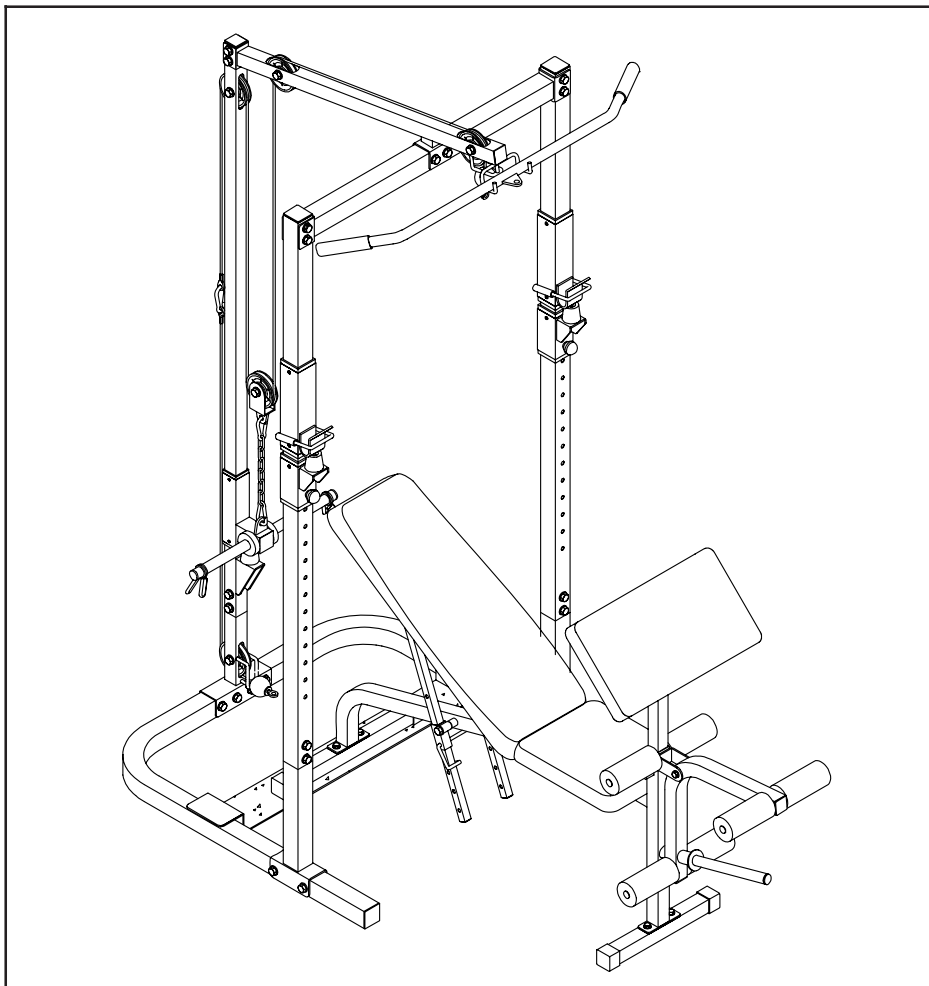




# 650 SYSTEM

## 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.

**50-0650A**

**STAMINA PRODUCTS**

MADE IN CHINA

Product May Vary Slightly  
From Pictured.

**CAUTION:** Weight on this product should not exceed 400 lbs, combined weight of user and barbell weight.

This Product is Produced Exclusively by

**Stamina<sup>®</sup>**  
**PRODUCTS, INC.**

2757 S. Austin, Springfield, MO 65807

Customer Service Number

1 (800) 375-7520

[www.staminaproducts.com](http://www.staminaproducts.com)


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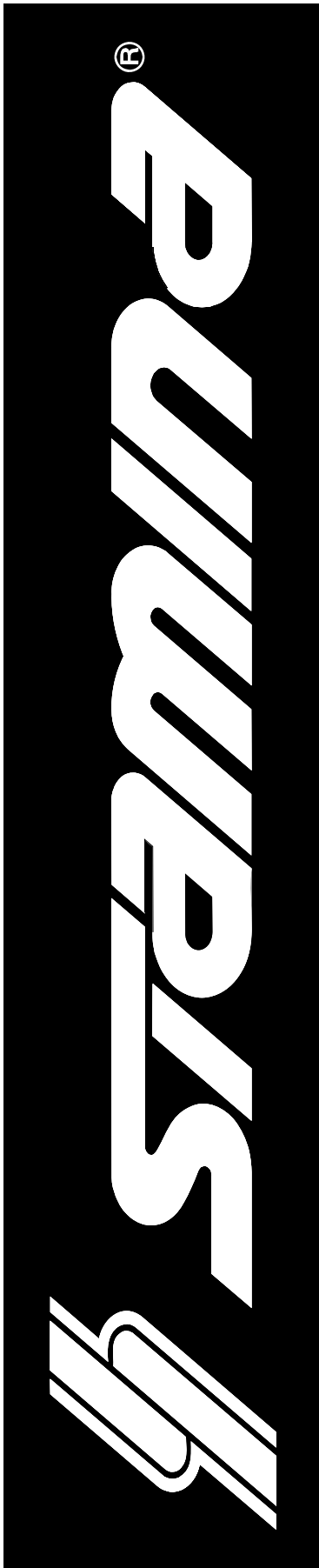
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### SAFETY INSTRUCTIONS

**WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the  **650 SYSTEM**.

1. Use the  **650 SYSTEM** only on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the  **650 SYSTEM**.
3. Keep small children and pets away from the  **650 SYSTEM** at all times including while using or assembling the  **650 SYSTEM**.
4. Combined weight of user and barbell weight not to exceed 400 lbs.
5. The  **650 SYSTEM** should be used by only one person at a time.
6. The FOOT PLATE must be used when performing exercises. Failure to use the FOOT PLATE could result in the  **650 SYSTEM** tipping over and causing injury.
7. Be careful to maintain your balance while using, mounting, dismounting, or assembling the  **650 SYSTEM**, loss of balance may result in a fall and serious bodily injury.
8. Use the  **650 SYSTEM** only as described in the manual.


**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 INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**



CALL  
US FIRST  
**1 (800) 375-7520**


---


THANK YOU FOR PURCHASING THE  **650 SYSTEM**

To help you get started, we have pre-assembled most of your  **650 SYSTEM** 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  **650 SYSTEM**. 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.

