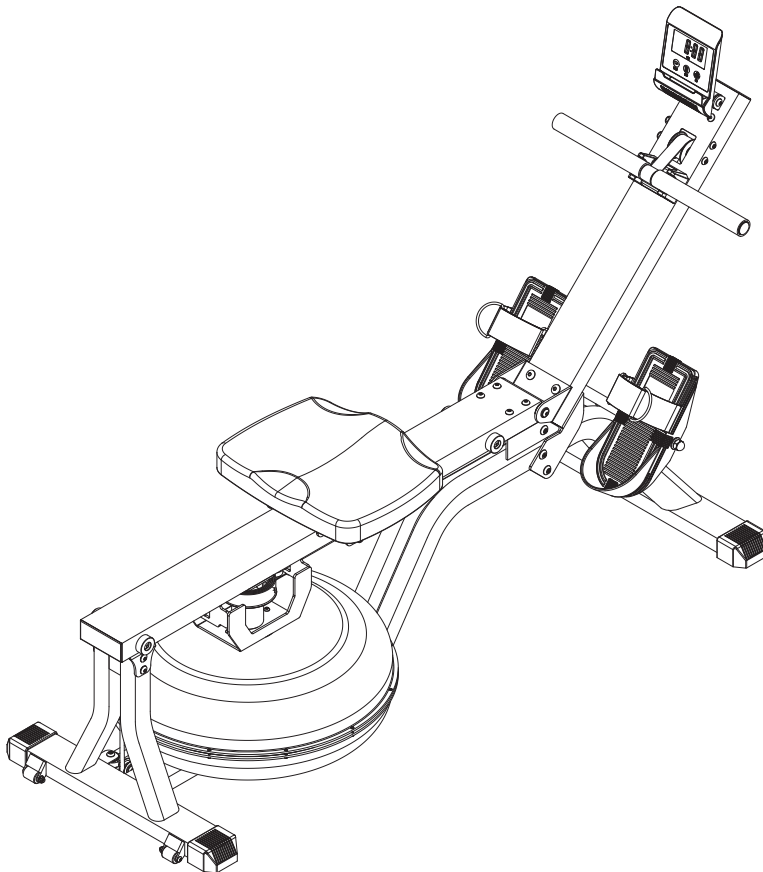


STAMINA | X

WATER ROWER

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:

Weight on this product should not exceed 300 lbs.

⚠ 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 securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following numbers:

Model#: 35-1442A

S/N: _____

This Product is Distributed Exclusively by



2040 N Alliance Ave, Springfield, MO 65803

Customer Care

1 (800) 375-7520

www.staminaproducts.com

STAMINA PRODUCTS
MADE IN CHINA

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2018, 10

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SAFETY INSTRUCTIONS

⚠ WARNING Cancer and Reproductive Harm www.P65Warnings.ca.gov

⚠ WARNING Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

⚠ CAUTION The Bungee Cord(51) contain natural rubber latex which may cause allergic reactions.

⚠ WARNING To reduce the risk of serious injury, read the following Safety Instructions before using the STAMINA | X Water Rower.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **STAMINA | X Water Rower** for the first time.
2. Read all warnings and cautions posted on the **STAMINA | X Water Rower**.
3. The **STAMINA | X Water Rower** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **STAMINA | X Water Rower**. Do not allow children to use or play on the **STAMINA | X Water Rower**. Keep children and pets away from the **STAMINA | X Water Rower** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **STAMINA | X Water Rower** on a solid level surface. Do not position the **STAMINA | X Water Rower** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **STAMINA | X Water Rower**.
9. Before using, inspect the **STAMINA | X Water Rower** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
11. Follow your physician's recommendations in developing your own personal fitness program.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **STAMINA | X Water Rower**.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **STAMINA | X Water Rower**, loss of balance may result in a fall and serious bodily injury.
16. The **STAMINA | X Water Rower** should not be used by persons weighing over 300 pounds.
17. The **STAMINA | X Water Rower** should be used by only one person at a time.
18. The **STAMINA | X Water Rower** is for consumer use only. It is not for use in public or semipublic facilities.

EXTEND YOUR PARTS WARRANTY TO 180 DAYS FROM THE DATE OF PURCHASE. REGISTER YOUR PRODUCT.



**NEED HELP?
CONTACT US FIRST
1 (800) 375-7520
customer.care@staminaproducts.com**

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,
Stamina Customer Care

To enact your extended warranty and to help us better serve you, please go online and register your new product.

register.staminaproducts.com

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.



ONLINE

customer.care@staminaproducts.com
www.staminaproducts.com



TELEPHONE

1 (800) 375-7520



FAX

(417) 889-8064



MAIL

Stamina Products, Inc.
ATTN: Customer Care
2040 N Alliance Ave
Springfield, MO 65803

 facebook.com/StaminaProducts
facebook.com/AeroPilates

CUSTOMER CARE HOURS:
Monday-Thursday, 7:30 AM-5:00 PM, Central Time
Friday, 8:00 AM-3:00 PM, Central Time

BEFORE YOU BEGIN

Thank you for choosing the **STAMINA | X Water Rower**. 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 **STAMINA | X Water Rower** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

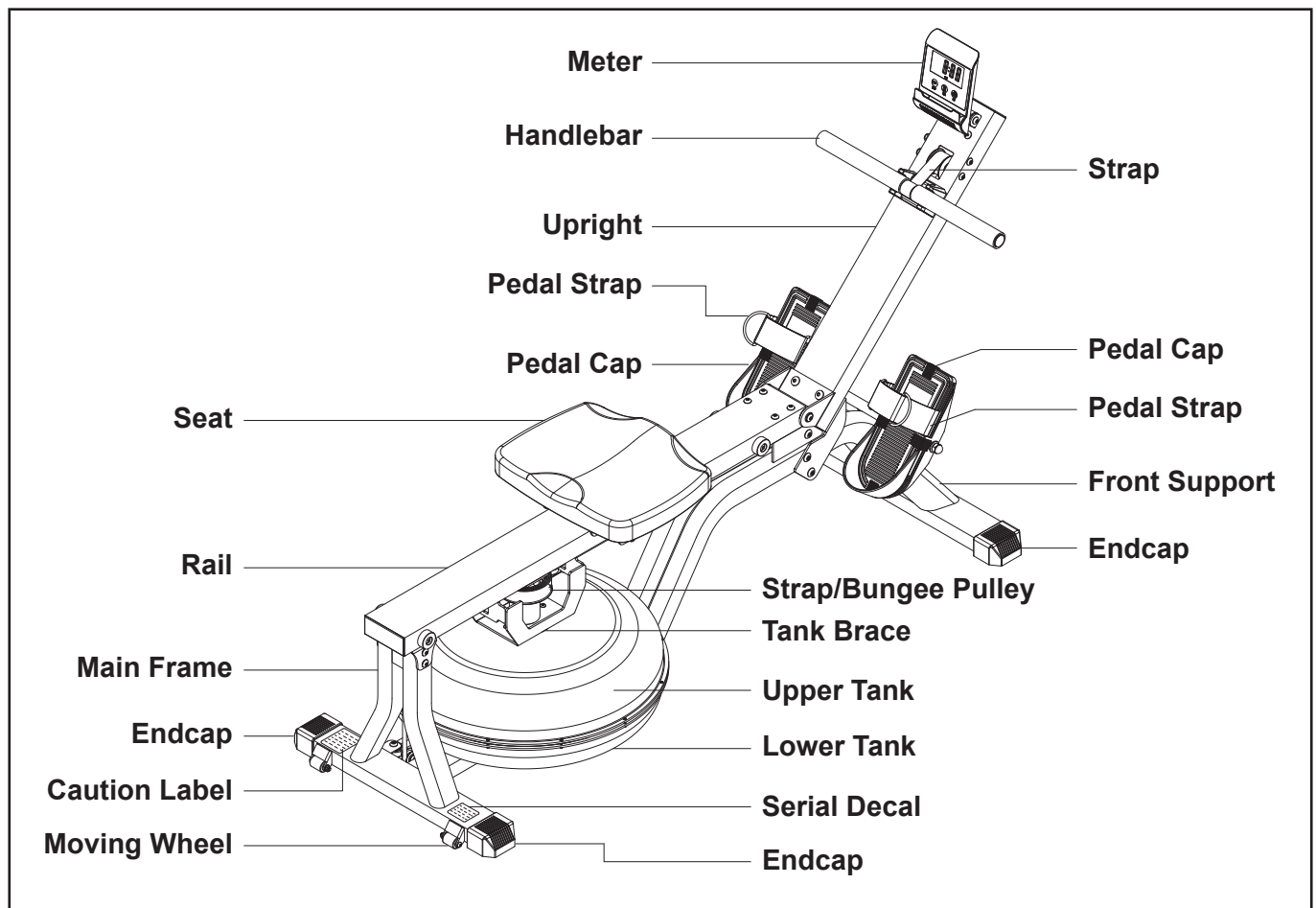
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See page 5 for an image of the serial decal. Model number and serial number are required when calling for assistance.

