the **MAIN FRAME(1)**. Set the **TENSION KNOB(25)** on the **UPRIGHT(6)** at position **8**, so the **CABLE END** of the **TENSION KNOB(25)** extends out of the metal fitting as far as possible. Connect the **CABLE END** of the **TENSION KNOB(25)** to the **SPRING HOOK** end of the **TENSION CABLE(24)**. Pull the **CABLE END** on the **TENSION KNOB(25)** firmly and insert the cable through the slot in the bracket. Then insert the metal fitting on the end of the **CABLE END** of the **TENSION KNOB(25)** into the hole at the end of the slot in the **BRACKET**. Adjust the **TENSION KNOB(25)** and verify that the **SPRING HOOK** moves when the **TENSION KNOB(25)** is adjusted.

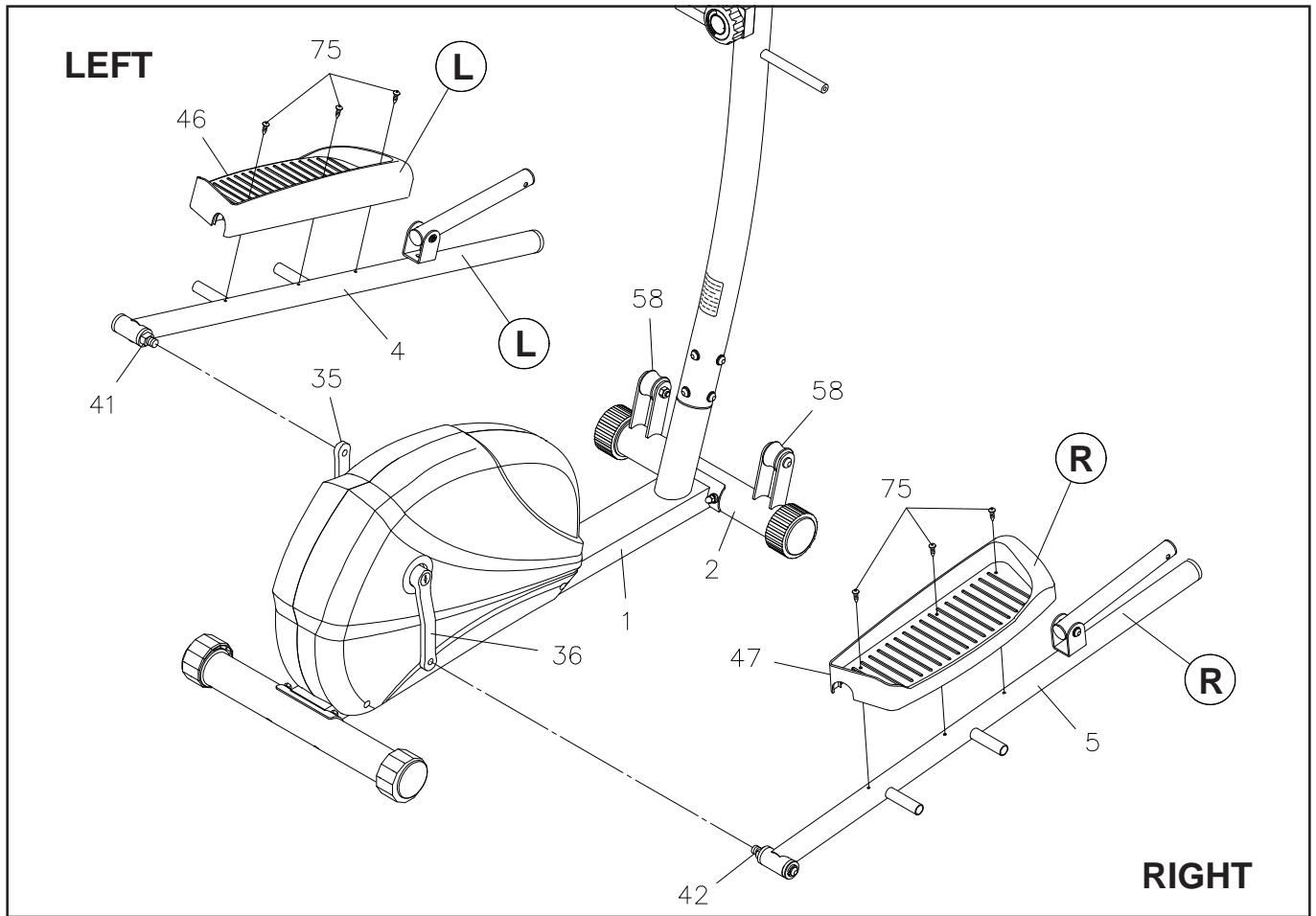
STEP 4

Plug the **SENSOR WIRE(30)** firmly into the **CONNECTION WIRE(29)**. **CAUTION:** Be careful not to damage the **SENSOR WIRE(30)** and **CONNECTION WIRE(29)** when assembling the **UPRIGHT(6)**.