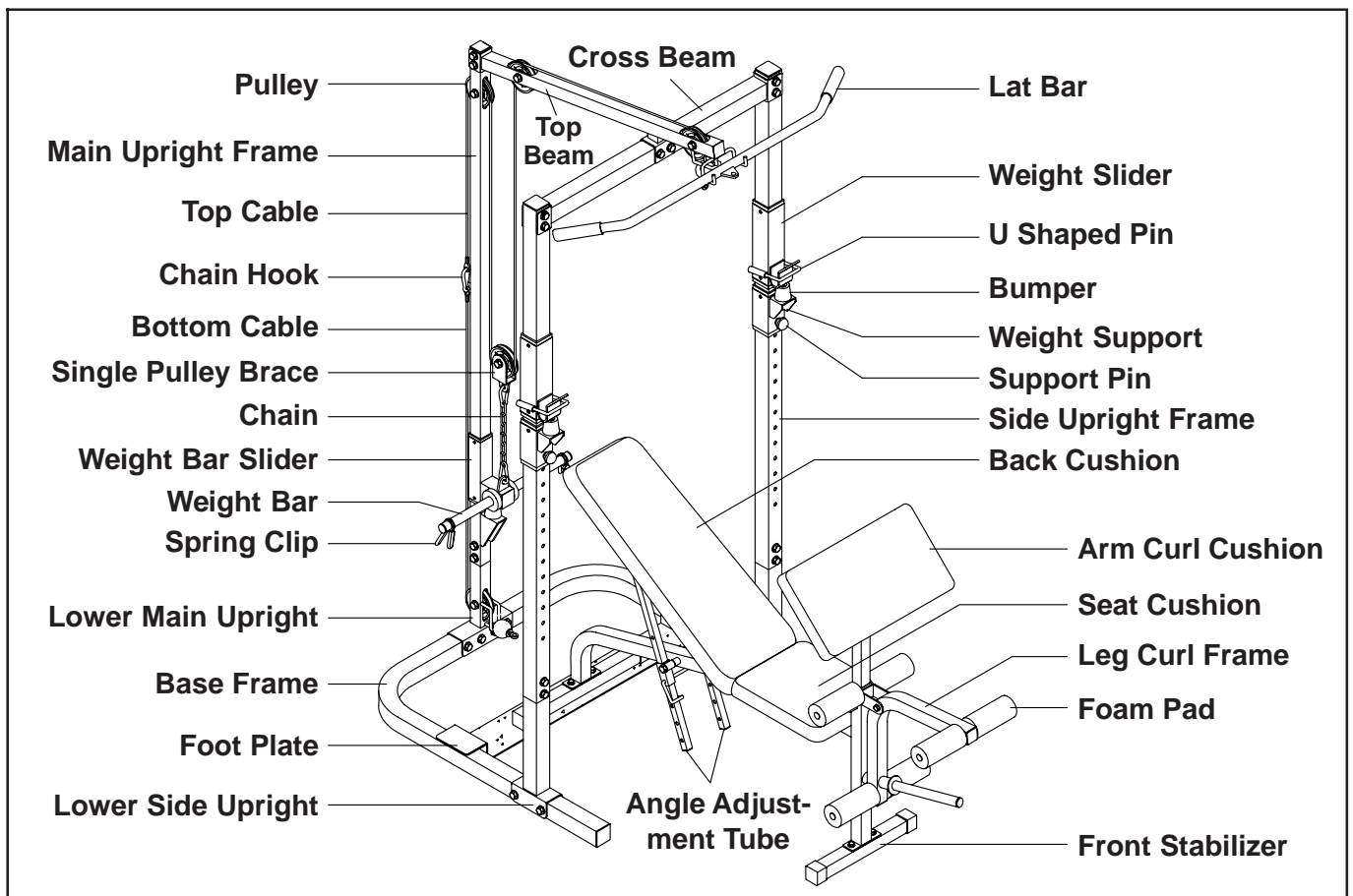
Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The  **650 SYSTEM** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

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

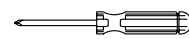
Read this manual carefully before using the

 **650 SYSTEM**.

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.



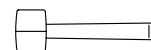
THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



Phillips Screwdriver



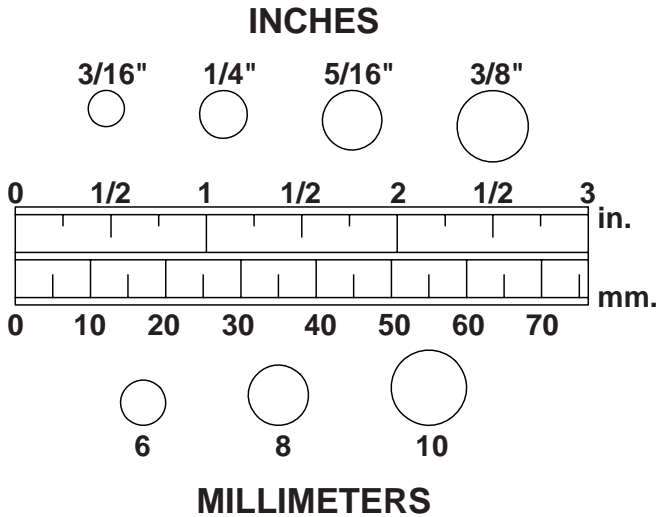
Adjustable Wrench



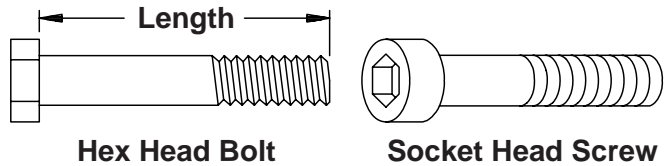
Rubber Mallet

# HARDWARE ILLUSTRATIONS

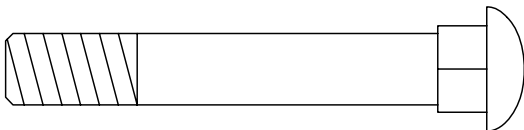
This chart is provided to help identify some of the small parts used in the assembly of this product. This sheet may not include all the hardware needed to assemble your product. It is intended to be used as a guide to help simplify your assembly process.



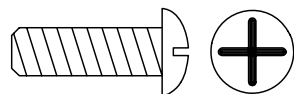
Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.



