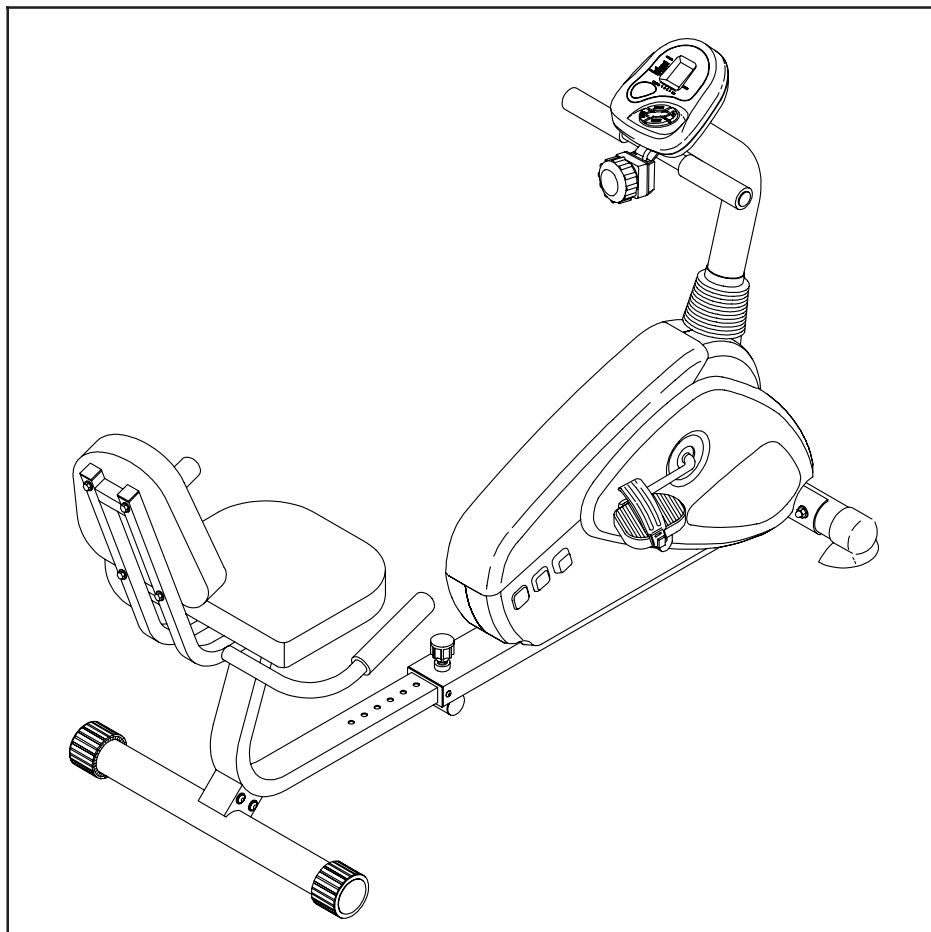


# **STAMINA® 7500**

**EMR • Premium Magnetic Recumbent Bike**

## **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.

**15-7500**

**STAMINA PRODUCTS**

MADE IN CHINA

Product May Vary Slightly  
From Pictured.

#### **CAUTION:**

**Weight on this product should not exceed 250 lbs.**

**This Product is Produced Exclusively by**



**2040 N. Alliance, Springfield, MO 65803**

**Customer Service Number**

**1 (800) 375-7520**

**www.staminaproducts.com**

## TABLE OF CONTENTS

	Page		Page
Safety Instructions	2	Maintenance	12
Before You Begin	4	Conditioning Guidelines	13
Hardware Illustrations	5	Warm-up and Cool-Down	14
Assembly Instructions	6	Warranty	15
Set Up Instructions	9	Product Parts Drawing	16
Operational Instructions	10	Parts List	17
Using The Electronic Meter	11	Notes	19
Storage	12	Fax/Mail Ordering Form	22

### SAFETY INSTRUCTIONS

**WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the **7500 EMR Premium Recumbent Bike**.

1. Read all warnings posted on the **7500 EMR Premium Recumbent Bike**.
2. Read this Owner's Manual and follow it carefully before using the **7500 EMR Premium Recumbent Bike**. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the **7500 EMR Premium Recumbent Bike**. Do not allow children to use or play on the **7500 EMR Premium Recumbent Bike**. Keep children and pets away from the **7500 EMR Premium Recumbent Bike** when it is in use.
4. Set up and operate the **7500 EMR Premium Recumbent Bike** on a solid level surface. Do not position the **7500 EMR Premium Recumbent Bike** on loose rugs or uneven surfaces.
5. Inspect the **7500 EMR Premium Recumbent Bike** for worn or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the **7500 EMR Premium Recumbent Bike**.
7. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
8. Follow your physician's recommendations in developing your own personal fitness program.
9. 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.
10. Do not wear loose or dangling clothing while using the **7500 EMR Premium Recumbent Bike**.
11. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
12. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **7500 EMR Premium Recumbent Bike**, loss of balance may result in a fall and serious bodily injury.
13. The **7500 EMR Premium Recumbent Bike** should not be used by persons weighing over 250 pounds.
14. The **7500 EMR Premium Recumbent Bike** should be used by only one person at a time.
15. Always make sure that the SPRING PIN KNOB(47) is inserted into one of the adjustment holes in the REAR FRAME(4). The SPRING PIN KNOB(47) should be securely tightened prior to use.
16. Each user should adjust the seat per instructions on page 10.
17. Do not attempt to adjust the seat while you are on the **7500 EMR Premium Recumbent Bike**.
18. The **7500 EMR Premium Recumbent Bike** 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 NUMBER**  
**1 (800) 375-7520**

---

**THANK YOU FOR PURCHASING THE  
TRANSFORMER™ 1000**

To help you get started, we have pre-assembled most of your TRANSFORMER™ 1000 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. Within a few minutes you will be getting your body into shape and 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 - Friday, 8:00 A.M. - 5:00 P.M., Central Time.