STEP 5

Insert the **UPRIGHT(6)** onto the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x15mm)** (**65**), **ARC WASHERS(M8)**(**87**), and **LOCK WASHERS(M8)**(**89**). Do not tighten the bolts until **STEP 10**.

ASSEMBLY INSTRUCTIONS



STEP 6

- NOTE:** 1. There is an "L" decal on the **LEFT PEDAL ARM(4)**, and an "R" decal on the **RIGHT PEDAL ARM(5)**.
2. The **RIGHT PEDAL SHAFT(42)** has right hand threads and is tightened by turning clockwise.
The **LEFT PEDAL SHAFT(41)** has left hand threads and is tightened by turning counterclockwise.

Place the front end of the **RIGHT PEDAL ARM(5)** on the **ROLLER(58)** of the **FRONT STABILIZER(2)**. Connect the back end of the **RIGHT PEDAL ARM(5)** to the **RIGHT CRANK(36)**. Thread the **RIGHT PEDAL SHAFT(42)** into the **RIGHT CRANK(36)** by hand. **SECURELY TIGHTEN** using a 15mm open-ended wrench or an adjustable wrench (not included). Repeat on the left side. The shoulder of the **PEDAL SHAFT(41, 42)** should be in contact with the **CRANK(35, 36)** when securely tightened. Check the tightness of the **PEDAL SHAFT(41, 42)** and **CRANK(35, 36)** regularly. Retighten as necessary.



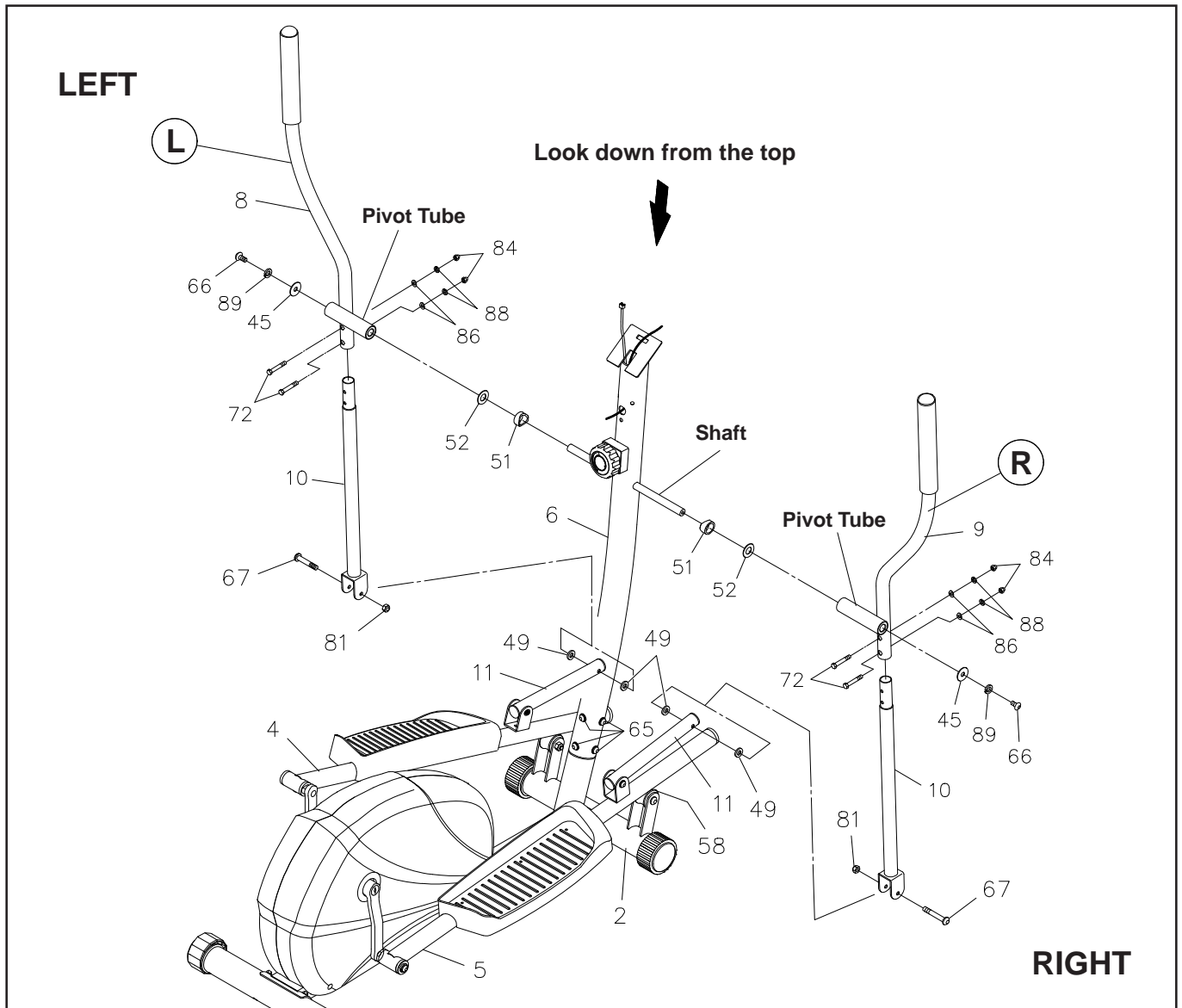
WARNING!