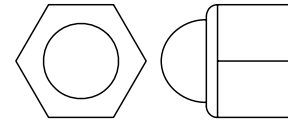
**Hex Head Bolt Top**



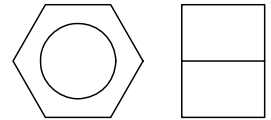
**Carriage Bolt**



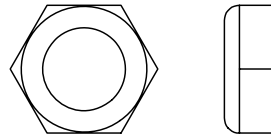
**Phillips Head Screw**



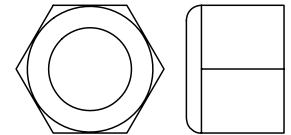
**Acorn Nut**



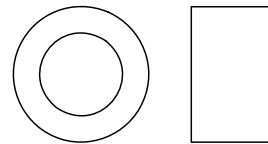
**Standard Nut**



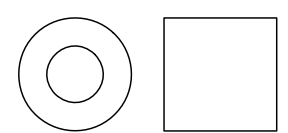
**Thin Nylock Nut**



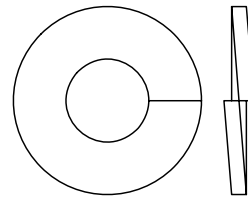
**Nylock Nut**



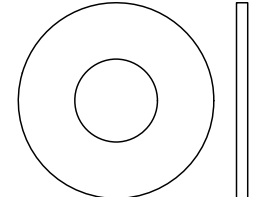
**Spacer**



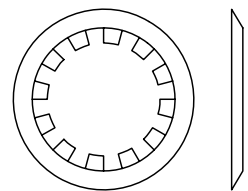
**Bushing**



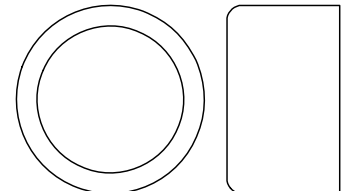
**Lock Washer**



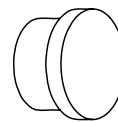
**Flat Washer**



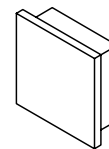
**Retainer**



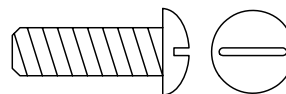
**Retainer Cap**



**Round Plug**



**Square Plug**



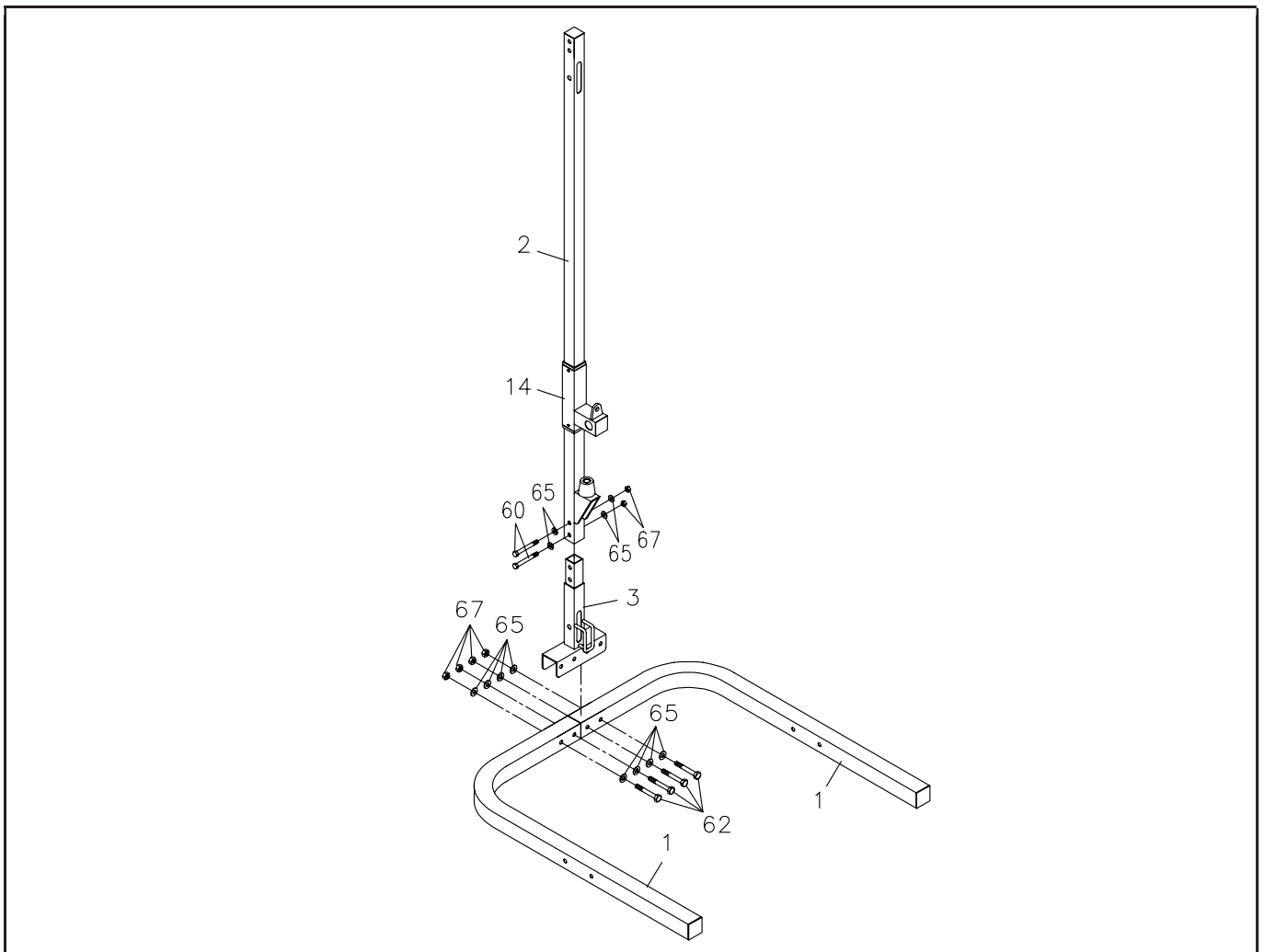
**Flat Head Screw**

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## 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

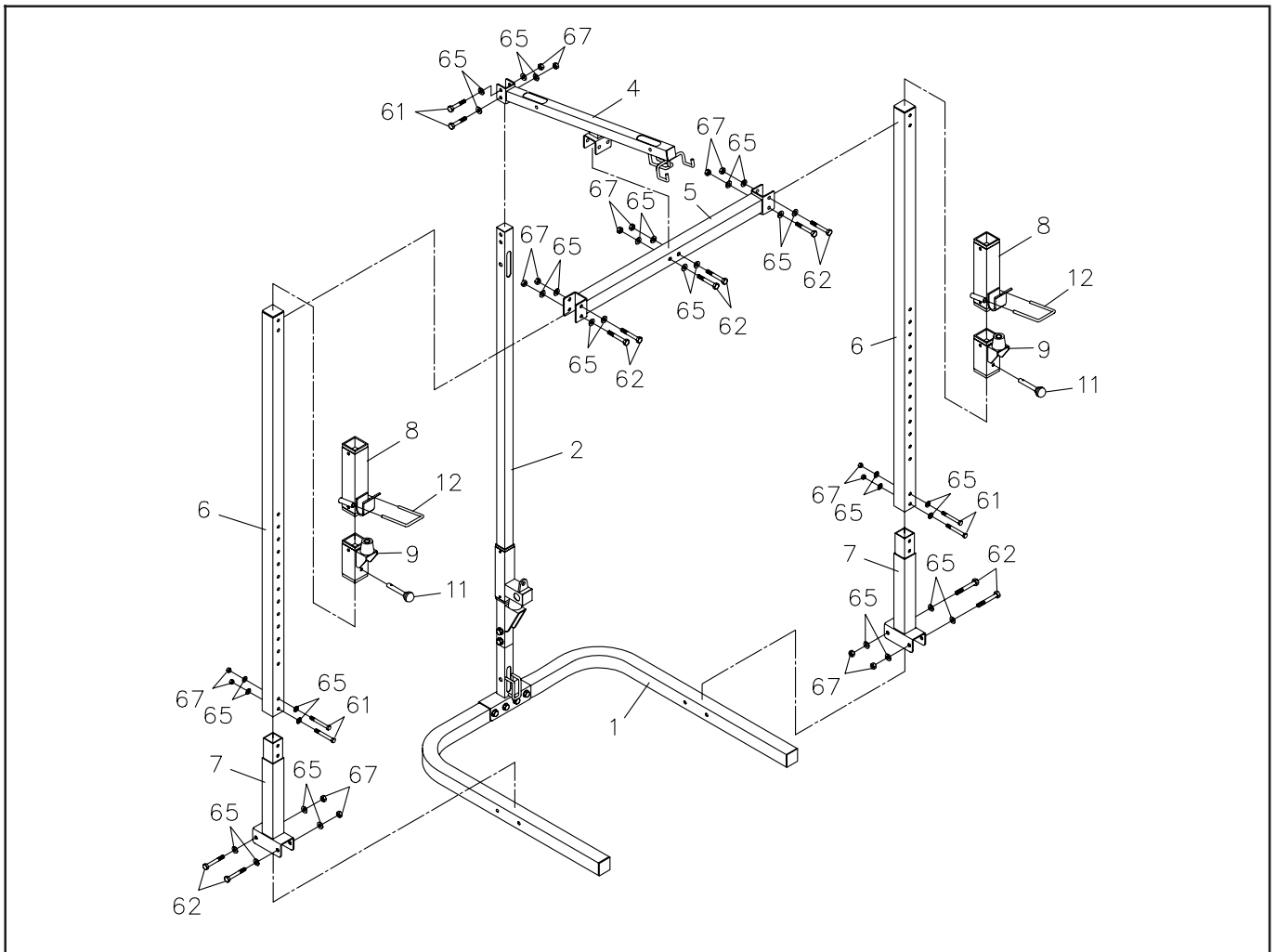
Attach the **LOWER MAIN UPRIGHT(3)** onto the two **BASE FRAMES(1)** with **BOLTS(3/8" x 3")(62)**, **WASHERS(3/8")(65)**, and **NYLOCK NUTS(3/8")(67)**.

### STEP 2

Slide the **WEIGHT BAR SLIDER(14)** onto the **MAIN UPRIGHT FRAME(2)**.

Attach the **MAIN UPRIGHT FRAME(2)** onto the **LOWER MAIN UPRIGHT(3)** with **BOLTS(3/8" x 2 1/8")(60)**, **WASHERS(3/8")(65)**, and **NYLOCK NUTS(3/8")(67)**.

## ASSEMBLY INSTRUCTIONS



### STEP 3

Attach the **LOWER SIDE UPRIGHTS(7)** onto both sides of the **BASE FRAME(1)** with **BOLTS (3/8" x 3" )(62)**, **WASHERS(3/8" )(65)**, and **NYLOCK NUTS(3/8" )(67)**.

Slide the **WEIGHT SUPPORTS(9)** and **WEIGHT SLIDERS(8)** onto the two **SIDE UPRIGHT FRAMES(6)**, and lock in position with the **SUPPORT PINS(11)**.

Attach the **SIDE UPRIGHT FRAMES(6)** onto both of the **LOWER SIDE UPRIGHTS(7)** with **BOLTS (3/8" x 2 1/2" )(61)**, **WASHERS(3/8" )(65)**, and **NYLOCK NUTS(3/8" )(67)**.