## BEFORE YOU BEGIN

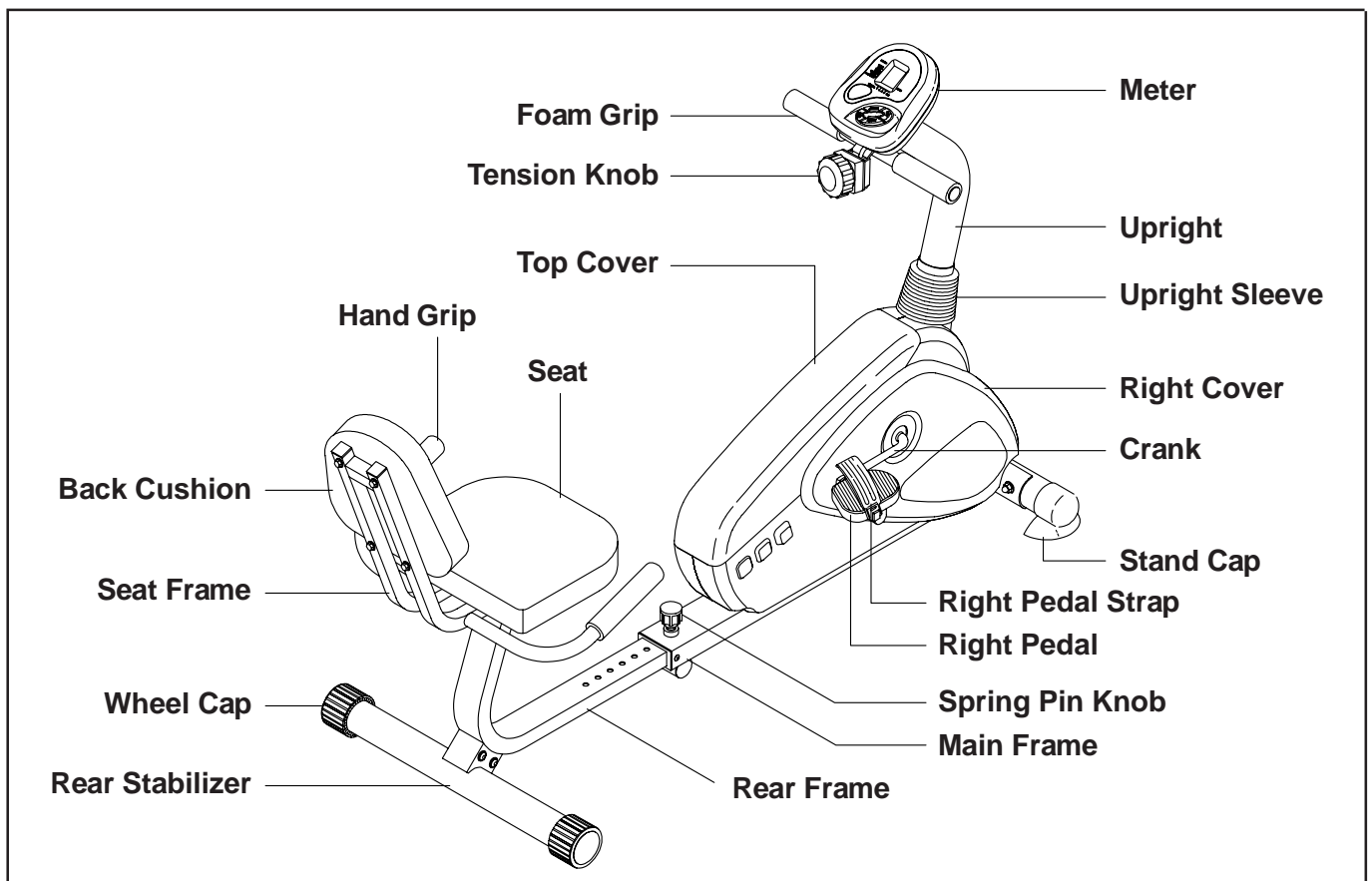
Thank you for choosing the **7500 EMR Premium Recumbent Bike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, 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 **7500 EMR Premium Recumbent Bike** 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 **7500 EMR Premium Recumbent Bike**.

Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place these things will happen occasionally. Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. If a part is missing, does not fit, is the incorrect size, or is otherwise inappropriate, please call 1 (800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday. Our operators will be able to assist you with your problem and the parts will be mailed directly to your house.



### THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :

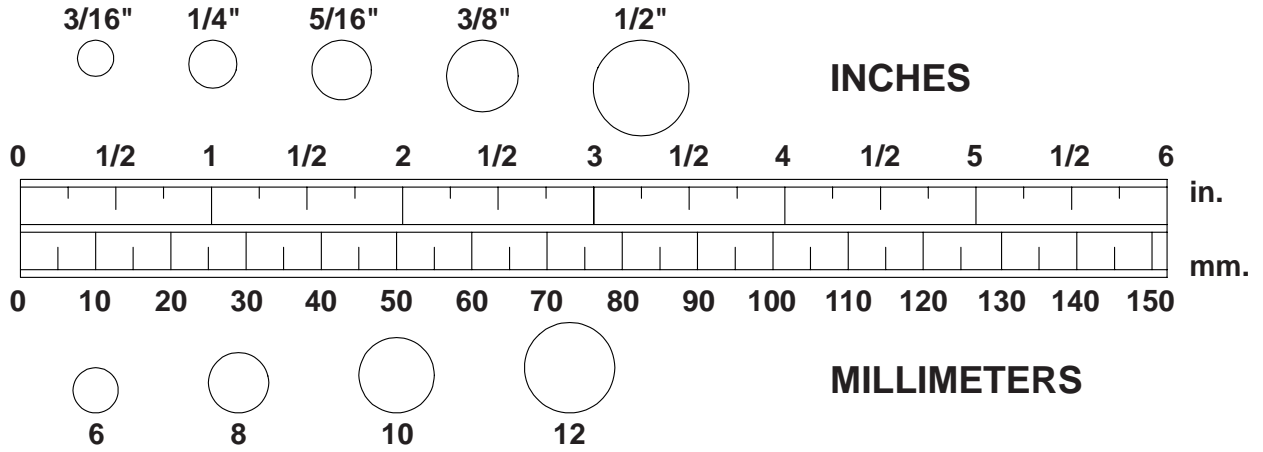
 **Combination Wrench (13mm and 15mm)**

 **Allen Wrench (5mm)**

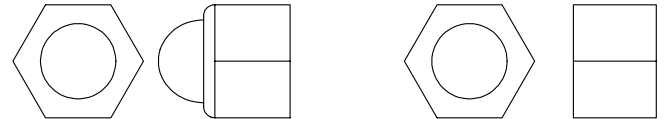
 **Socket Wrench**

# HARDWARE ILLUSTRATIONS

This chart is provided to help identify some of the small parts used in the assembly of this product. This sheet may not include all the hardware needed to assemble your product. It is intended to be used as a guide to help simplify your assembly process.

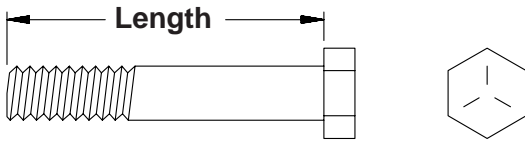


Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.