The **PEDAL SHAFT(41, 42)** must be securely tightened to the **CRANK(35, 36)**. Failure to securely tighten may cause the **PEDAL SHAFT(41, 42)** to become loose from the **CRANK(35, 36)** and may result in serious injury to user and damage to product. The shoulder of the **PEDAL SHAFT(41, 42)** should be in contact with the **CRANK(35, 36)** when securely tightened.

STEP 7: There is an "L" decal on the **LEFT PEDAL CAP(46)**, and an "R" decal on the **RIGHT PEDAL CAP(47)**. Attach the **RIGHT PEDAL CAP(47)** to the **RIGHT PEDAL ARM(5)** with **ROUND HEAD SCREWS (M5x15mm)(75)**. Repeat on the left side.

NOTE: The **LEFT** and **RIGHT PEDAL CAPS(46, 47)** have a raised lip on three sides. Attach the **LEFT** and **RIGHT PEDAL CAPS(46, 47)** to the **LEFT** and **RIGHT PEDAL ARMS(4, 5)** so that the side without the raised lip is on the outside.

ASSEMBLY INSTRUCTIONS

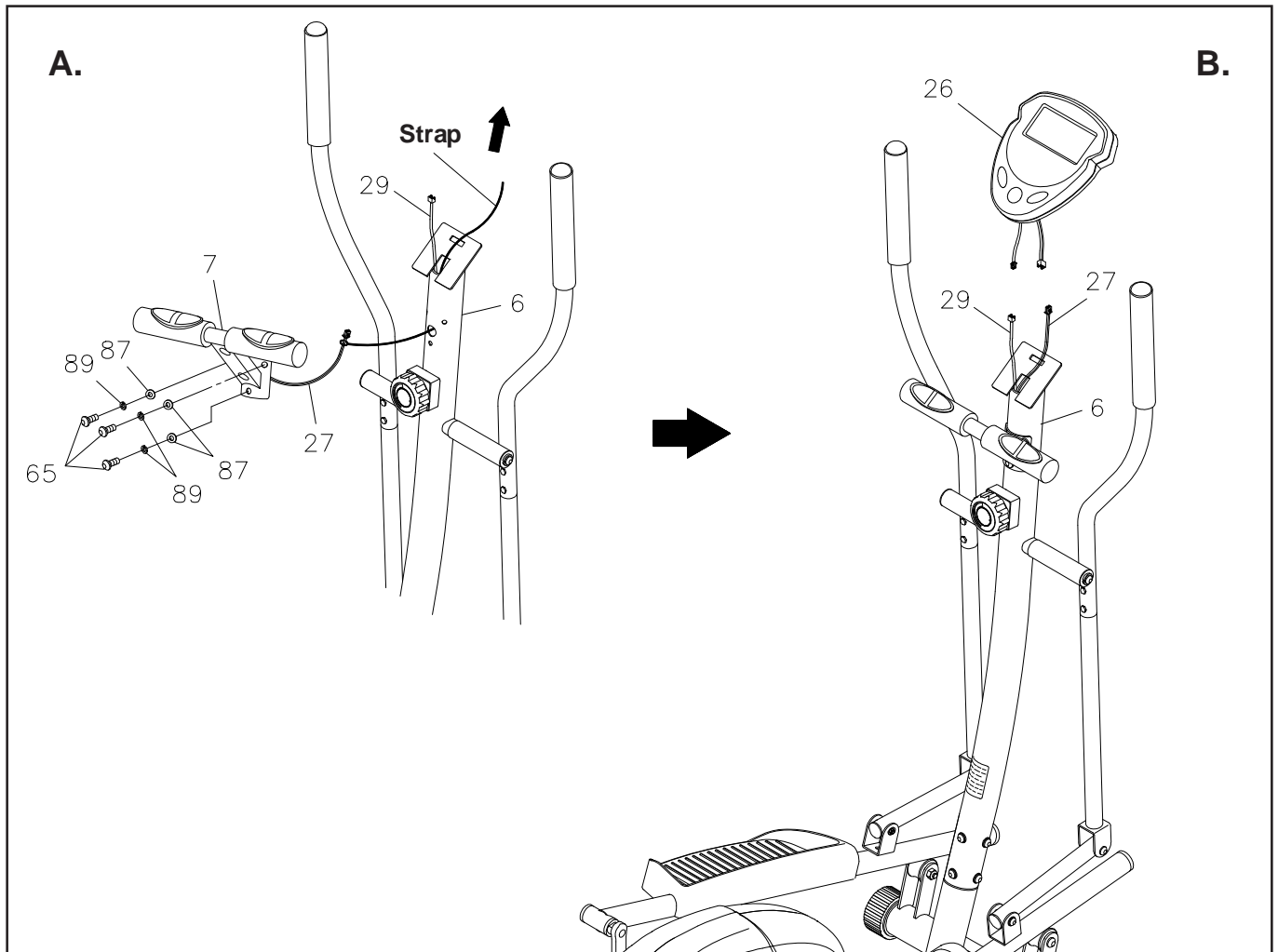


STEP 8: There is an "L" decal on the **LEFT HANDLEBAR(8)**, and an "R" decal on the **RIGHT HANDLEBAR(9)**. To assemble the **RIGHT HANDLEBAR(9)**, place a **SPACER(51)** and a **LARGE WASHER(M16)(52)** on the right side of the **SHAFT** on the **UPRIGHT(6)**. Slide the **RIGHT HANDLEBAR(9)** onto the **SHAFT** and secure with a **LARGE WASHER(M8)(45)**, **LOCK WASHER(M8)(89)**, and **BUTTON HEAD BOLT(M8x1.25x20mm)(66)**. Repeat on the left side.

STEP 9: Attach the **LOWER PIVOTING ARMS(10)** to the **LEFT** and **RIGHT HANDLEBARS(8, 9)** with **HEX BOLTS(M6x1x35mm)(72)**, **ARC WASHERS(M6)(86)**, **LOCK WASHERS(M6)(88)**, and **ACORN NUTS(M6x1)(84)**. Attach the **LOWER PIVOTING ARMS(10)** to the **LINKAGES(11)** on the **PEDAL ARMS(4, 5)** at both sides with the **PLASTIC WASHERS(M8)(49)**, **BUTTON HEAD BOLTS(M8x1.25x48mm)(67)**, and **NYLOCK NUTS(M8x1.25)(81)**.

STEP 10: Look down from the top of the **UPRIGHT(6)** to make sure the **PIVOT TUBES** on the **HANDLEBARS(8, 9)** are parallel to the **FRONT STABILIZER(2)** and the **PEDAL ARMS(4, 5)** are crossing the **ROLLERS(58)** properly. Tighten the **BUTTON HEAD BOLTS(M8x1.25x15mm)(65)** on the **UPRIGHT(6)** from **STEP 5** on **page 8**.

ASSEMBLY INSTRUCTIONS



STEP 11

Refer to illustration A. Tie the **STRAP** to the plug end of the **PULSE SENSOR WIRE(27)**. Pull the **STRAP** from the square hole on the top of the **UPRIGHT(6)** until the **PULSE SENSOR WIRE(27)** is pulled through and extends out of the square hole. Attach the **STATIONARY HANDLEBAR(7)** to the **UPRIGHT(6)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(65)**, **ARC WASHERS(M8)(87)**, and **LOCK WASHERS(M8)(89)**.

STEP 12

Refer to illustration B. Install two AA batteries into the **METER(26)**. Two batteries are included. See page 14 for detailed battery installation instructions. Connect the **PULSE SENSOR WIRE(27)** and **CONNECTION WIRE (29)** to the **METER(26)**. Slide the **METER(26)** onto the plate on the **UPRIGHT(6)**.