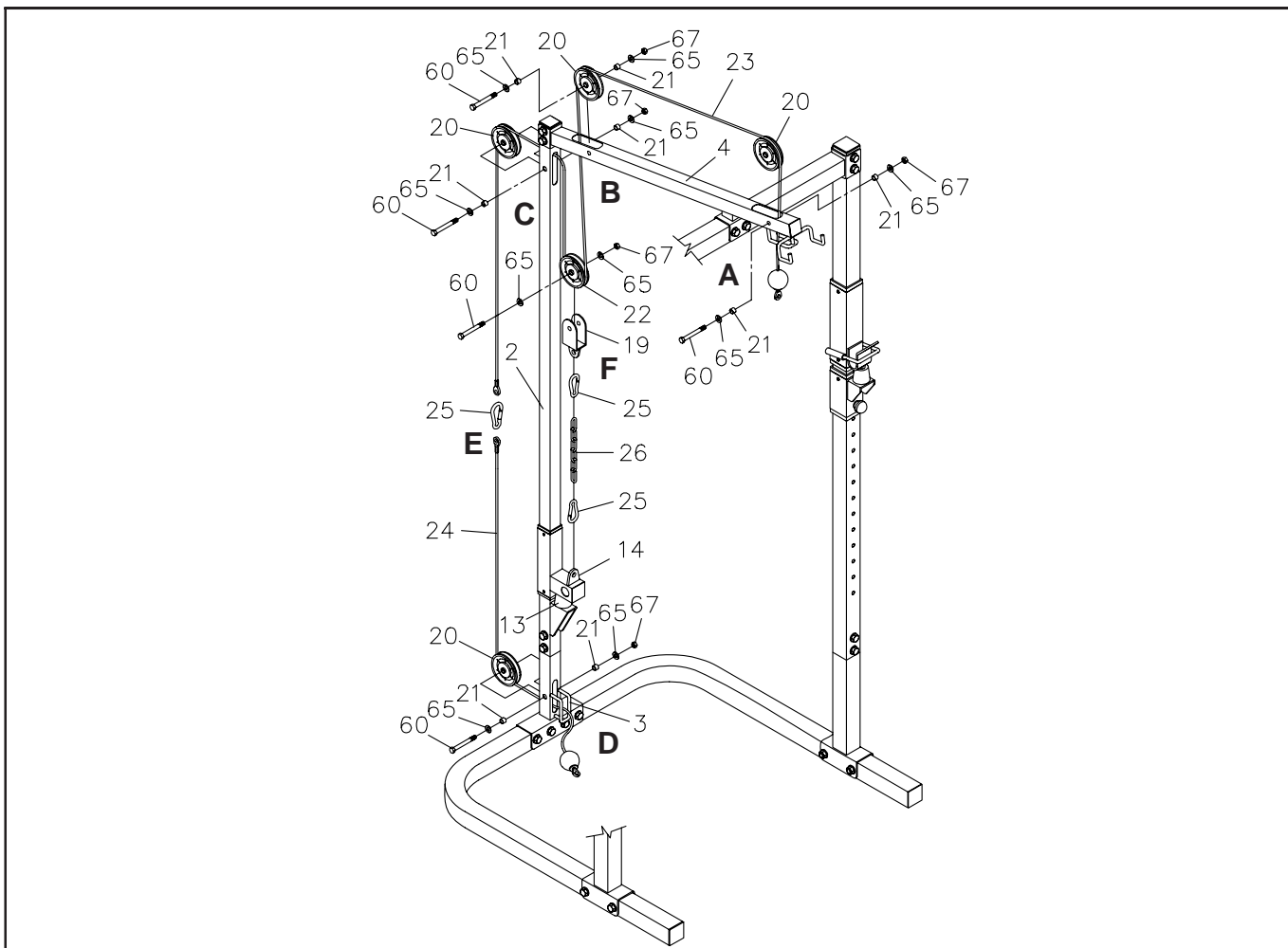
**NOTE:** There are two **U SHAPED PINS(12)** to secure the **BARBELL SET** on **WEIGHT SLIDERS(8)**.

### STEP 4

Attach the **CROSS BEAM(5)** onto the tops of the two **SIDE UPRIGHT FRAMES(6)** with **BOLTS (3/8" x 3" )(62)**, **WASHERS(3/8" )(65)**, and **NYLOCK NUTS(3/8" )(67)**.

Attach the **TOP BEAM(4)** onto the **CROSS BEAM(5)** with **BOLTS(3/8" x 3" )(62)**, **WASHERS(3/8" )(65)**, and **NYLOCK NUTS(3/8" )(67)**. Attach the rear end of the **TOP BEAM(4)** onto the **MAIN UPRIGHT FRAME(2)** with **BOLTS(3/8" x 2 1/2" )(61)**, **WASHERS(3/8" )(65)**, and **NYLOCK NUTS(3/8" )(67)**.

## ASSEMBLY INSTRUCTIONS



### STEP 5

Run the **EYELET END** of the **TOP CABLE(23)**, the longer one, through the slot at the front end of the **TOP BEAM(4)**. Attach the **BALL END** of the **TOP CABLE(23)** to the **TOP BEAM(4)** at **A** with a **PULLEY(20)**, a **BOLT(3/8" x 2 1/8")(60)**, a **NYLOCK NUT(3/8")(67)**, two **WASHERS(3/8")(65)**, and two **PULLEY SPACERS(21)**. Use the same hardware to attach the **TOP CABLE(23)** to the **TOP BEAM(4)** at **B** and to the **MAIN UPRIGHT FRAME(2)** at **C**.

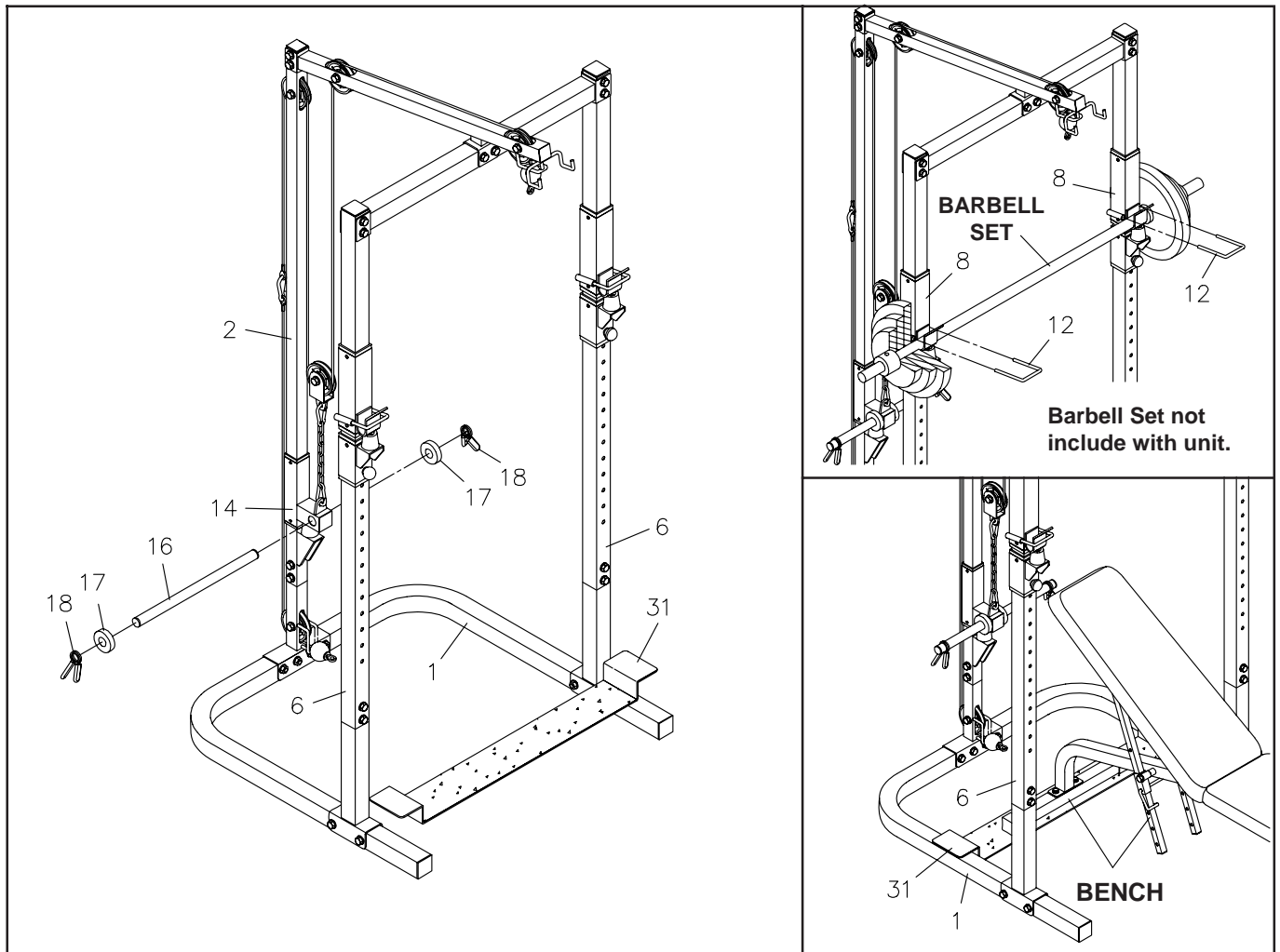
Run the **EYELET END** of the **BOTTOM CABLE(24)**, the shorter one, through the slot at the bottom end of the **LOWER MAIN UPRIGHT(3)**. Attach the **BALL END** of the **BOTTOM CABLE(24)** to the **LOWER MAIN UPRIGHT(3)** at **D** with a **PULLEY(20)**, a **BOLT(3/8" x 2 1/8")(60)**, a **NYLOCK NUT(3/8")(67)**, two **WASHERS(3/8")(65)**, and two **PULLEY SPACERS(21)**. Connect the **EYELET END** of the **BOTTOM CABLE(24)** to the **TOP CABLE(23)** with the **CHAIN HOOK(25)** at **E**.