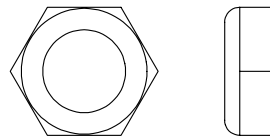


**Acorn Nut**

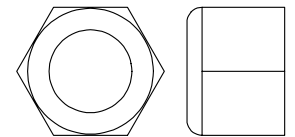
**Standard Nut**



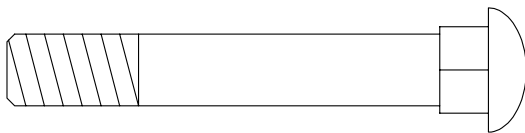
**Hex Head Bolt**



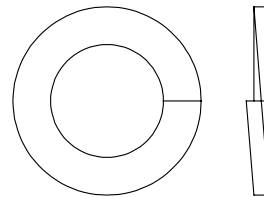
**Thin Nylock Nut**



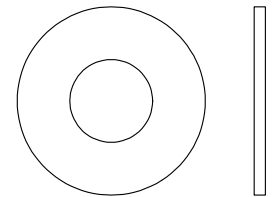
**Nylock Nut**



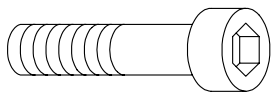
**Carriage Bolt**



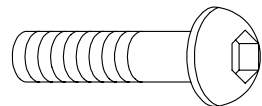
**Lock Washer**



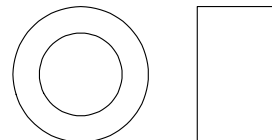
**Flat Washer**



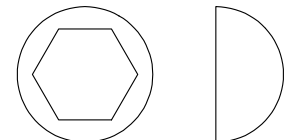
**Socket Head Screw**



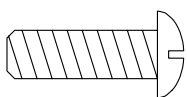
**Button Head Screw**



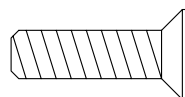
**Spacer**



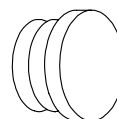
**Nut Cap**



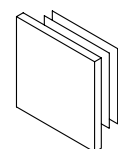
**Round Head Screw**



**Flat Head Screw**



**Round Plug**

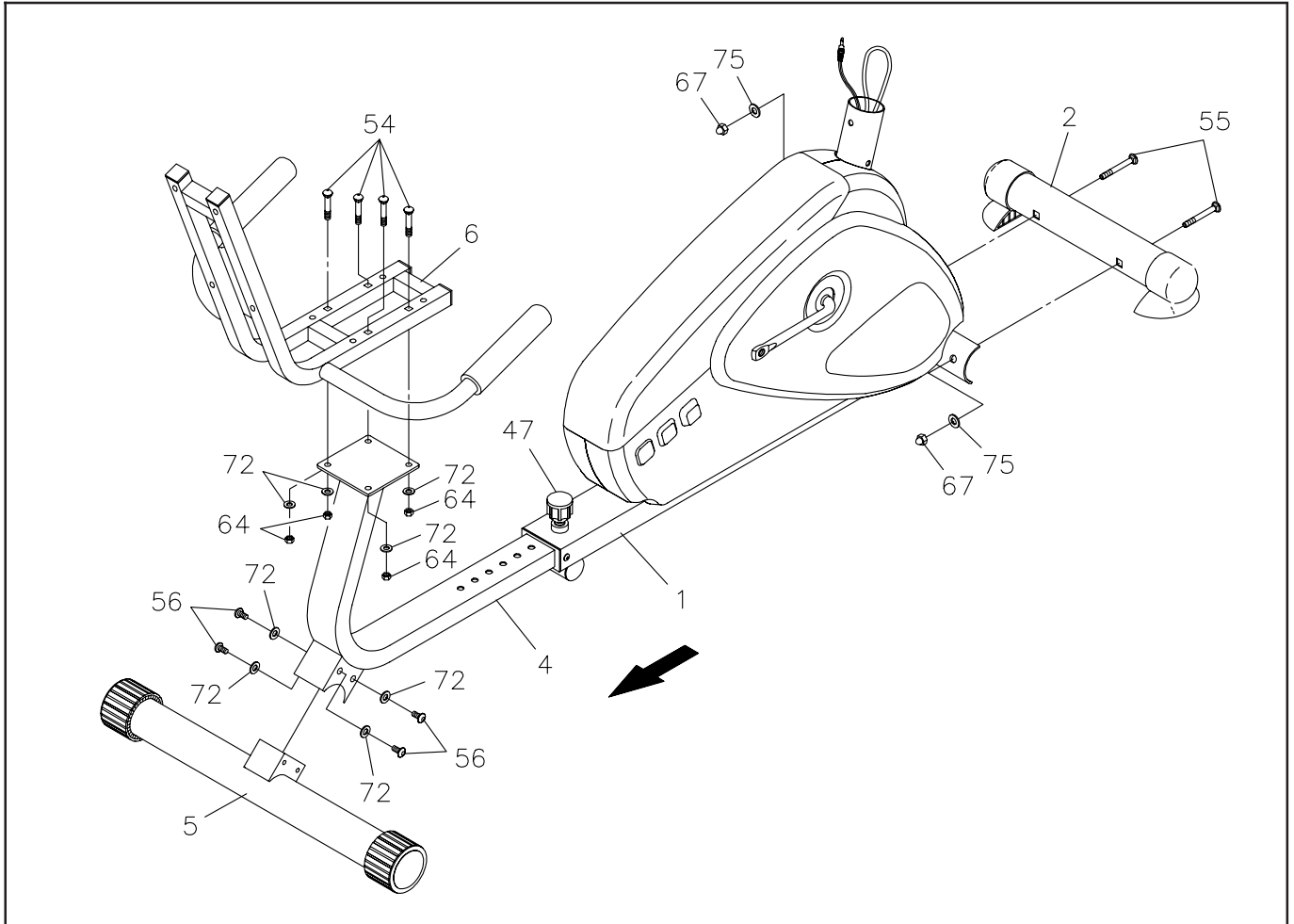


**Square Plug**

## 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:

**parts@staminaproducts.com**



### STEP 1

Attach the **FRONT STABILIZER(2)** onto the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8 x 70mm)(54)**, **ARC WASHERS(M8)(75)**, and **ACORN NUTS(M8)(67)**.