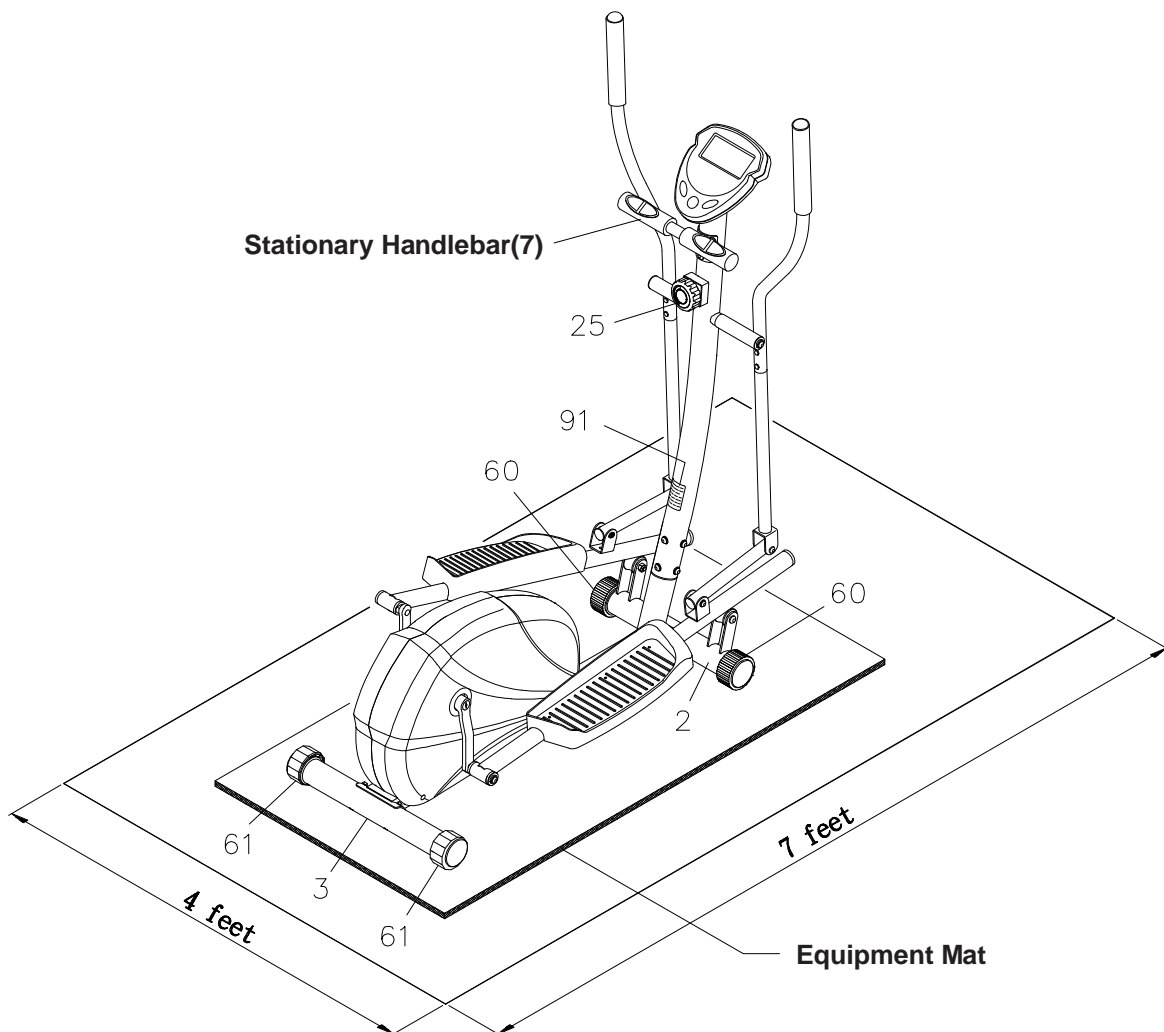
CAUTION: Be careful not to damage the **PULSE SENSOR WIRE(27)** and **CONNECTION WIRE(29)** when sliding the **METER(26)**.

SET UP INSTRUCTIONS

Place the **Magnetic 1772 Elliptical** in the area where it will be used. It is recommended that the **Magnetic 1772 Elliptical** be placed on an equipment mat. The maximum operation dimensions of the **Magnetic 1772 Elliptical** are approximately 54 inches long x 59 1/2 inches tall x 24 3/8 inches wide. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **Magnetic 1772 Elliptical**. Make sure that adequate space is available for access to and passage around the **Magnetic 1772 Elliptical**.

LEVELING: Adjust the **LEVELING CAPS(61)** on the **REAR STABILIZER(3)** so that the **Magnetic 1772 Elliptical** sits on the floor without rocking.

MOVING: The **Magnetic 1772 Elliptical** has a pair of **WHEELS(60)** on the **FRONT STABILIZER(2)**. Grasp the **STATIONARY HANDLEBAR(7)** and tip the **Magnetic 1772 Elliptical** forward to move.



FUNCTION INSPECTION:

Visually inspect the **Magnetic 1772 Elliptical** to verify that assembly is as shown in the above illustration. Check the function of the **Magnetic 1772 Elliptical**, stand on the foot pedals and place your hands at a comfortable position on the handlebars. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(25)** and verify that it functions properly.

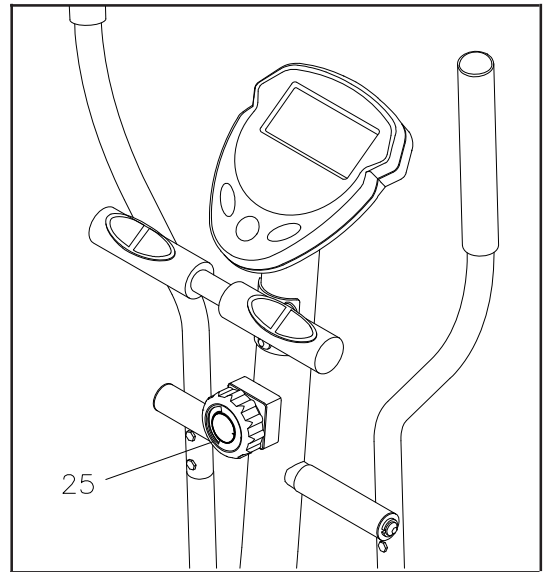
CAUTION: Locate and read the **WARNING LABEL(91)** on the **Magnetic 1772 Elliptical**. Make sure that all users read the **WARNING LABEL(91)**.

OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(25)** clockwise.
To decrease the load, turn the **TENSION KNOB(25)** counterclockwise.

NOTE: The load will increase as you pedal faster.



EXERCISE WORKOUT

To start using the **Magnetic 1772 Elliptical** simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse

The **Magnetic 1772 Elliptical** can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout, helping you to stay motivated. To change directions, simply slow the pedals down until they stop, and switch directions.