Read this manual carefully before using the **STAMINA | X Water Rower**.

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 **STAMINA | X Water Rower**, please do not return the product. Contact us **FIRST!**

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

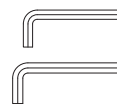
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Combination Wrench



Allen Wrench (4mm)

Allen Wrench (6mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA | X Water Rower**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

CAUTION LABEL(96)



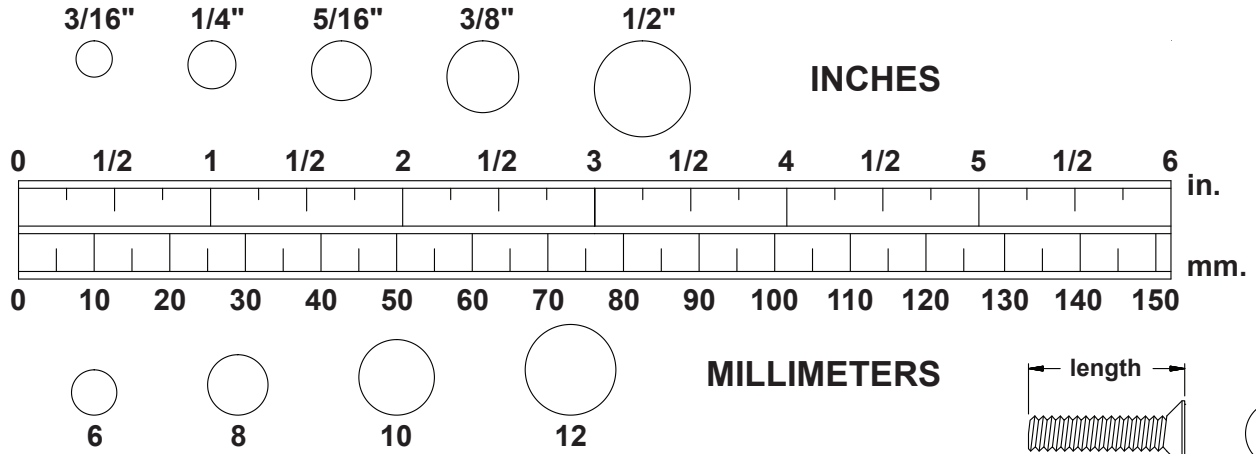
SERIAL DECAL(97)



To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

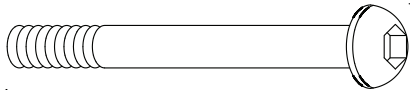
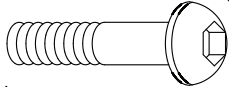
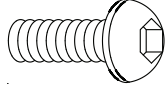
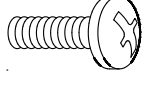


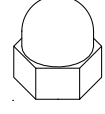
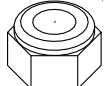
HARDWARE IDENTIFICATION CHART

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 Number and Description	Qty
	63 Bolt, Button Head (M10 x 1.5 x 115mm)	1
	65 Bolt, Button Head (M10 x 1.5 x 55mm)	2
	75 Bolt, Button Head (M6 x 1 x 15mm)	6
	76 Bolt, Round Head (M5 x 0.8 x 10mm)	2
	81 Lock Washer (M10)	2
	82 Washer (M10)	3
	86 Acorn Nut (M10 x 1.5)	2
	87 Nylock Nut (M10 x 1.5)	1

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Customer Care section and order the part needed, e-mail us at customer.care@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