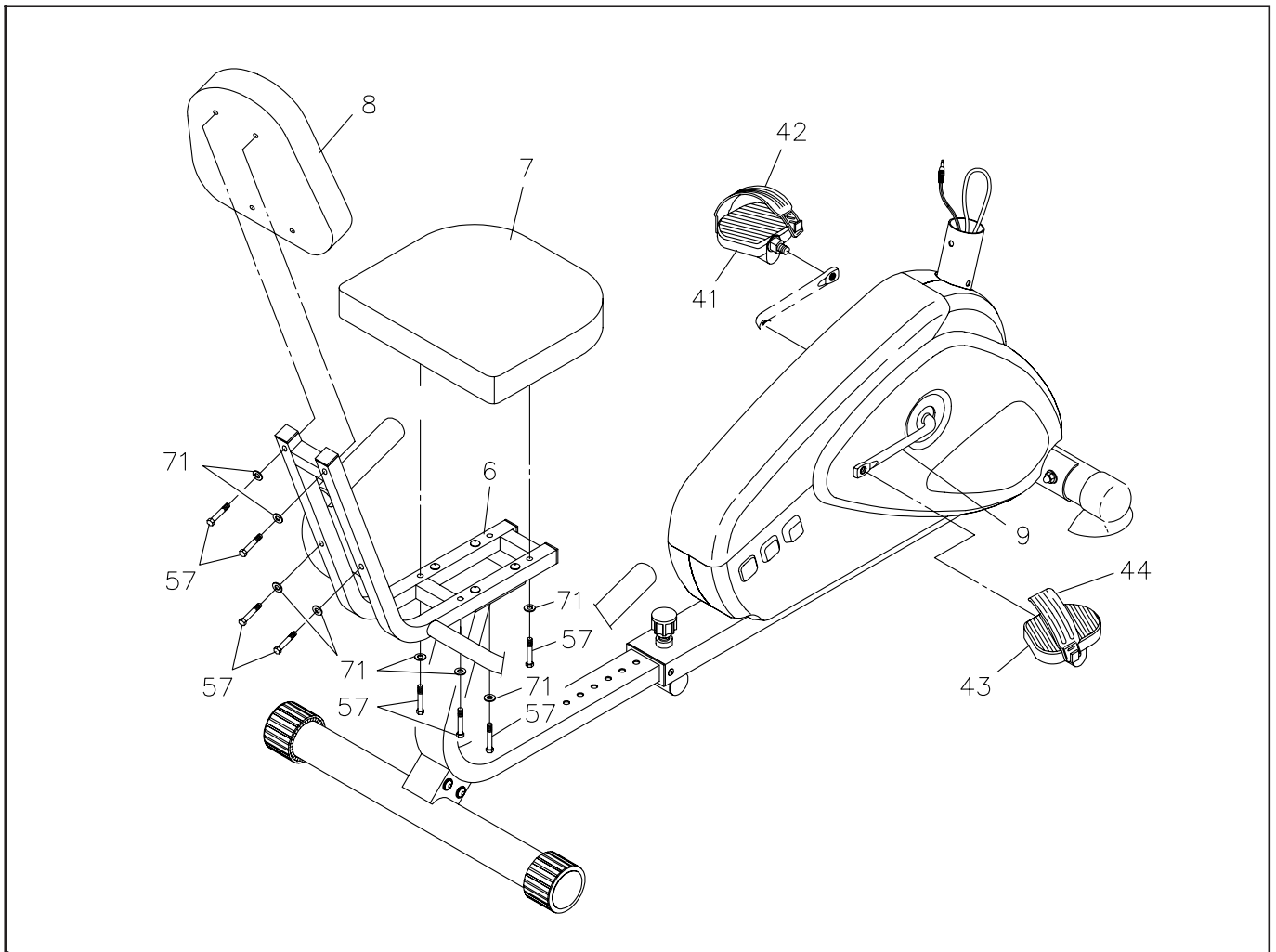
### STEP 2

Loosen and pull the **SPRING PIN KNOB(47)** on the **MAIN FRAME(1)**. Slide the **REAR FRAME(4)** backward and secure with the **SPRING PIN KNOB(47)**. Attach the **REAR STABILIZER(5)** onto the **REAR FRAME(4)** with **BUTTON HEAD BOLTS(M8 x 15mm)(56)** and **WASHERS(M8)(72)**.

### STEP 3

Attach the **SEAT FRAME(6)** onto the **REAR FRAME(4)** with **CARRIAGE BOLTS(M8 x 40mm)(54)**, **NYLOCK NUTS(M8)(64)**, and **WASHERS(M8)(72)**.

## ASSEMBLY INSTRUCTIONS



### STEP 4

Attach the **SEAT(7)** onto the **SEAT FRAME(6)** with **BOLTS(M6 x 40mm)(57)** and **WASHERS (M6)(71)**. Attach the **BACK CUSHION(8)** onto the **SEAT FRAME(6)** with **BOLTS(M6 x 40mm)(57)** and **WASHERS(M6)(71)**.