Load Level Adjustment

The load level of **Magnetic 1772 Elliptical** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

USING THE METER

POWER ON: Pedal movement or press any button.

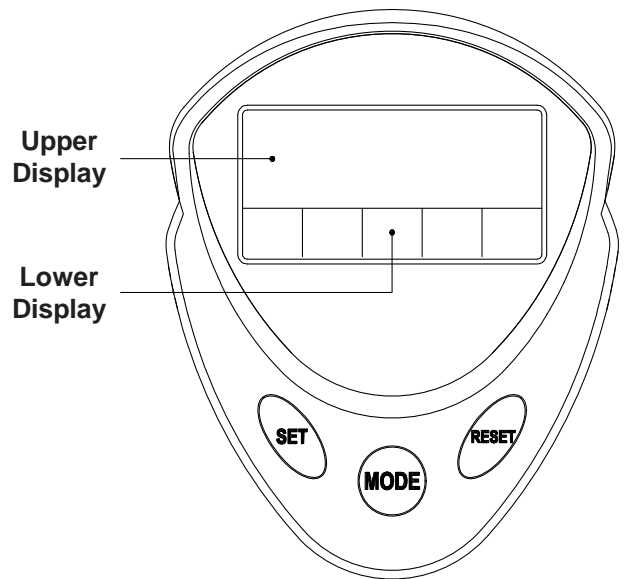
POWER OFF: Automatic shut off after 4 minutes of inactivity. Resets all values to zero.

FUNCTION BUTTONS:

MODE : Press and release to select each function for display on Upper Display or preset target values. Press the button and hold it down for three seconds to reset all functions to zero.

SET : Press to set target values for TIME, DISTANCE, CALORIES, and PULSE.

RESET : This button will reset each function to zero. To reset all functions to zero, press the button and hold it down for three seconds.



PRESET VALUES OPERATION:

Stop pedaling for four seconds. Press the **MODE** button to select functions for preset target values. The meter will cycle through the functions as follows and allow you to set the function values.

Time (0:00 to 99:00) → Distance (0.0 to 99.5 mile) → Calories (0 to 9999 cal) → Pulse (30 to 240 BPM)

Use **SET & RESET** buttons to enter desired values and press **MODE** button to confirm and move to next function for presetting. To pass the setting of some functions, just press the **MODE** button. Start to run the Meter functions by pedaling.

FUNCTIONS:

SCAN: Upper display automatically scans **SPEED, TIME, DISTANCE, CALORIES, PULSE,** and **TEMPERATURE** in sequence with a change every four seconds. Press and release the **MODE** button until "**SCAN**" appears on display.

SPEED: Displays the current speed from zero to 999 miles per hour.

TIME: Counts upward to 99:59 in one second increments. Counts down from preset value.

DISTANCE: Displays distance up to 99.99 miles in increments of 0.01 miles. Counts down from preset value.

CALORIES: Displays the calorie consumption from zero to 9999 Kcal. Counts down from preset value. The calories readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

PULSE: Displays your pulse rate in beats per minute. To display pulse, grasp the Pulse Sensors on the Stationary Handlebar, one in each hand. The heart symbol "♥" will begin flashing when the Electronic Meter senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart icon is displayed. If you do not place your hands correctly and 60 seconds passes without a pulse input, the Meter will turn off the pulse circuit. Press the **MODE** button to restart and place your hands back on the Pulse Sensors correctly. The pulse readout will appear again.

If you preset the PULSE value, the Meter will warn you with an audible alarm when your pulse exceeds the set value. Stop exercising until your pulse comes down.

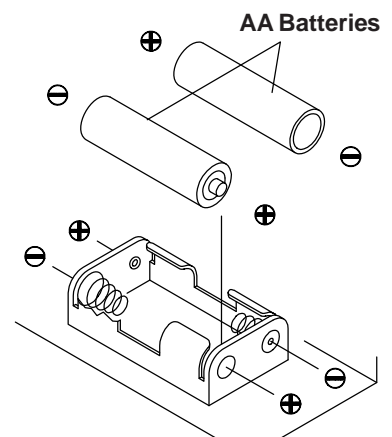
TEMPERATURE: Displays the current environment temperature.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries. Two batteries included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



STORAGE

1. To store the **Magnetic 1772 Elliptical**, simply keep it in a clean dry place.
2. The minimum rest dimensions of the **Magnetic 1772 Elliptical** are approximately 47 5/8 inches long x 60 1/4 inches tall x 24 3/8 inches wide. These dimensions may vary. Please measure your **Magnetic 1772 Elliptical** if exact dimensions are needed.
3. Move the **Magnetic 1772 Elliptical** with the moving wheels on the **FRONT STABILIZER(2)**. Grasp the **STATIONARY HANDLEBAR(7)** on the **UPRIGHT(6)**, tip the **Magnetic 1772 Elliptical** forward and move slowly.
4. To avoid damage to the **METER(26)**, remove the batteries before storing the **Magnetic 1772 Elliptical** for one year or more.