Attach the **PULLEY BRACE(19)** to the **TOP CABLE(23)** at **F** with the **LARGE PULLEY(22)**, a **BOLT(3/8" x 2 1/8")(60)**, a **NYLOCK NUT(3/8")(67)**, and two **WASHERS(3/8")(65)**. Connect the **PULLEY BRACE(19)** to the **WEIGHT BAR SLIDER(14)** with a **CHAIN(26)** and two **CHAIN HOOKS(25)**.

**NOTE:** Proper cable tension is achieved when the **WEIGHT BAR SLIDER(14)** is just touching the **BUMPER(13)**. You can adjust the length of the **CHAIN(26)** between the **PULLEY BRACE(19)** and the **WEIGHT BAR SLIDER(14)** to adjust the tension of the **CABLES**.



## ASSEMBLY INSTRUCTIONS



### STEP 6

Insert the **WEIGHT BAR(16)** through the hole on the **WEIGHT BAR SLIDER(14)**. Slide the **WEIGHT BUMPERS(17)** and **SPRING CLIPS(18)** onto both ends of the **WEIGHT BAR(16)**.

### STEP 7

Place the **FOOT PLATE(31)** onto the **BASE FRAME(1)**.

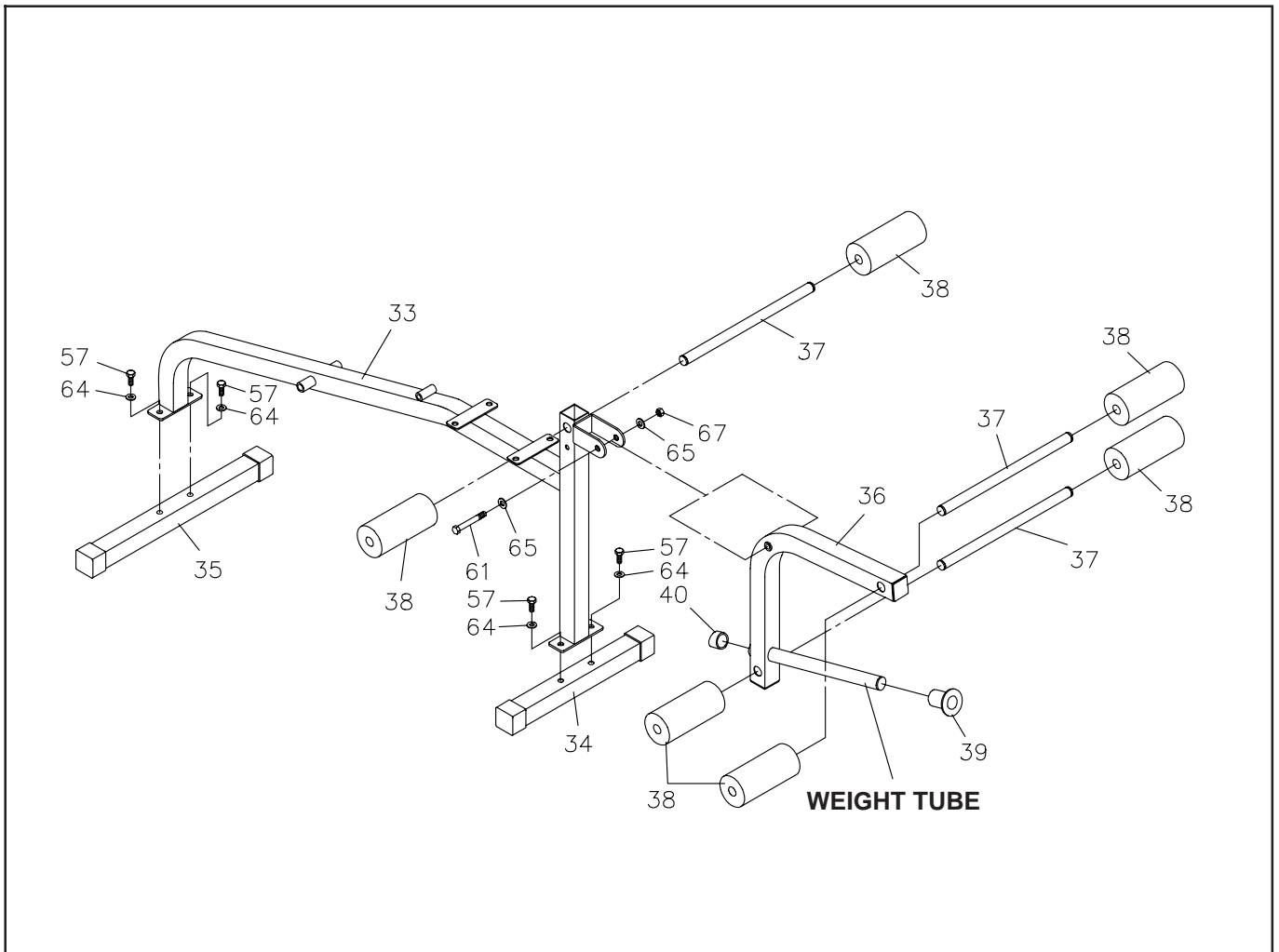
**NOTE:** You can place the **FOOT PLATE(31)** in front of the **SIDE UPRIGHT FRAME(5)** for some squat functions which allow you stand on the **FOOT PLATE(31)**, or place the **FOOT PLATE(31)** in rear of the **SIDE UPRIGHT FRAMES(6)** for some bench functions which allow you to put the bench on the **FOOT PLATE(31)**, as shown in inset drawing.

**CAUTION:** The **FOOT PLATE(31)** must be used when performing exercises. Failure to use the **FOOT PLATE(31)** could result in the **5500 650 SYSTEM** tipping over and causing injury.

### STEP 8

Place the **BARBELL SET** onto the **WEIGHT SLIDERS(8)**. You can lock the **BARBELL SET** and **WEIGHT SLIDERS(8)** together with two **U SHAPED PINS(12)** for some squat functions or bench press functions, as shown in inset drawing. **The BARBELL SET is not included with this unit.**

## ASSEMBLY INSTRUCTIONS



### STEP 9

Attach the **FRONT STABILIZER(34)** and the **REAR STABILIZER(35)** onto the **BENCH MAIN FRAME (33)** with **BOLTS(M8 x 15mm)(57)** and **WASHERS(M8)(64)**.