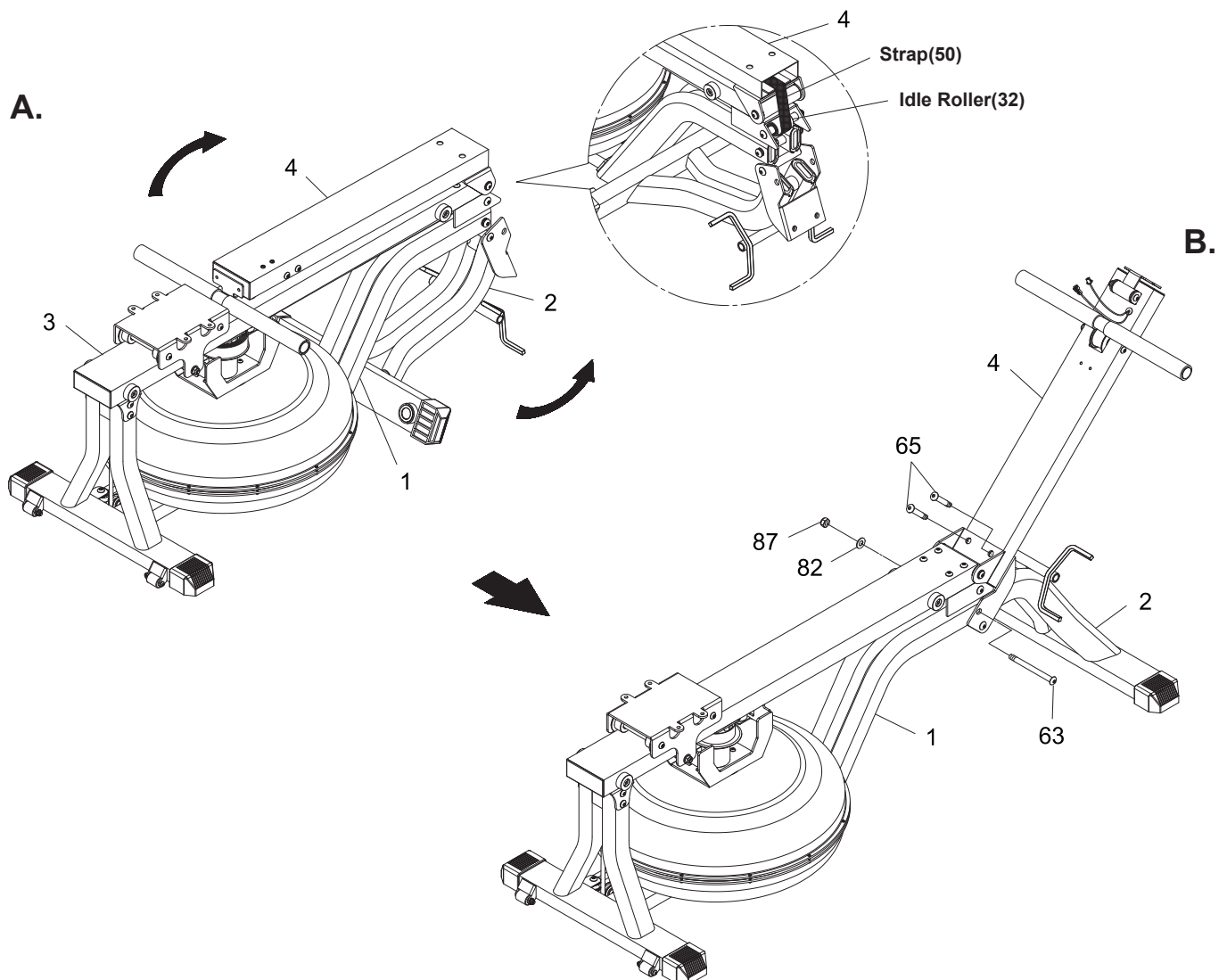
STEP 1

Refer to illustration A. Unfold the **FRONT SUPPORT(2)** away from the **MAIN FRAME(1)**. Unfold the **UPRIGHT(4)** away from the **RAIL(3)**.

NOTE: Refer to the detail view of illustration A. When unfolding the **UPRIGHT(4)**, ensure the **STRAP(50)** is centered on **IDLE ROLLER(32)** and pulls smoothly after assembly.

STEP 2

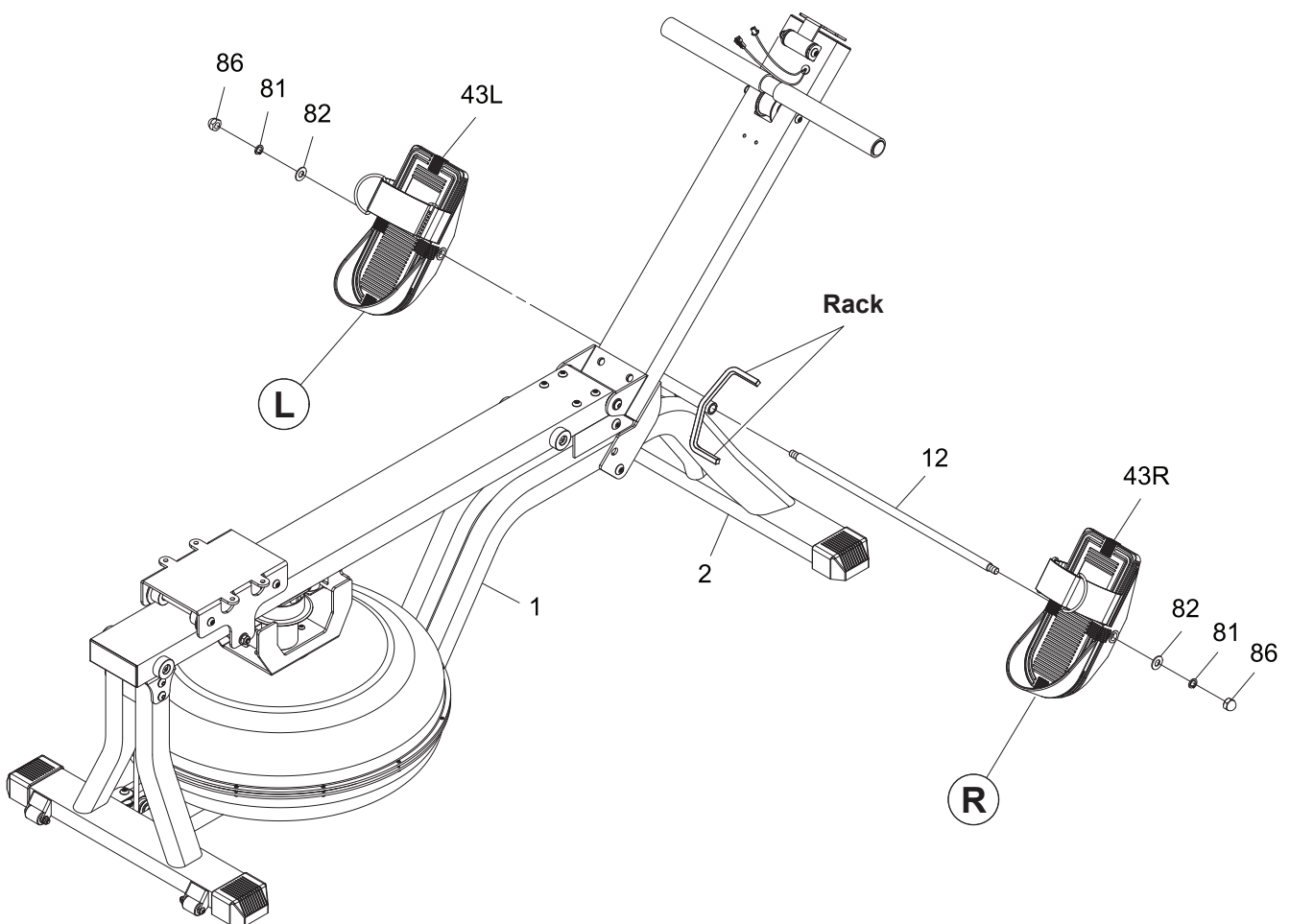
Refer to illustration B. Bolt the **FRONT SUPPORT(2)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLT(M10x1.5x115mm)(63)**, **WASHER(M10)(82)**, and **NYLOCK NUT(M10x1.5)(87)**. Attach the **UPRIGHT(4)** to the **FRONT SUPPORT(2)** with **BUTTON HEAD BOLT(M10x1.5x55mm)(65)**.



ASSEMBLY INSTRUCTIONS

STEP 3

There is an “L” decal on the left **PEDAL CAP(43L)**, and an “R” decal on the right **PEDAL CAP(43R)**. Insert the **PEDAL SHAFT(12)** through the tube located on the **FRONT SUPPORT(2)**. Slide the right **PEDAL CAP(43R)** onto the right side of the **PEDAL SHAFT(12)** and make it ride on the Rack on the **FRONT SUPPORT(2)**. Slide the left **PEDAL CAP(43L)** onto the left side of the **PEDAL SHAFT(12)** and make it ride on the Rack on the **FRONT SUPPORT(2)**. Then secure the **PEDAL CAPS(43R, 43L)** with **WASHERS(M10)(82)**, **LOCK WASHERS(M10)(81)**, and **ACORN NUTS(M10x1.5)(86)** at both ends of the **PEDAL SHAFT(12)**. You need to use two Combination Wrenches to tighten the **ACORN NUTS(M10x1.5)(86)** at both ends of the **PEDAL SHAFT(12)** at the same time.