MAINTENANCE

The safety and integrity designed into the **Magnetic 1772 Elliptical** can only be maintained when the **Magnetic 1772 Elliptical** is regularly examined for damage and wear. Special attention should be given to the following:

1. Check the tightness of the **PEDAL SHAFT(41, 42)** and **CRANK(35, 36)** regularly. Retighten as necessary. Failure to securely tighten may cause the **PEDAL SHAFT(41, 42)** to become loose from the **CRANK (35, 36)** and may result in serious injury to user and damage to product.
2. Adjust the **TENSION KNOB(25)** and verify that the Magnetic System provides tension. The Magnetic System should provide many years of use.
3. Verify that the **WARNING LABEL(91)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(91)** 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 **Magnetic 1772 Elliptical** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **Magnetic 1772 Elliptical**.
7. Keep your **Magnetic 1772 Elliptical** 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.

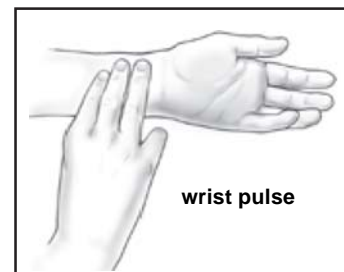
Remember to follow these essentials:

- 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

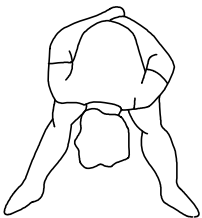
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

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



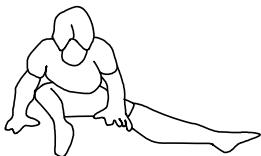
Lower Body Stretch

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.



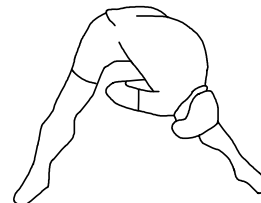
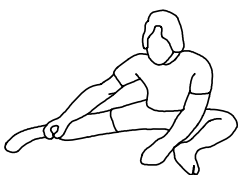
Floor Stretch

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.