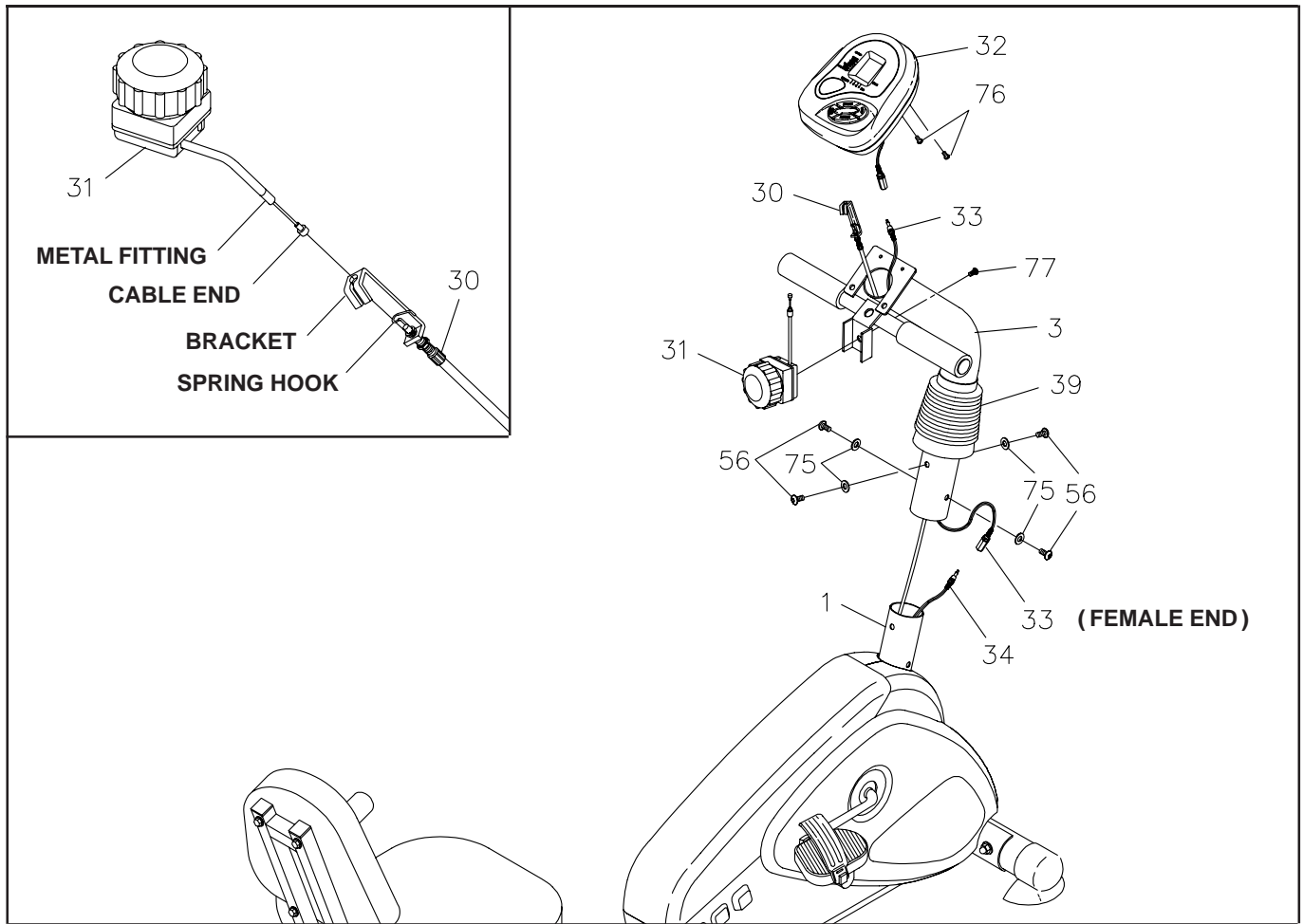
### STEP 5

**NOTE:** The **RIGHT PEDAL(43)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(43)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(41)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(41)** has left hand threads and is tightened by turning counter clockwise.

Thread **RIGHT PEDAL(43)** into the right side of the **CRANK(9)** as shown. Use a wrench to tighten the pedal securely. Select the **RIGHT PEDAL STRAP(44)** which has **R** marked on the bottom side of the strap. Snap the three hole end onto the inside edge of the **RIGHT PEDAL(43)**. Snap the other end onto the outside edge of the **RIGHT PEDAL(43)** with the **R** mark on the bottom of the **RIGHT PEDAL STRAP(44)**. Select adjustment holes which allow your foot to be easily removed from the pedals.

Use the same procedure to attach the **LEFT PEDAL(41)** to the left side of the **CRANK(9)** and snap the **LEFT PEDAL STRAP(42)** onto the **LEFT PEDAL(41)**.

## ASSEMBLY INSTRUCTIONS



**STEP 6:** Pull the ends of the **TENSION CABLE(30)** and **SENSOR WIRE(34)** out of the **MAIN FRAME(1)**. Slide the **UPRIGHT SLEEVE(39)** onto the **UPRIGHT(3)**. Insert the female end of the **CONNECTION WIRE(33)** into the **UPRIGHT(3)** from the top end and connect it to the **SENSOR WIRE(34)**. Slide the **TENSION CABLE(30)** into the bottom end of the **UPRIGHT(3)**. **NOTE:** Be careful not to damage the **SENSOR WIRE(34)**. Insert the **UPRIGHT(3)** onto the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8 x 15mm)(56)** and **ARC WASHERS(M8)(75)**. Slide the **UPRIGHT SLEEVE(39)** down to cover the bolts on the **UPRIGHT(3)**.

**NOTE:** Be careful not to damage the **WARNING LABEL(82)** placed on the **UPRIGHT(3)** when sliding the **UPRIGHT SLEEVE(39)**.

**STEP 7:** Turn the **TENSION KNOB(31)** counterclockwise to fully extend the **CABLE END**. Connect the **CABLE END** on the **TENSION KNOB(31)** to the **SPRING HOOK** on the end of the **TENSION CABLE(30)**. Pull on the **TENSION KNOB(31)** firmly so that enough cable is available to insert the cable through the slot in the **BRACKET**. Then insert the metal fitting on the **TENSION KNOB(31)** into the hole at the end of the slot in the **BRACKET**. Attach the **TENSION KNOB(31)** onto the bracket on the **UPRIGHT(3)** with **SCREW(M5 x 15mm)(77)**.

**STEP 8:** Install two "AA" batteries into the **METER(32)**, two batteries included. Plug the **CONNECTION WIRE(33)** into the **METER(32)**. Slide the **METER(32)** onto the plate on the **UPRIGHT(3)** and secure with **SCREWS(M5 x 10mm)(76)**.