**NOTE:** The **REAR STABILIZER(35)** is longer than the **FRONT STABILIZER(34)**.

### STEP 10

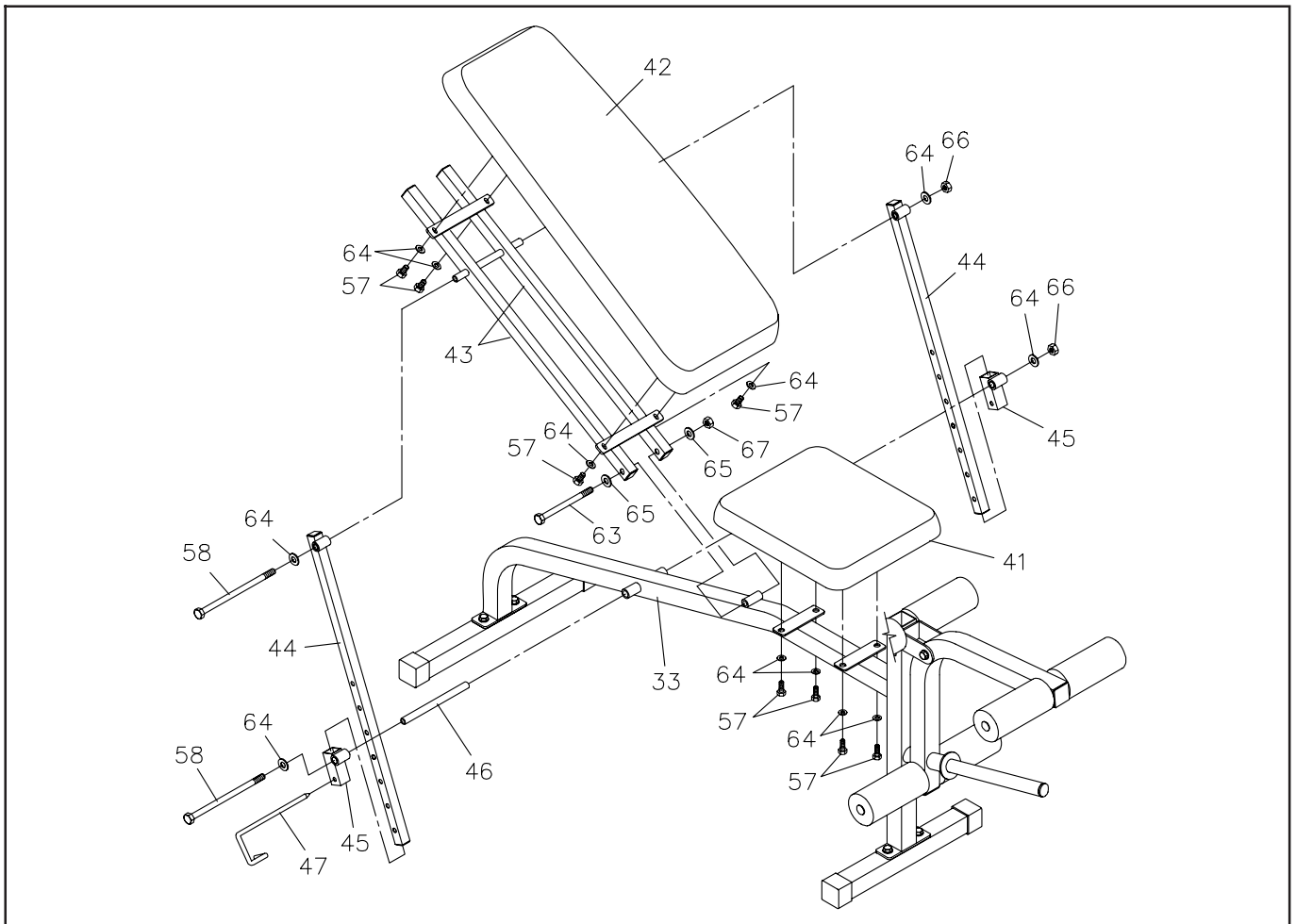
Press the **ROUND ANGLE CAP(40)** onto the back side of the **LEG CURL FRAME(36)**. Attach the **LEG CURL FRAME(36)** onto the **BENCH MAIN FRAME(33)** with **BOLT(3/8" x 2 1/2")(61)**, **WASHERS(3/8")(65)**, and **NYLOCK NUT(3/8")(67)**.

**NOTE:** Please make sure the angle of the **ROUND ANGLE CAP(40)** matches with the **BENCH MAIN FRAME(33)**.

### STEP 11

Slide the **FOAM PAD(38)** onto the **PAD TUBE(37)**, then insert the other end of the **PAD TUBE(37)** through the hole on the **BENCH MAIN FRAME(33)**. Slide another **FOAM PAD(38)** over the protruding end of the **PAD TUBE(37)**. Repeat for the **LEG CURL FRAME (36)**. Slide the **WEIGHT STOP(39)** onto the **WEIGHT TUBE** on the **LEG CURL FRAME(36)**.

## ASSEMBLY INSTRUCTIONS



### STEP 12

Attach the **BACK CUSHION BRACE FRAME(43)** onto the **BENCH MAIN FRAME(33)** with **BOLT (3/8" x 4 5/8")(63)**, **WASHERS(3/8")(65)**, and **NYLOCK NUT(3/8")(67)**.

### STEP 13

**NOTE: ANGLE ADJUSTMENT TUBES(44)** and **ANGLE ADJUSTMENT BRACES(45)** must be assembled as shown above.

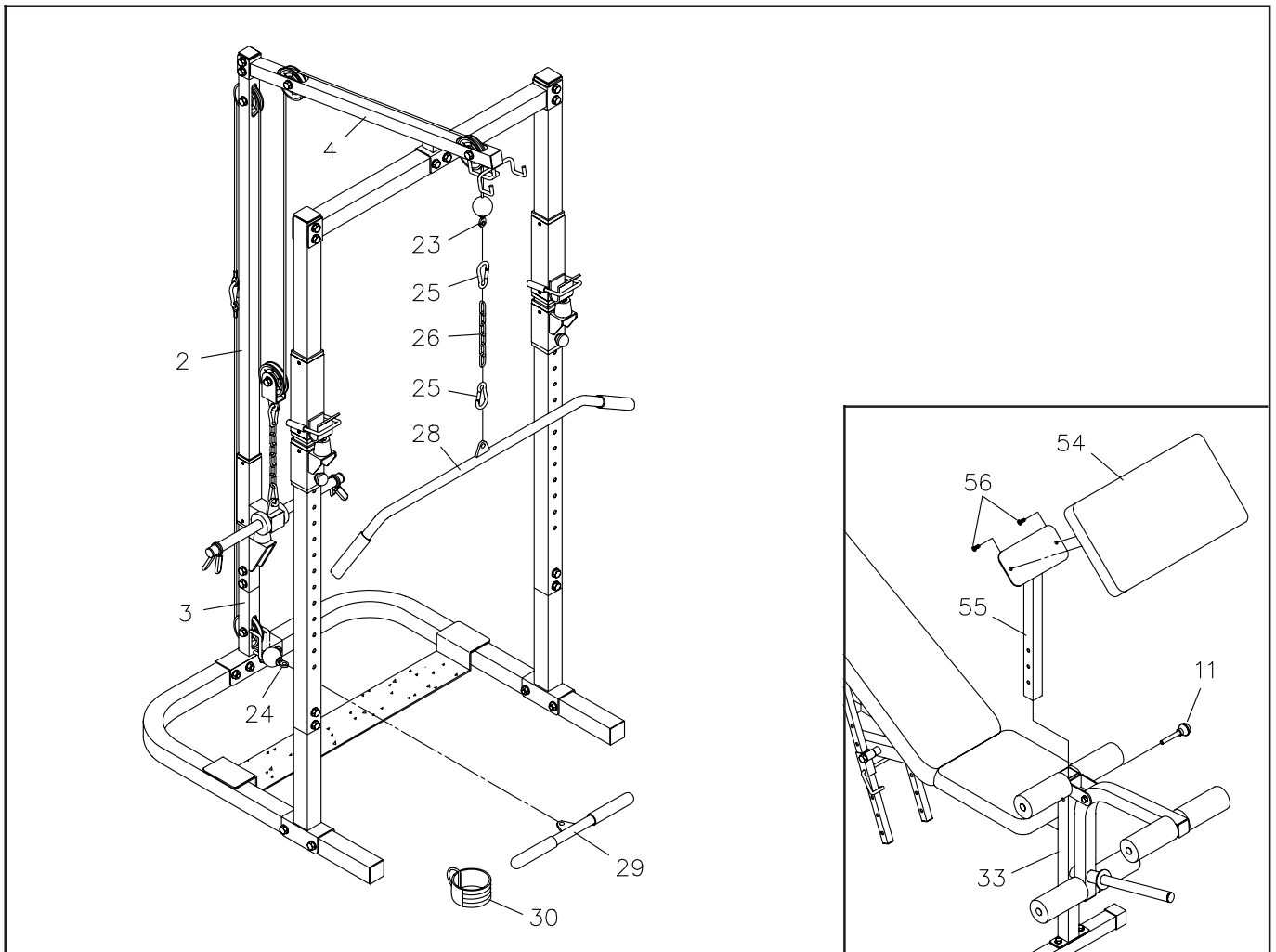
Attach the two **ANGLE ADJUSTMENT TUBES(44)** onto both sides of the **BACK CUSHION BRACE FRAME(43)** with **BOLT(M8 x 165mm)(58)**, **WASHERS(M8)(64)**, and **NYLOCK NUT(M8)(66)**. Slide the two **ANGLE ADJUSTMENT BRACES(45)** onto the **ANGLE ADJUSTMENT TUBES(44)**, then attach to the **BENCH MAIN FRAME(33)** with **BOLT(M8 x 165mm)(58)**, **SHAFT TUBE(46)**, **WASHERS(M8)(64)**, and **NYLOCK NUT(M8)(66)**. Lock the **BACK CUSHION BRACE FRAME(43)** in position with the **LOCKING PIN(47)**.