ASSEMBLY INSTRUCTIONS

STEP 4

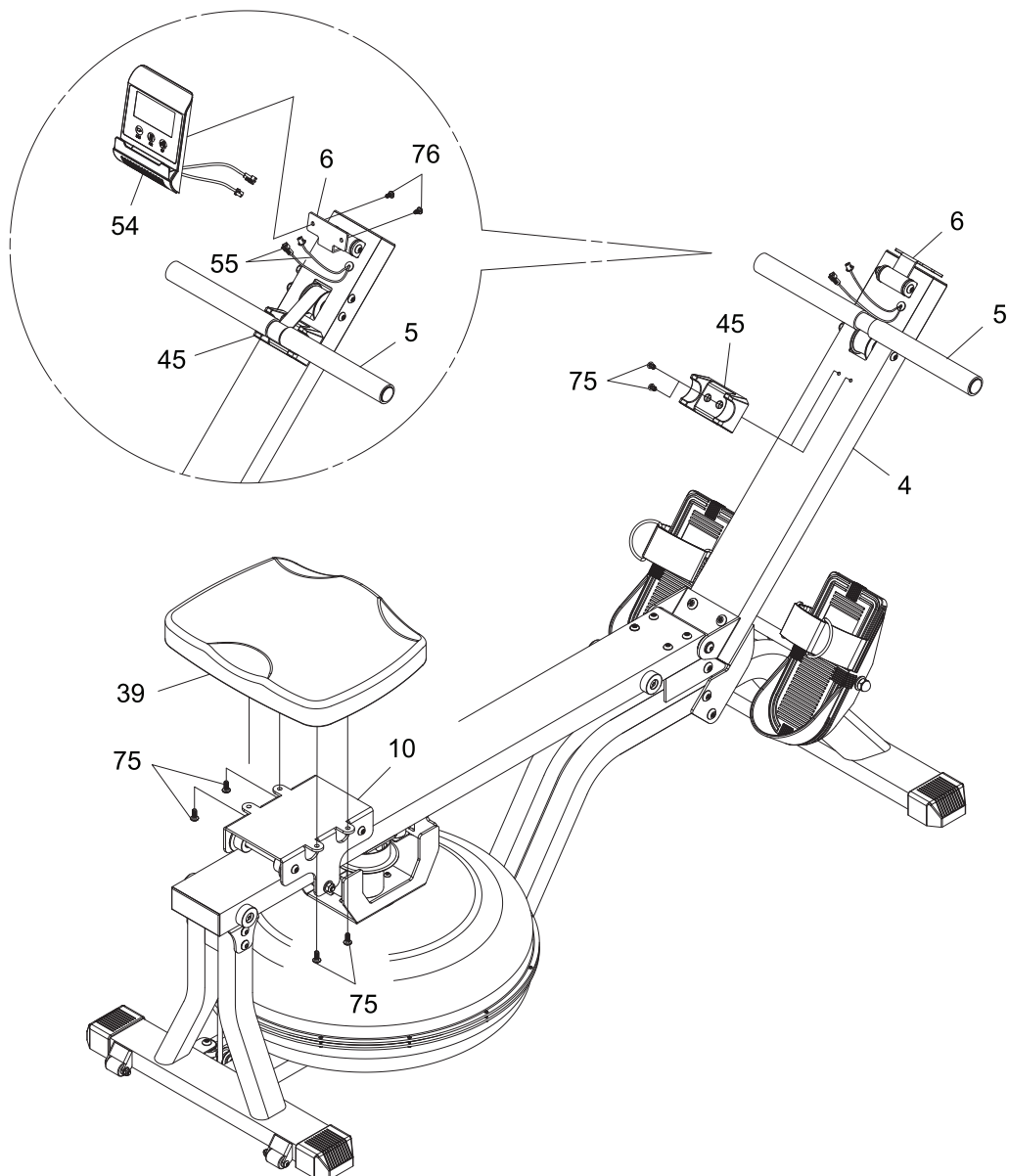
Attach the **SEAT(39)** to the **SEAT CARRIAGE(10)** with **BUTTON HEAD BOLTS(M6x1x15mm)(75)**.

STEP 5

Attach the **HANDLEBAR HOLDER(45)** to the **UPRIGHT(4)** with **BUTTON HEAD BOLTS(M6x1x15mm)(75)**. Place the **HANDLEBAR(5)** onto the **HANDLEBAR HOLDER(45)**.

STEP 6

Install two AAA batteries into the **METER(54)**, the batteries are not included. See page 13 for detailed battery installation instructions. Attach the **METER(54)** to the **METER PLATE(6)** with **ROUND HEAD BOLTS(M5x0.8x10mm)(76)**. Plug the **SENSOR WIRES(55)** into the connecting wires of the **METER(54)**, and push the excess wires back into the **UPRIGHT(4)**.



OPERATIONAL INSTRUCTIONS

HEART RATE TRANSMITTER

The **STAMINA | X Water Rower** can measure how hard you are exercising by monitoring your heart rate with the **HEART RATE TRANSMITTER(98)**. Your heart rate reading gives you a snapshot of how hard your heart is working at that point in your workout by measuring the number of heart beats per minute.

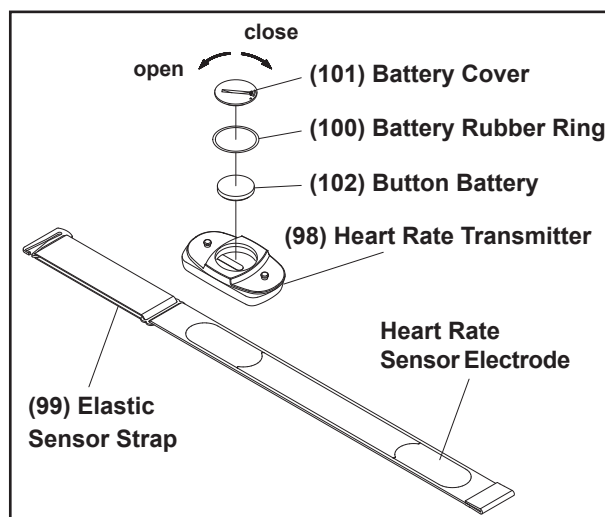
The **HEART RATE TRANSMITTER(98)** worn around your chest sends your heart rate information to a receiver inside the **METER(54)** so your heart rate is tracked while you exercise. This is the most reliable way to measure your heart rate to make sure you are exercising within your target heart rate zone so you get the most out of your workout time.