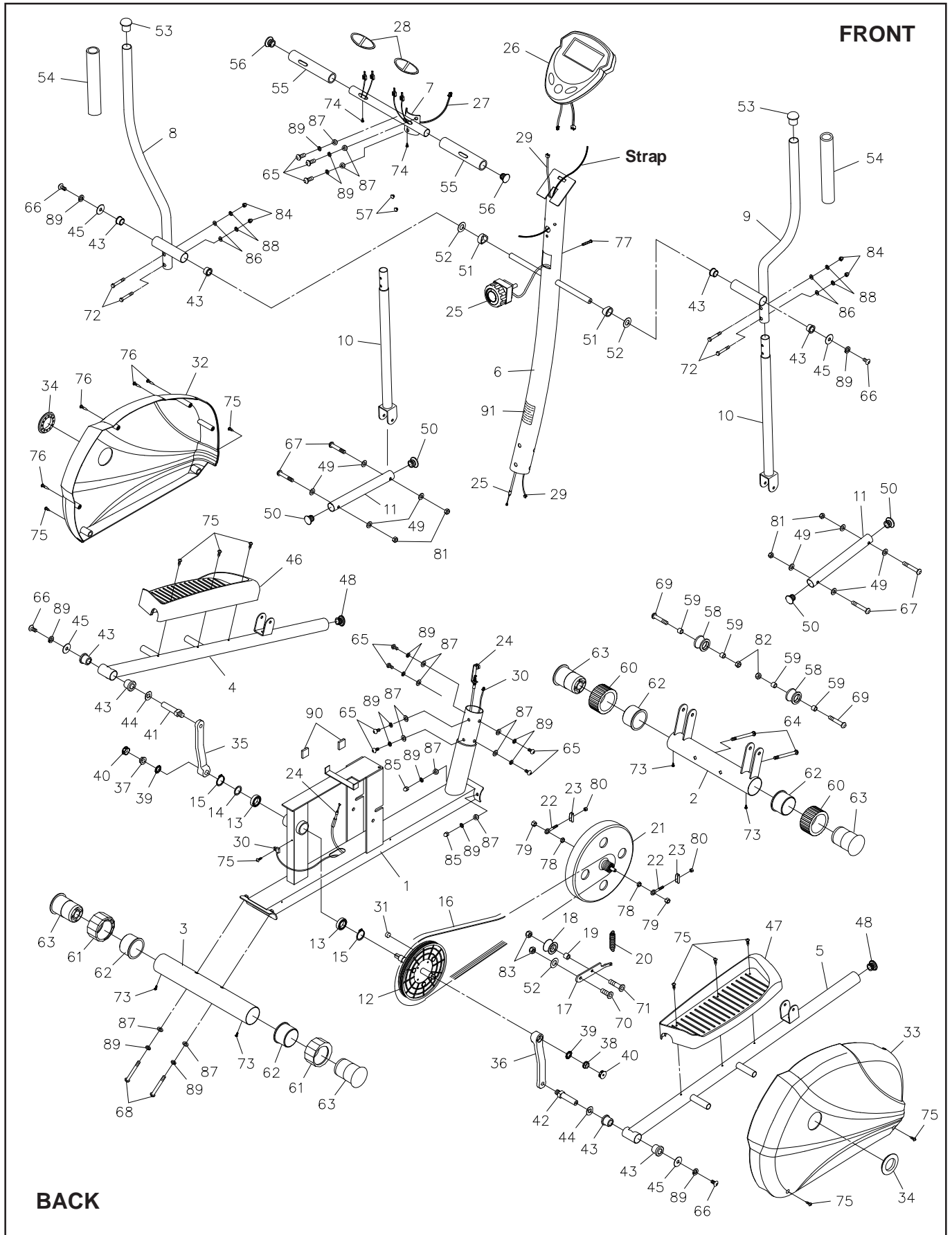
Bent Over Leg Stretch

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.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Left Pedal Arm	1
5	Right Pedal Arm	1
6	Upright	1
7	Stationary Handlebar	1
8	Left Handlebar	1
9	Right Handlebar	1
10	Lower Pivoting Arm	2
11	Linkage	2
12	Pulley and Axle	1
13	Bearing (6003Z)	2
14	Bearing Washer (M17)	1
15	C Ring (17mm)	2
16	V-Ribbed Belt	1
17	Idler Arm	1
18	Idler Wheel	1
19	Idler Wheel Spacer (ø10 x ø16 x 16mm)	1
20	Tension Spring	1
21	Magnetic Unit	1
22	Eyebolt	2
23	Tension Bracket	2
24	Tension Cable	1
25	Tension Knob	1
26	Meter	1
27	Pulse Sensor Wire	1
28	Pulse Sensor Plate	2
29	Connection Wire	1
30	Sensor Wire	1
31	Magnet	1
32	Left Cover	1
33	Right Cover	1
34	Cover Cap	2
35	Left Crank	1
36	Right Crank	1
37	Left Flange Nut (M10 x 1.25, Left Hand Threads)	1
38	Right Flange Nut (M10 x 1.25, Right Hand Threads)	1
39	Lock Washer (M10)	2
40	Crank Cap	2
41	Left Pedal Shaft (9/16" - 20, Left Hand Threads)	1
42	Right Pedal Shaft (9/16" - 20, Right Hand Threads)	1
43	Bushing	8
44	Wave Washer (ø16.5 x ø23 x 0.4mm thick)	2
45	Large Washer (M8 x ø32 x 2mm thick)	4
46	Left Pedal Cap	1
47	Right Pedal Cap	1
48	Round Plug (38mm)	2

PARTS LIST

PART#	PART NAME	QTY
49	Plastic Washer (M8 x ø18 x 2mm thick)	8
50	Round Plug (28.6mm)	4
51	Spacer	2
52	Large Washer (M16 x ø32 x 0.5mm thick)	3