**NOTE: To achieve incline / decline angles of the BACK CUSHION ASSEMBLY, insert the LOCKING PIN(47) in the desired holes of the ANGLE ADJUSTMENT TUBES(44).**

### STEP 14

Attach the **SEAT CUSHION(41)** onto the **BENCH MAIN FRAME(33)** with **BOLTS (M8 x 15mm)(57)** and **WASHERS(M8)(64)**. Attach the **BACK CUSHION(42)** onto the **BACK CUSHION BRACE FRAME(43)** with **BOLTS(M8 x 15mm)(57)** and **WASHERS(M8)(64)**.

## SETTING UP THE ACCESSORIES



### LAT BAR(28)

Attach the **LAT BAR(28)** onto the **TOP CABLE(23)** with a **CHAIN HOOK(25)**.

For some exercises, the **CHAIN(26)** should be attached between the **LAT BAR(28)** and the **TOP CABLE (23)** with two **CHAIN HOOKS(25)**.

### CURL BAR(29), ANKLE STRAP(30)

The above accessories can be attached to the **BALL END** of the **BOTTOM CABLE(24)** at the bottom of the **LOWER MAIN UPRIGHT(3)** with two **CHAIN HOOKS(25)** and a **CHAIN(26)**.

**NOTE:** Adjust the length of the **CHAIN(26)** between the **ACCESSORY** and the **CABLE**. Have the **ACCESSORY** in the correct starting position for exercise to be performed.

### ARM CURL CUSHION(54)

Attach the **ARM CURL CUSHION(54)** onto the **ARM CURL POST(55)** with **BOLTS(M6 x 14mm) (56)**. Insert the **ARM CURL POST(55)** into the front of the **BENCH MAIN FRAME(33)** and lock in position with **SUPPORT PIN(11)**.

**NOTE:** There are three adjustment holes on the **ARM CURL POST(55)** for adjusting the height of the **ARM CURL CUSHION(54)**.

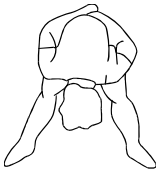
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## WARM-UP and COOL-DOWN

**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

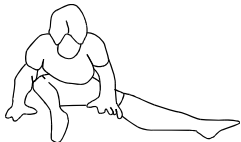
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!**

When the pull on the back of the legs lessens, try a lower position gradually.



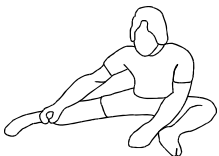
#### Floor Stretch

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.

# STAMINA<sup>®</sup> FITNESS SYSTEM

## IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the any STAMINA Fitness System.

1. Use the **STAMINA Fitness System** only on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **STAMINA Fitness System**.
3. Keep small children and pets away from the **STAMINA Fitness System** at all times.
4. The **STAMINA Fitness System** should not be used by persons under the influence of alcohol or any medication.
5. Use the **STAMINA Fitness System** only as described in the manual.
6. Depending on the style of your **STAMINA Fitness System**, you may not be able to perform all of the exercises shown in this booklet.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Stamina assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