Using the Heart Rate Transmitter Chest Strap

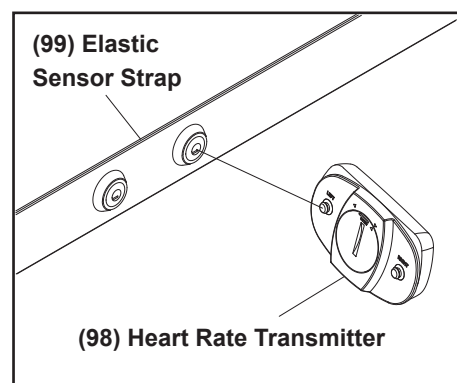
The **HEART RATE TRANSMITTER(98)** worn around the chest is powered by a **BUTTON BATTERY (CR2032)(102)** located in the back of the **HEART RATE TRANSMITTER(98)**. Two electrodes on **ELASTIC SENSOR STRAP(99)** monitor your heartbeat, and the adjustable **ELASTIC SENSOR STRAP(99)** holds the transmitter in place. The receiver built into the **STAMINA | X Water Rower** picks up your heart rate from the **HEART RATE TRANSMITTER(98)** and displays it on the monitor during your workout.

To assemble the **HEART RATE TRANSMITTER(98)**, insert the **BUTTON BATTERY (CR2032)(102)** as shown in the illustration. Place the **BATTERY RUBBER RING(100)** on the edge of the opening and place the **BATTERY COVER(101)** over the **BUTTON BATTERY (CR2032)(102)**. Using a coin or similar object, press down on the **BATTERY COVER(101)** and turn to securely close the cover.

- NOTE:**
1. Make sure to close the **BATTERY COVER (101)** very tightly as illustrated to prevent sweat and moisture from damaging the battery.
 2. The **HEART RATE TRANSMITTER(98)** is latex free and its material is appropriate for human contact.

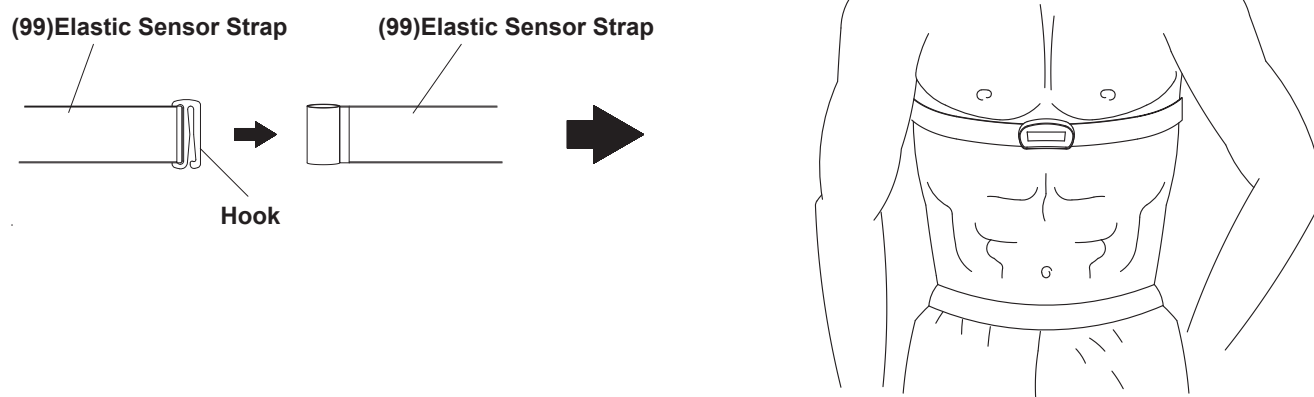


Refer to the illustration. Press the **HEART RATE TRANSMITTER(98)** onto the buttons on the **ELASTIC SENSOR STRAP(99)**.



OPERATIONAL INSTRUCTIONS

To wear the **HEART RATE TRANSMITTER(98)** around the chest, hook the hook end of the **ELASTIC SENSOR STRAP(99)** to the other end of the **ELASTIC SENSOR STRAP(99)**. Adjust the **ELASTIC SENSOR STRAP(99)** to fit your chest snugly as shown in the illustration below. Apply water or conductive gel to moisten the heart rate sensor electrodes. These heart rate sensor electrodes must be wet and in contact with your chest skin to properly detect your heart rate.



NOTE: If your heart rate is inconsistent or not tracking on your workout monitor, do the following:

- The **HEART RATE TRANSMITTER(98)** will connect to the monitor while using the unit and within close proximity of the unit. If you are too far from the unit the connection will be lost.
- Moisten the heart rate sensor electrodes on the back of the **ELASTIC SENSOR STRAP(99)** and make sure they are in contact with the skin. Your skin may be dry when you begin your workout and the moisture is necessary to ensure contact. As you sweat, contact will improve.
- Tighten the elastic strap so it remains in place as you exercise. Movement of the heart rate sensor electrodes will result in inaccurate or erratic signal and readings.
- Clean the heart rate sensor electrodes as dirt can interfere with transmission. Use a mild soap and water and dry with a soft towel.

Transmitter Care and Maintenance

- Wash regularly with mild soap and water solution and dry with a soft towel being careful not to scratch the heart rate sensor electrodes.
- Store in a cool, dry place. Make sure the heart rate sensor electrodes aren't stored with any wet material and never store a wet transmitter in non-breathable material like a plastic bag or sports bag.
- Do not stretch the heart rate sensor electrodes.

NOTE: The frequency of the receiver built into the **STAMINA | X Water Rower** is 5 kHz. All compatible heart rate transmitters from other companies will work with the **STAMINA | X Water Rower**.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

POWER ON: Move the handlebar or press any button.

POWER OFF: Automatically shuts off after 4 minutes of inactivity.

FUNCTION BUTTONS :

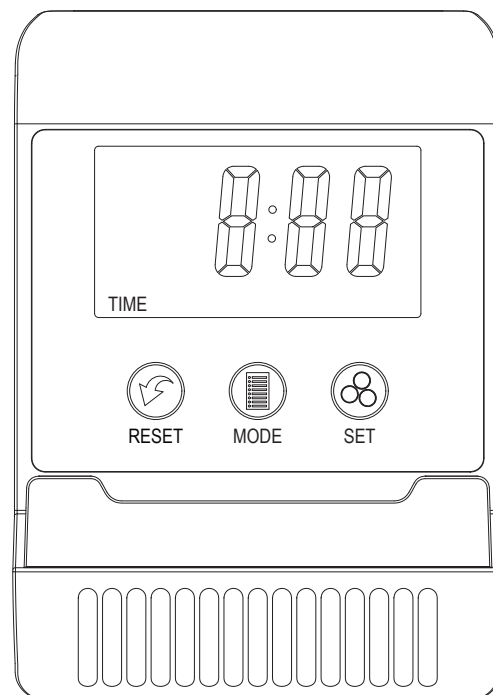
MODE : In the setting mode, press and release to select each function for preset target values for **TIME, COUNT, DISTANCE, CALORIES,** and **PULSE.**

Press and release to select functions for display for **TIME, COUNT, DISTANCE, CALORIES,** and **PULSE.**

SET : In the setting mode, press to set target values. Press the button and hold it down for two seconds, the meter will continue to add the values, release the button to stop.

RESET : In the setting mode, press the button to reset the setting values to zero.

Press the button and hold it down for two seconds to reset all functions to zero.



FUNCTIONS:

SCAN: Automatically scans **TIME, COUNT, DISTANCE, CALORIES,** and **PULSE** in sequence with a change every six seconds. Press and release the **MODE** button until “**SCAN**” appears on display.

TIME: Displays the time from 1 sec. up to 99:59 minutes. Counts down from preset value.

COUNT: Displays the total number of strokes you have taken from zero to 9999 strokes. Counts down from preset value.