**NOTE:** Be careful not to damage the wires when sliding the **METER(32)**.



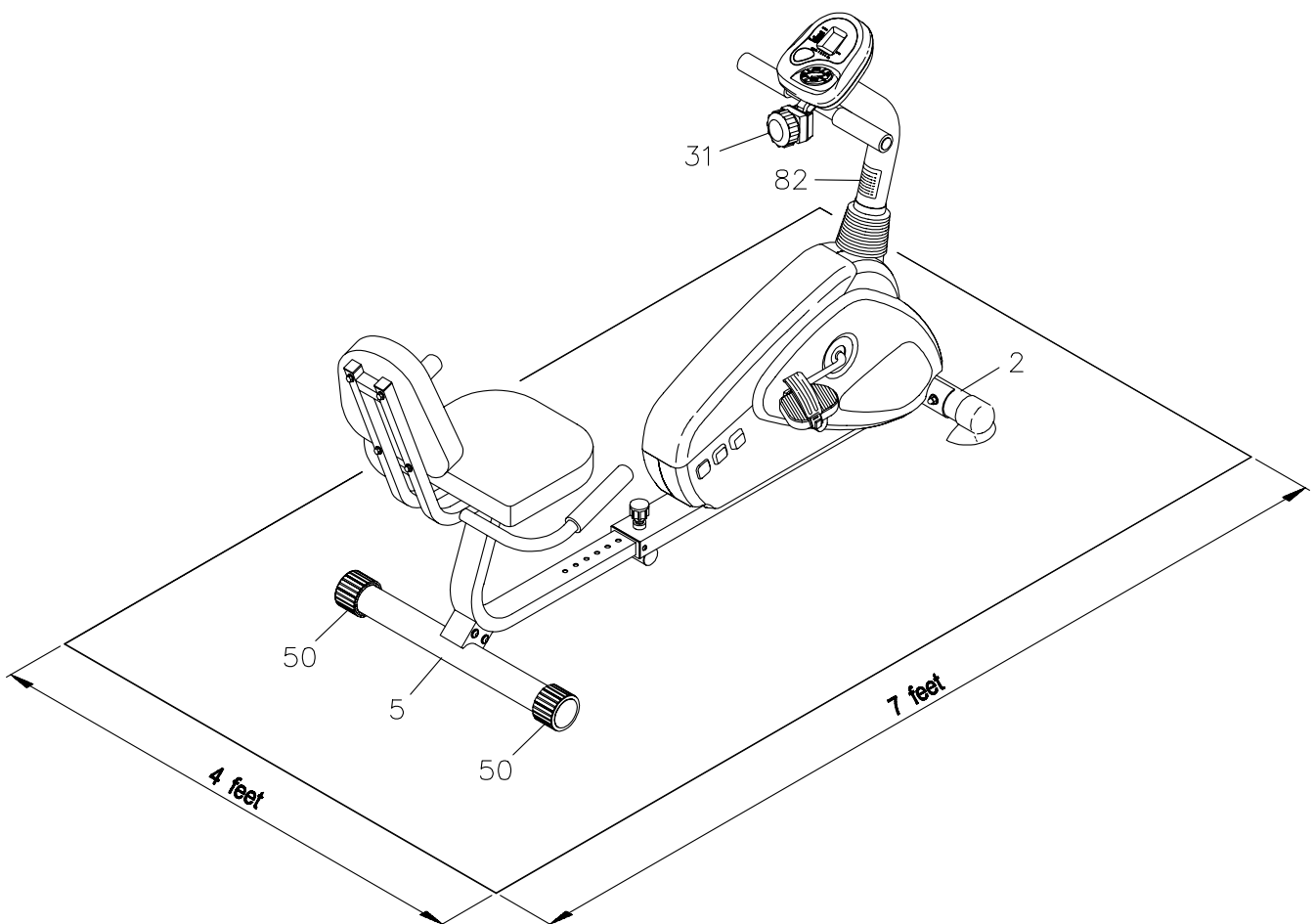
---

## SET UP INSTRUCTIONS

Place the **7500 EMR Premium Recumbent Bike** in the area where it will be used. The **7500 EMR Premium Recumbent Bike** is approximately 62" long (max.) x 25 1/4" wide x 43 1/2" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **7500 EMR Premium Recumbent Bike**. Make sure that adequate space is available for access to and passage around the **7500 EMR Premium Recumbent Bike**.

**LEVELING:** Adjust the location of **7500 EMR Premium Recumbent Bike** on the floor to make the recumbent bike sets on the floor without rocking.

**MOVING:** The **7500 EMR Premium Recumbent Bike** has a pair of transport **WHEEL CAPS(50)** built into the **REAR STABILIZER(5)**. Lift up the **7500 EMR Premium Recumbent Bike** from the **FRONT STABILIZER(2)** and move slowly.



### FUNCTION INSPECTION:

Visually inspect the **7500 EMR Premium Recumbent Bike** to verify that assembly is as shown in the above illustration. Check the function of the **7500 EMR Premium Recumbent Bike**. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(31)** and verify that it functions properly.

**CAUTION:** Locate and read the **WARNING LABEL(82)** on the **7500 EMR Premium Recumbent Bike**. Make sure that all users read the **WARNING LABEL(82)**.

---

## OPERATIONAL INSTRUCTIONS

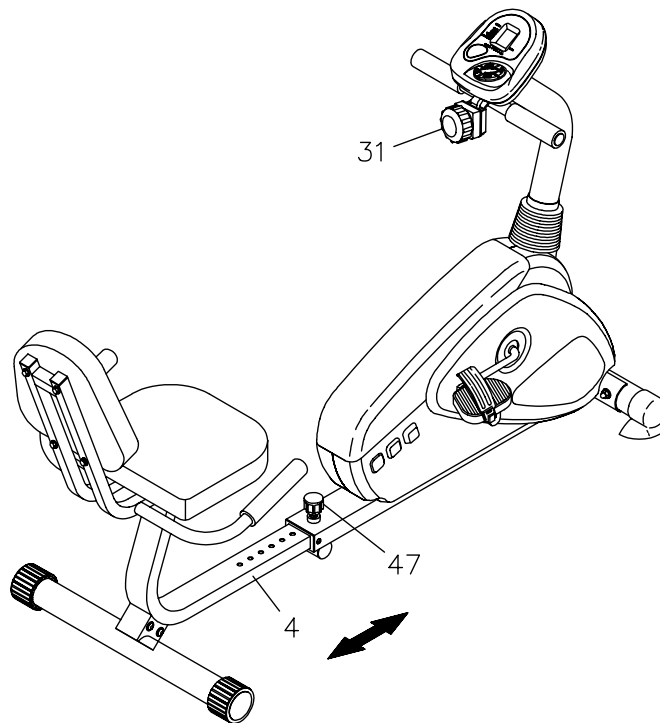
### SEAT ADJUSTMENT

Proper seat adjustment is important.

1. Loosen and pull the **SPRING PIN KNOB(47)**, then slide the **REAR FRAME(4)** to adjust the seat. Tighten the **SPRING PIN KNOB(47)** after adjusting the seat to a new position.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustration below.

#### CAUTION:

1. Do not attempt to adjust the seat while you are on the *7500 EMR Premium Recumbent Bike*.
2. Always make sure that the **SPRING PIN KNOB(47)** is inserted into one of the adjustment holes in the **REAR FRAME(4)**.



### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(31)** clockwise. To decrease the load, turn the **TENSION KNOB(31)** counterclockwise. There are eight levels for the load adjustment.

## USING THE ELECTRONIC METER

**POWER ON :** Pedal movement or push any **BUTTON**.

**POWER OFF :** Automatic shut off after 4 minutes of inactivity.

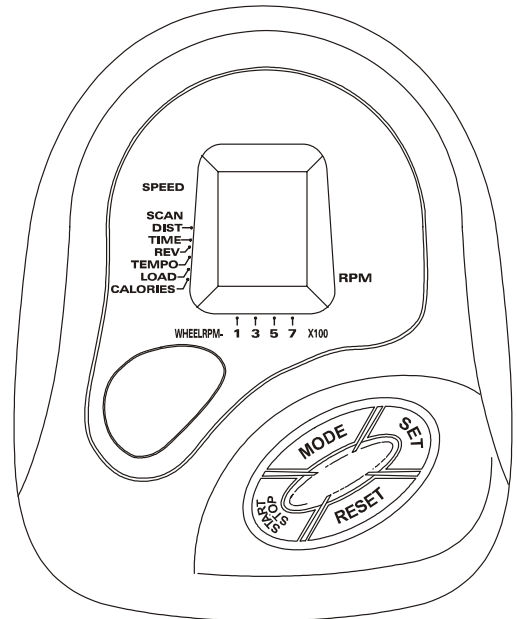
### BUTTONS:

**START/STOP :** Press to stop lower display functions and go to SET mode. SET must be displayed to preset TIME, REV, LOAD, and TEMPO values. Press **START/STOP** button again to remove SET from display and start lower display functions.