### Exercise

Bench Press



### Exercise

Decline Bench Press



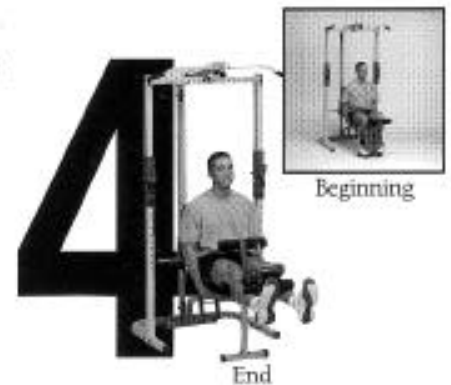
### Exercise

Incline Bench Press



### Exercise

Leg Lift





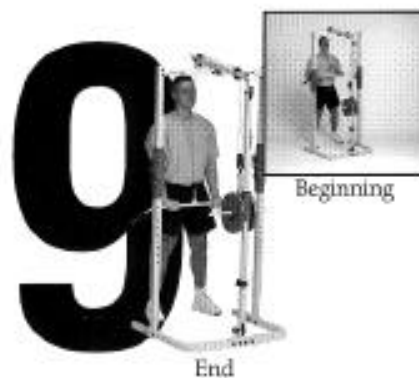
## Exercise

Standing Leg Curl



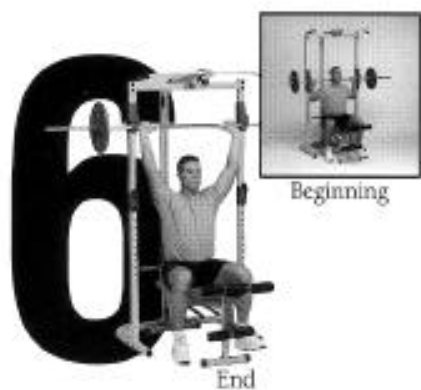
## Exercise

Tricep Press



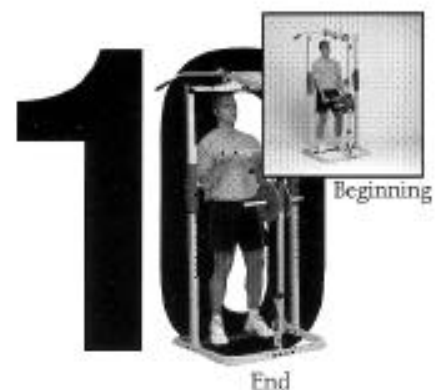
## Exercise

Seated Military Press



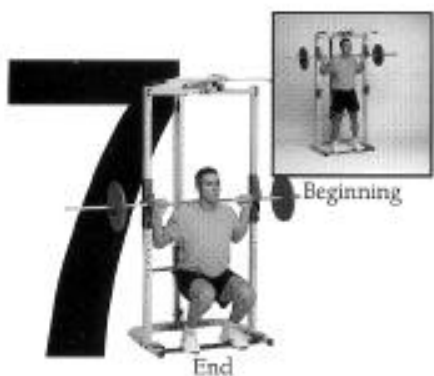
## Exercise

Standing Bicep Curl



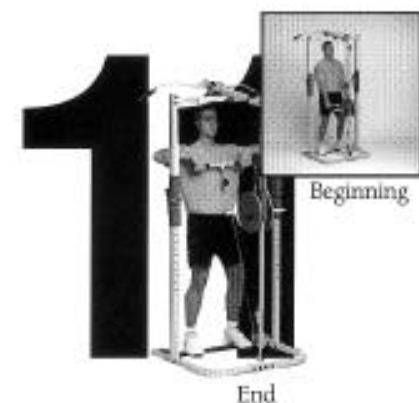
## Exercise

Squat



## Exercise

Upright Row



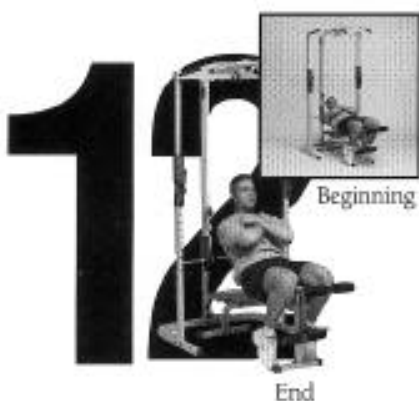
## Exercise

Seated Lat Pull

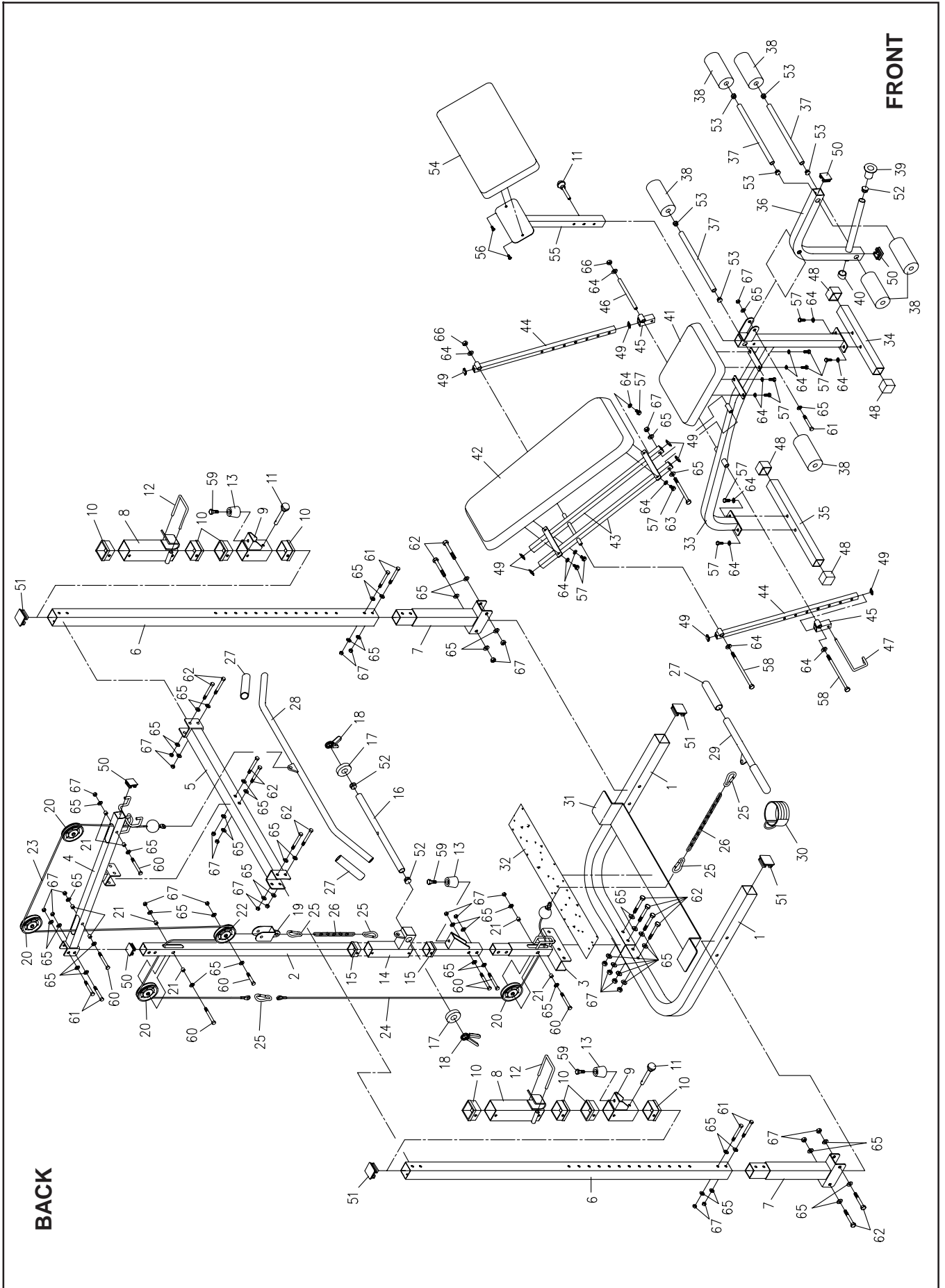


## Exercise

Abdominal Crunch (Sit-up)



**PRODUCT PARTS DRAWING**





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## PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Base Frame	2
2	Main Upright Frame	1
3	Lower Main Upright	1
4	Top Beam	1
5	Cross Beam	1
6	Side Upright Frame	2
7	Lower Side Upright	2
8	Weight Slider	2
9	Weight Support	2
10	Weight Bushing	8
11	Support Pin	3
12	U Shaped Pin	2
13	Bumper	3
14	Weight Bar Slider	1
15	Weight Bar Bushing	2
16	Weight Bar	1
17	Weight Bumper	2
18	Spring Clip	2
19	Pulley Brace	1
20	Pulley (od. 85mm)	4
21	Pulley Spacer	8
22	Large Pulley (od. 90mm)	1
23	Top Cable (3200mm or 126")	1
24	Bottom Cable (1450mm or 57")	1
25	Chain Hook	5
26	Chain	2
27	Hand Grip	4
28	Lat Bar	1
29	Curl Bar	1
30	Ankle Strap	1
31	Foot Plate	1
32	Foot Plate Tape	1
33	Bench Main Frame	1
34	Front Stabilizer	1
35	Rear Stabilizer	1
36	Leg Curl Frame	1
37	Pad Tube	3
38	Foam Pad	6
39	Weight Stop	1
40	Round Angle Cap	1
41	Seat Cushion	1
42	Back Cushion	1
43	Back Cushion Brace Frame	1
44	Angle Adjustment Tube	2
45	Angle Adjustment Brace	2

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## PARTS LIST

DIAGRAM#	PART NAME	QTY
46	Shaft Tube	1
47	Locking Pin	1
48	End Cap (38mm x 38mm)	4
49	Square Plug (20mm)	8
50	Square Plug (38mm)	4
51	Square Plug (50mm)	4
52	Round Plug (25mm)	3
53	Round Plug (19mm)	6
54	Arm Curl Cushion	1
55	Arm Curl Post	1
56	Bolt, Round Head (M6 x 1 x 14mm)	2
57	Bolt, Hex Head (M8 x 1.25 x 15mm)	12
58	Bolt, Hex Head (M8 x 1.25 x 165mm)	2
59	Bolt, Hex Head (3/8" - 16 x 1")	3
60	Bolt, Hex Head (3/8" - 16 x 2 1/8")	7
61	Bolt, Hex Head (3/8" - 16 x 2 1/2")	7
62	Bolt, Hex Head (3/8" - 16 x 3")	14
63	Bolt, Hex Head (3/8" - 16 x 4 5/8")	1
64	Washer (M8)	16
65	Washer (3/8")	58
66	Nylock Nut (M8 x 1.25)	2
67	Nylock Nut (3/8" - 16)	29
68	Manual	1

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## NOTES

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