DISTANCE: Displays distance from zero to 9999 meters. Counts down from preset value.

CALORIES: Displays the calories burned from zero to 9999 Kcal. Counts down from preset value.

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

PULSE: Displays the heart rate, from 40 to 240 beats per minute.

To use this function, you must wear the **HEART RATE TRANSMITTER(95)** around your chest so the receiver which is built into the rower registers your heart rate from the **HEART RATE TRANSMITTER(95)** for displaying. Each heart rate signal will be accompanied with one “♥” symbol flash.

NOTE: The **HEART RATE TRANSMITTER(95)** is not a medical device. Maintaining a consistent signal can be difficult due to the varying distances experienced during the rowing stroke. The pulse function is a great tool to optimize your workout, but should be used as a reference only.

OPERATIONAL INSTRUCTIONS

PRESET VALUES OPERATION:

You can pull on the **HANDLEBAR(5)** to power on the meter and workout with the meter directly. Or, you can preset the function values for counting down. Press and release the **MODE** button until “**SCAN**” does not appear on display, the meter will enter setting mode. Use **SET** and **RESET** buttons to input the values, and press **MODE** button to confirm. Or, just press the **MODE** button to skip the setting and move on to the next function. After all the desired settings are chosen, begin pulling on the **HANDLEBAR(5)** to start the workout.

Time (1:00 to 99:00) → Count (10 to 9990) → Distance (100 to 9900 meter) → Calories (10 to 9990 Kcal)

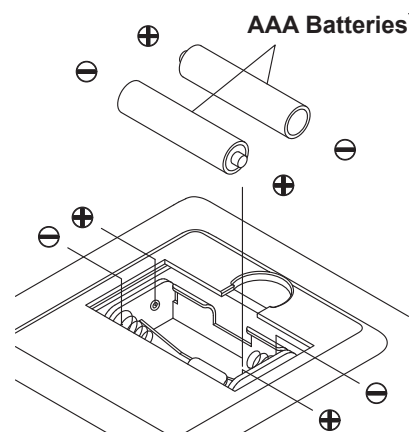
NOTE:

1. You may preset values for several functions. The preset function values will start to count down. When you complete one of the preset functions, the value of this completed function will start to count up, while the other preset functions will continue to count down.
2. The Meter will shut off automatically after 4 minutes of inactivity. All function values will be kept. You can continue to work out with these function values. Or, press the **RESET** or **MODE** button and hold it down for two seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AAA batteries (1.5V each), the batteries are not 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.
 4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
 5. **Do not dispose of batteries in fire.**



OPERATIONAL INSTRUCTIONS

HOW TO FILL AND EMPTY THE TANK

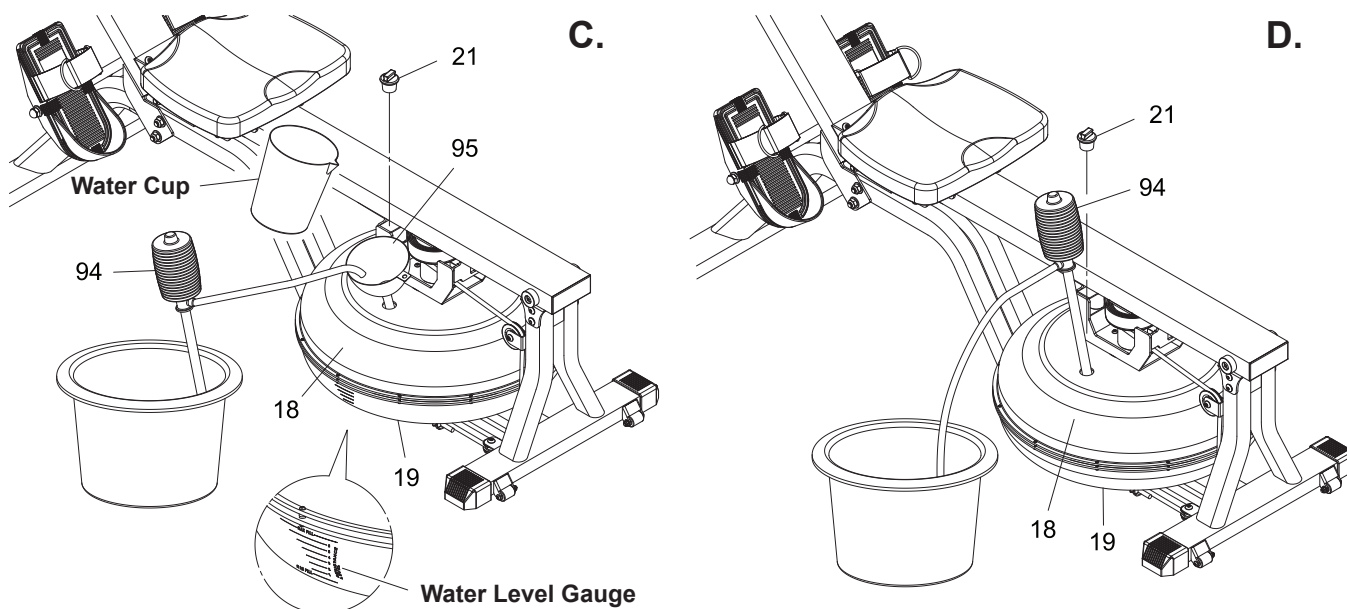
1. Remove the **FILL PLUG(21)** from the **UPPER TANK(18)**.
2. To fill with water, refer to illustration C. Place the **FUNNEL(95)** into the tank. Use a water cup, or the **SYPHON PUMP(94)** and a bucket to fill the tank. Use Water Level Gauge on the side of tank to measure volume of water in tank to the desired level.
3. To empty tank, refer to illustration D. Place a bucket next to the rower. Use the **SYPHON PUMP(94)** to pump out the water from the tank into the bucket.
4. Once completed, insert the **FILL PLUG(21)** into the **UPPER TANK(18)**. Please wipe excess water from the frames after filling.

- NOTE:**
1. Fill the tank with municipal water, do not use well water. If municipal water is unavailable, use distilled water. Refer to the Maintenance section for recommendations on water treatment.
 2. The water in the tank is not for human or animal consumption. Please dispose of the water properly after removal from the tank.

WATER LEVEL

Refer to the detail view of illustration C. The Water Level Gauge is positioned on the side of the tank. The maximum level to fill the tank is Level 7. **DO NOT** fill above the Maximum Level - this could void the warranty. The standard calibration level is Level 6.

The amount of resistance is dictated by the amount of water in the tank. For example Level 2 of water offer light resistance, Level 6 offers the heaviest resistance.



STORAGE

1. To store the **STAMINA | X Water Rower**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries before storing the **STAMINA | X Water Rower** for one year or more.
3. Move the **STAMINA | X Water Rower** with the moving wheels on the back of the **MAIN FRAME(1)**. Grasp the stabilizer of the **FRONT SUPPORT(2)** to move the **STAMINA | X Water Rower**. Do not use the **SEAT(39)** to move the **STAMINA | X Water Rower**. The **SEAT(39)** will move and the **SEAT CARRIAGE(10)** may pinch your hand or fingers.
4. Remove water from tank if storing the rower for more than a month without use.