**MODE :** Press to select lower display functions. Lower display functions include SCAN, DISTANCE, TIME, REV, LOAD, TEMPO, and CALORIES.

**SET :** Press to preset values for TIME, REV, LOAD, and TEMPO. Press **START/STOP** button to go to SET mode, select function with **MODE** button, and set value with **SET** button. Hold the button down for fast advance.

**RESET :** Press to reset TIME, REV, or TEMPO to zero. Computer must be in SET mode to RESET any function.



### FUNCTIONS:

**SPEED:** Displays speed in miles per hour on upper display.

**SCAN:** Lower display automatically scans DISTANCE, TIME, REV, TEMPO, LOAD, and CALORIES with a change every four seconds.

**DISTANCE:** Displays distance up to 999.9 miles in increments of 0.1 miles. Counts down from preset value.

**TIME:** Displays time in minutes and seconds up to 99 minutes, 59 seconds. Counts down from preset value.

**REV:** Displays total crank revolutions up to 9999 revolutions. If REV is preset, it counts down in increments of one revolution.

**TEMPO:** The tempo is an audible pulse that can set to beep at time intervals from 0.125 seconds to 9.875 seconds by pressing the **SET** button.

**NOTE:** To stop the tempo function, simply set the tempo value to zero or press **RESET** button.

**LOAD:** The LOAD level can be set from 1 to 5. The setting will affect the CALORIE display. Check the setting on the **TENSION KNOB(31)** and refer to the information below to set the LOAD level on the Electronic Meter.

Load Level 1	Tension setting: 1 & 2	Load Level 4	Tension setting: 7
Load Level 2	Tension setting: 3 & 4	Load Level 5	Tension setting: 8
Load Level 3	Tension setting: 5 & 6		

**CALORIE:** Displays estimated Calories up to 9999 Kcal.

**NOTE:** The CALORIE readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

**RPM:** A bar graph across the bottom displays crank RPM (revolutions per minute) in hundreds.

**NOTE:** This reading will normally be very low on the **7500 EMR Premium Recumbent Bike**.

- NOTE:**
1. The meter will shut off automatically after 4 minutes of inactivity. All function values will be kept. Push the **RESET** button to reset the functions to zero.
  2. If the display is illegible or only partial segments appear, remove batteries and wait for 15 seconds then reinstall batteries.

---

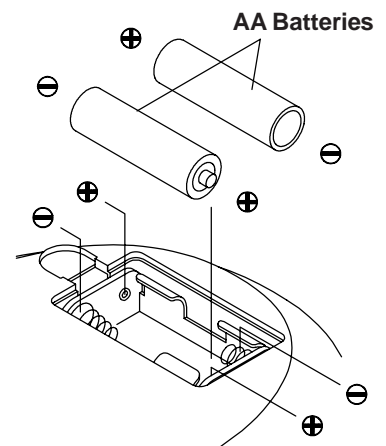
## USING THE ELECTRONIC METER

### HOW TO INSTALL AND REPLACE BATTERY:

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 **7500 EMR Premium Recumbent Bike** simply keep it in a clean dry place.
2. Adjust the **REAR FRAME(4)** into the **MAIN FRAME(1)** to the shortest position. The **7500 EMR Premium Recumbent Bike** is approximately 53 1/2" long (min.) x 25 1/4" wide x 43 1/2" tall. These dimensions will vary. Please measure your **7500 EMR Premium Recumbent Bike** if exact dimensions are needed.
3. Moving the **7500 EMR Premium Recumbent Bike** with the transport wheels on the **REAR STABILIZER(5)**. Lift up the **7500 EMR Premium Recumbent Bike** from the **FRONT STABILIZER(2)** and move slowly.
4. To avoid damage to the electronics, remove the batteries before storing the **7500 EMR Premium Recumbent Bike** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **7500 EMR Premium Recumbent Bike** can only be maintained when the **7500 EMR Premium Recumbent Bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(31)** and verify that the Magnetic System provides tension. The Magnetic System should provide many years of use.
2. 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.
3. Verify that the Warning Label is in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement Warning Label if the Warning Label 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 **7500 EMR Premium Recumbent Bike** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **7500 EMR Premium Recumbent Bike**.
7. Keep your **7500 EMR Premium Recumbent Bike** 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, you must start slowly and increase your time on the **7500 EMR Premium Recumbent Bike** gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your **7500 EMR Premium Recumbent Bike** on a flat, even surface at least 3 feet from walls and furniture.

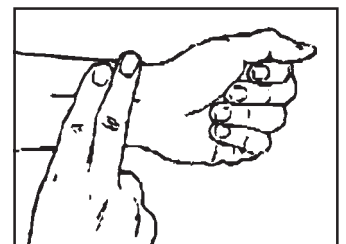
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
20	138~167	133~162
25	136~166	132~160
30	135~164	130~158
35	134~162	129~156
40	132~161	127~155
45	131~159	125~153
50	129~156	124~150
55	127~155	122~149
60	126~153	121~147
65	125~151	119~145
70	123~150	118~144
75	122~147	117~142
80	120~146	115~140
85	118~144	114~139

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 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.



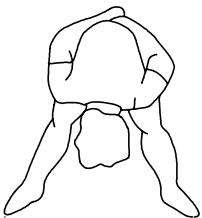
---

## 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



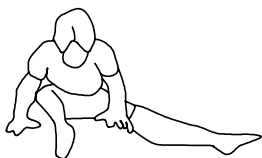
#### Lower Body Stretch

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 lessen, try a lower position gradually.



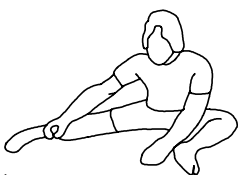
#### Floor Stretch

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 always to 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.