53	Dome Plug (28.6mm)	2
54	Foam Grip	2
55	Short Foam Grip	2
56	Round Plug (25.4mm)	2
57	Round Plug (24.8mm)	2
58	Roller	2
59	Roller Spacer	4
60	Wheel	2
61	Leveling Cap	2
62	Cap Bushing	4
63	Securing Cap	4
64	Carriage Bolt (M8 x 1.25 x 75mm)	2
65	Bolt, Button Head (M8 x 1.25 x 15mm)	9
66	Bolt, Button Head (M8 x 1.25 x 20mm)	4
67	Bolt, Button Head (M8 x 1.25 x 48mm)	4
68	Bolt, Button Head (M8 x 1.25 x 75mm)	2
69	Bolt, Button Head (M10 x 1.5 x 50mm)	2
70	Bolt, Flat Head (M10 x 1.5 x 20mm)	1
71	Bolt, Flat Head (M10 x 1.5 x 38mm)	1
72	Bolt, Hex Head (M6 x 1 x 35mm)	4
73	Screw, Round Head (M4 x 12mm)	4
74	Screw, Round Head (M4 x 15mm)	2
75	Screw, Round Head (M5 x 15mm)	11
76	Screw, Small Round Head (M5 x 25mm)	4
77	Screw, Round Head (M5 x 0.8 x 60mm)	1
78	Thin Nut (3/8" - 26 x 0.16" thick)	2
79	Nut (3/8" - 26 x 0.28" thick)	2
80	Nut (M6 x 1)	2
81	Nylock Nut (M8 x 1.25)	4
82	Nylock Nut (M10 x 1.5 x 10mm thick)	2
83	Nylock Nut (M10 x 1.5 x 7mm thick)	2
84	Acorn Nut (M6 x 1)	4
85	Acorn Nut (M8 x 1.25)	2
86	Arc Washer (M6)	4
87	Arc Washer (M8)	13
88	Lock Washer (M6)	4
89	Lock Washer (M8)	17
90	Foam Pad	2
91	Warning Label	1
92	Allen Wrench (6mm)	1
93	Multi-Opening Wrench	1
94	Manual	1

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY 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.

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