MAINTENANCE

The safety and integrity designed into the **STAMINA | X Water Rower** can only be maintained when the **STAMINA | X Water Rower** is regularly examined for damage and wear. Special attention should be given to the following:

1. Sit on the **SEAT(39)** and pull on the **HANDLEBAR(5)** to verify that the Water System provides resistance and the seat travel is smooth and stable.
2. Periodic maintenance is recommended to maintain proper condition of the water in the tank. It is suggested to drain and clean the water tank every 4-6 months or refresh the water by adding a water purification tablet or granules. Water purification tablets or granules are commonly found at home centers or pool/spa supply stores. These products must be Sodium Dichlor (Sodium Dichloroisocyanurate around 60%) and are sometimes called "Shock Treatment" – follow all manufacturer's recommended instructions for use. **NEVER USE POOL CHLORINE (TRICHLOR 90% CHLORINE) OR CHLORINE BLEACH.** Use of these products will void the warranty and damage the product.
3. Clean the tank periodically. The water in the tank is not for human or animal consumption. Please dispose of the water properly after removal from the tank. **DO NOT** use methylated spirits, chlorates, bleach or ammonia based fluids. It is recommended that a 50/50 solution of vinegar and water (or similar) be used to clean the tank. The use of improper cleaning products will void the warranty and damage the product.
4. Clean the roller tracks on the **RAIL(3)** with an absorbent cloth.
5. Verify that the **CAUTION LABEL(96)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **CAUTION LABEL(96)** if it is missing or damaged.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components shall be replaced immediately or the **STAMINA | X Water Rower** removed from service until repair is made.
8. Only Stamina Products supplied components shall be used to maintain/repair the **STAMINA | X Water Rower**.
9. Keep your **STAMINA | X Water Rower** clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

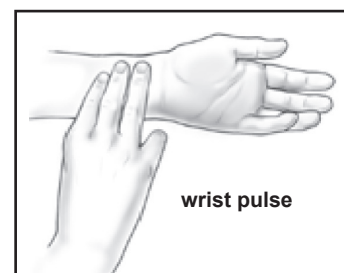
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

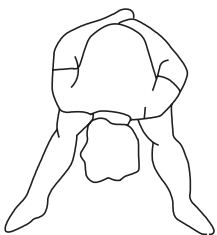
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

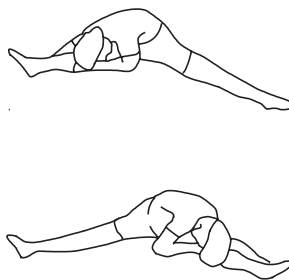
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



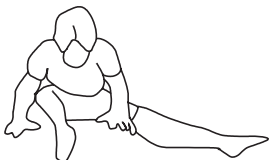
Lower Body Stretch

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.



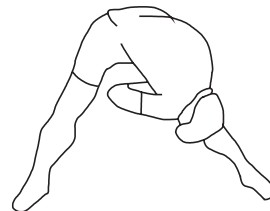
Floor Stretch

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

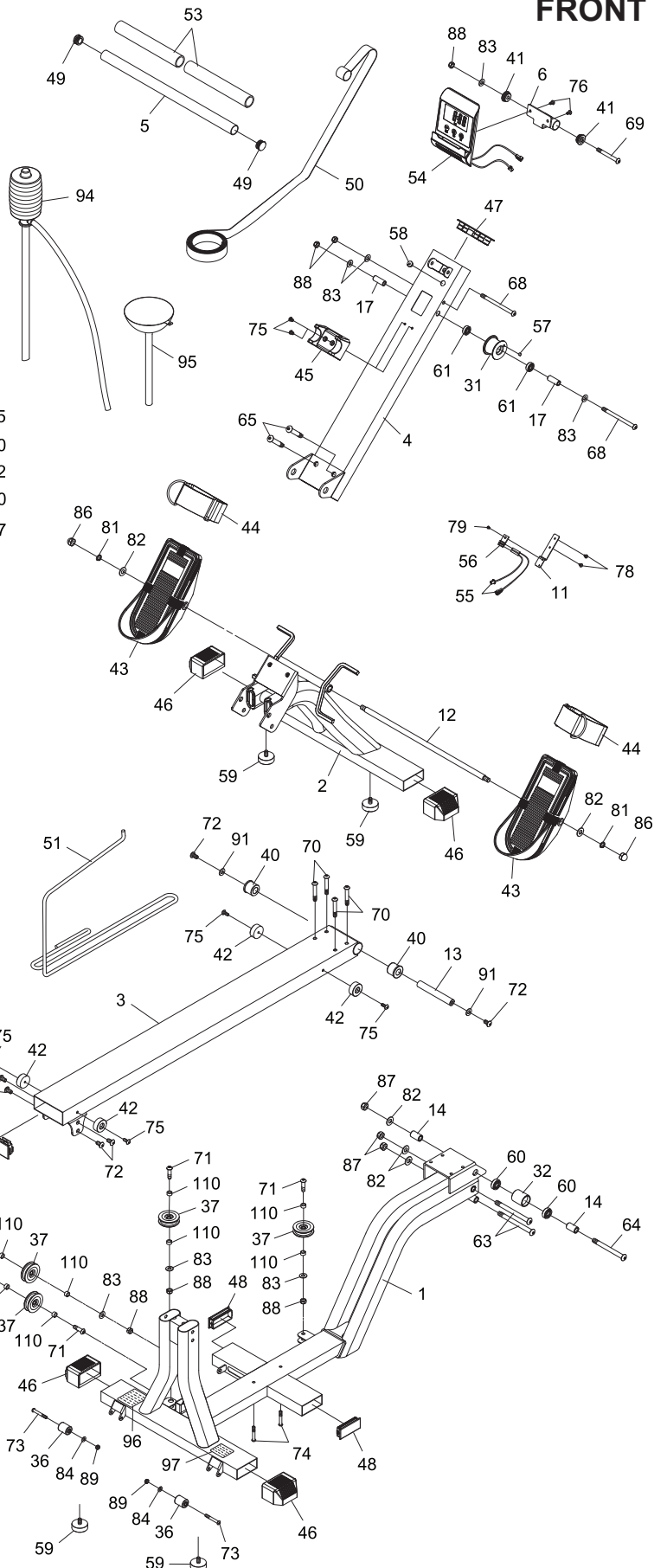
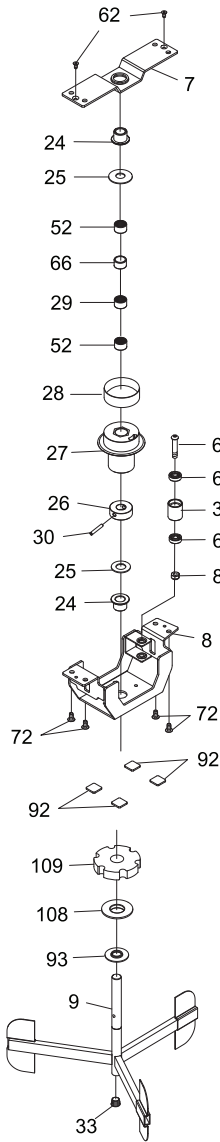
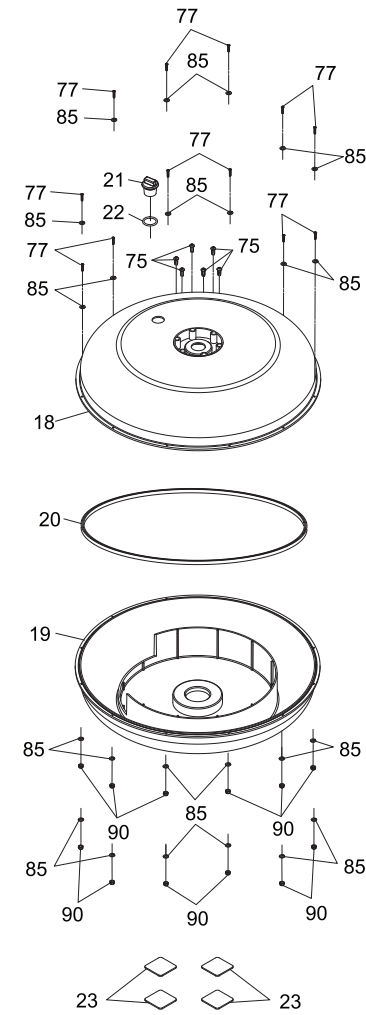
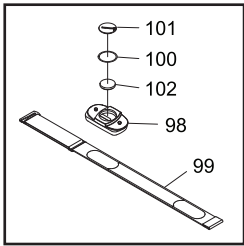
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times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