**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.

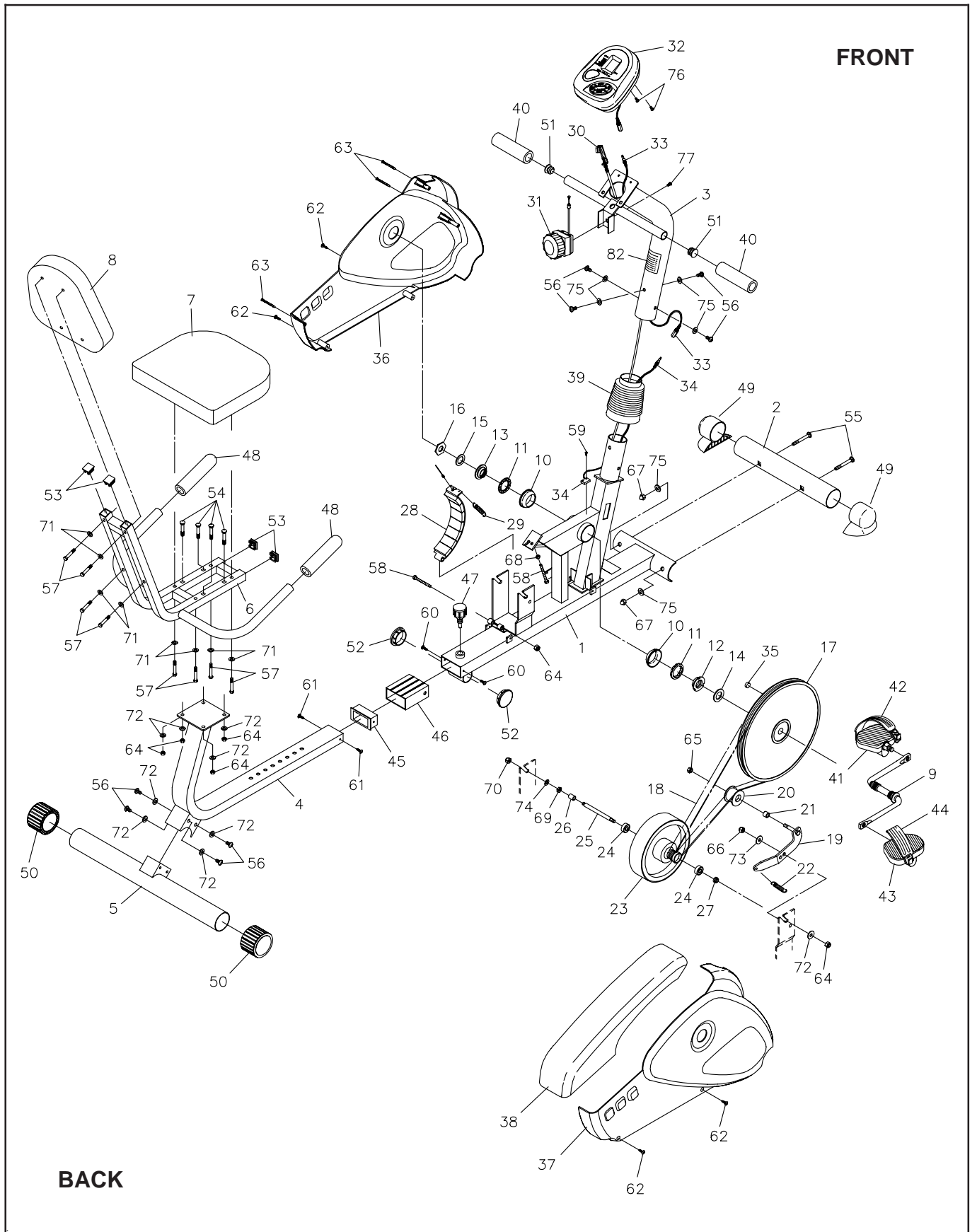
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071** or call us at **1 (800) 375-7520**. If the defect is 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.

# PRODUCT PARTS DRAWING





---

## PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Upright	1
4	Rear Frame	1
5	Rear Stabilizer	1
6	Seat Frame	1
7	Seat	1
8	Back Cushion	1
9	Crank	1
10	Bearing Housing	2
11	Ball Bearing	2
12	Inside Bearing Collar	1
13	Outside Bearing Collar	1
14	Bearing Washer	1
15	Bearing Snap Washer	1
16	Bearing Nut	1
17	Pulley	1
18	V-Ribbed Belt (440J6)	1
19	Idler Arm	1
20	Idler Wheel	1
21	Idler Wheel Spacer	1
22	Tension Spring	1
23	Magnetic Flywheel	1
24	Bearing (6000 zz)	2
25	Flywheel Shaft	1
26	Spacer	1
27	Bushing Spacer	1
28	Magnetic Brake	1
29	Return Spring	1
30	Tension Cable	1
31	Tension Knob	1
32	Meter	1
33	Connection Wire	1
34	Sensor Wire	1
35	Magnet	1
36	Left Cover	1
37	Right Cover	1
38	Top Cover	1
39	Upright Sleeve	1
40	Foam Grip	2
41	Left Pedal	1
42	Left Pedal Strap	1
43	Right Pedal	1
44	Right Pedal Strap	1
45	Bushing	1

---

## PARTS LIST

DIAGRAM#	PART NAME	QTY
46	Bushing Stopper	1
47	Spring Pin Knob	1
48	Hand Grip	2
49	Stand Cap (60mm)	2
50	Wheel Cap (60mm)	2
51	Round Plug (25mm)	2
52	Round Plug (38mm)	2
53	Square Plug (25mm)	4
54	Carriage Bolt (M8 x 1.25 x 40mm)	4
55	Carriage Bolt (M8 x 1.25 x 70mm)	2
56	Bolt, Button Head (M8 x 1.25 x 15mm)	8
57	Bolt, Hex Head (M6 x 1 x 40mm)	8
58	Bolt, Hex Head (M8 x 1.25 x 60mm)	2
59	Screw, Round Head (M3 x 8mm)	1
60	Screw, Round Head (M4 x 8mm)	2
61	Screw, Round Head (M4 x 11mm)	2
62	Screw, Round Head (M4 x 25mm)	4
63	Screw, Round Head (M4 x 65mm)	3
64	Nylock Nut (M8 x 1.25)	6
65	Nylock Nut (M10 x 1.5)	1
66	Nylock Nut (3/8" - 16)	1
67	Acorn Nut (M8 x 1.25)	2
68	Nut (M8 x 1.25)	1
69	Thin Nut (3/8" - 26 x 5/32" thick)	1
70	Flange Nut (3/8" - 26)	1
71	Washer (M6)	8
72	Washer (M8)	9
73	Washer (3/8" x 1" x 0.08" thick)	1
74	Washer (3/8" x 3/4" x 0.06" thick)	1
75	Arc Washer (M8)	6
76	Screw, Round Head (M5 x 0.8 x 10mm)	2
77	Screw, Round Head (M5 x 0.8 x 15mm)	1
78	Allen Wrench (5mm)	1
79	Combination Wrench (13mm and 15mm)	1
80	Socket Wrench	1
81	Manual	1
82	Warning label	1

---

## NOTES

---

## NOTES

---

## NOTES