FRONT



BACK

PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Front Support	1
3	Rail	1
4	Upright	1
5	Handlebar	1
6	Meter Plate	1
7	Mounting Bracket	1
8	Tank Brace	1
9	Impeller	1
10	Seat Carriage	1
11	Sensor Bracket	1
12	Pedal Shaft	1
13	Rail Shaft	1
14	Idle Roller Spacer	2
15	Roller Long Spacer	2
16	Roller Short Spacer	4
17	Strap Pulley Spacer	2
18	Upper Tank	1
19	Lower Tank	1
20	Rubber Ring Seal	1
21	Fill Plug	1
22	Fill Plug Seal	1
23	Lower Pad	4
24	Strap/Bungee Pulley Bushing	2
25	Plastic Washer (ø20.5 x ø40 x 2mm thick)	2
26	Shaft Retainer	1
27	Strap/Bungee Pulley	1
28	Hook Pad	1
29	One-way Bearing (HF2016)	1
30	Spring Pin (ø6 x 40mm)	1
31	Strap Pulley	1
32	Idle Roller	2
33	Round Plug (ø20mm)	1
34	Seat Roller	4
35	Lower Seat Roller	2
36	Moving Wheel	2
37	Bungee Pulley	4
39	Seat	1
40	Rail Bushing (ø16 x ø31.8 x 12.5mm)	2
41	Meter Plate Bushing (ø8.2 x ø27 x 10mm)	2
42	Stopper	4
43	Pedal Cap	2
44	Pedal Strap	2
45	Handlebar Holder	1
46	Endcap (30mm x 70mm)	4
47	Rectangular Plug (40mm x 100mm)	2
48	Rectangular Plug (30mm x 60mm)	2
49	Round Plug (ø28.6mm)	2
50	Strap	1
51	Bungee Cord	1
52	Needle Roller Bearing (HK2010)	2
53	Hand Grip	2
54	Meter	1
55	Sensor Wire	2
56	Sensor Holder	1

PARTS LIST

PART#	PART NAME	QTY
57	Magnet	1
58	Grommet	1
59	Stand	4
60	Bearing (6000zz)	4
61	Bearing (608zz)	10
62	Bolt, Flat Socket Head (M6 x 1 x 10mm)	2
63	Bolt, Button Head (M10 x 1.5 x 115mm)	2
64	Bolt, Button Head (M10 x 1.5 x 105mm)	1
65	Bolt, Button Head (M10 x 1.5 x 55mm)	3
66	Bearing Spacer	1
67	Bolt, Button Head (M8 x 1.25 x 135mm)	2
68	Bolt, Button Head (M8 x 1.25 x 110mm)	2
69	Bolt, Button Head (M8 x 1.25 x 70mm)	1
70	Bolt, Button Head (M8 x 1.25 x 50mm)	4
71	Bolt, Button Head (M8 x 1.25 x 30mm)	4
72	Bolt, Button Head (M8 x 1.25 x 15mm)	10
73	Bolt, Button Head (M6 x 1 x 45mm)	2
74	Bolt, Button Head (M6 x 1 x 40mm)	2
75	Bolt, Button Head (M6 x 1 x 15mm)	16
76	Bolt, Round Head (M5 x 0.8 x 10mm)	2
77	Stainless Screw, Round Head (M3 x 0.5 x 20mm)	12
78	Screw, Round Head (M4 x 16mm)	2
79	Screw, Round Head (M4 x 12mm)	1
81	Lock Washer (M10)	2
82	Washer (M10)	5
83	Washer (M8)	12
84	Washer (M6)	2
85	Washer (M3)	24
86	Acorn Nut (M10 x 1.5)	2
87	Nylock Nut (M10 x 1.5)	4
88	Nylock Nut (M8 x 1.25)	11
89	Nylock Nut (M6 x 1)	2
90	Stainless Nylock Nut (M3 x 0.5)	12
91	Large Washer (M8 x ø20mm)	2
92	Upper Pad (25mm x 25mm)	4
93	Impeller Seal	1
94	Syphon Pump	1
95	Funnel	1
96	Caution Label	1
97	Serial Decal	1
98	Heart Rate Transmitter	1
99	Elastic Sensor Strap	1
100	Battery Rubber Ring	1
101	Battery Cover	1
102	Button Battery (CR2032)	1
103	Allen Wrench (4mm)	1
104	Allen Wrench (6mm)	1
105	Combination Wrench	2
106	Manual	1
107	Roller Spacer (ø8.1 x ø10 x 13mm)	2
108	Tank Seal	1
109	Foam Spacer	1
110	Bungee Pulley Spacer (ø8.1 x ø12 x 6.5mm)	8
111	Bolt, Button Head (M8 x 1.25 x 28mm)	2

LIMITED WARRANTY

MODEL 35-1442A

WARRANTY

Stamina Products, Inc. ("Stamina") warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation in accordance with product warnings/instructions for a period of 90 days on the parts and 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 KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.** Commercial use includes use of product in athletic clubs, health clubs, spas, gyms, and all other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal purposes.

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. 2040 N Alliance Ave, Springfield, Missouri, USA, MO 65803, or email us at customer.care@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 (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER. These warranties are 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. If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina'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 **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 EXPRESS WARRANTY. NO ORAL OR WRITTEN INFORMATION GIVEN BY STAMINA, ITS AGENTS OR EMPLOYEES, SHALL CREATE A WARRANTY OR IN ANY WAY INCREASE THE SCOPE OF THIS WARRANTY. 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 OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some states affect the disclaimer or limitation of implied warranties and consequential and incidental damages. If any such law is found applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages shall be deemed to be modified to the extent necessary to comply with applicable law.

NOTES

TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at customer.care@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer care representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



**ONLINE
CUSTOMER CARE**
customer.care@staminaproducts.com
www.staminaproducts.com



**TELEPHONE
CUSTOMER CARE**
Tel: 1 (800) 375-7520



**FAX
CUSTOMER CARE**
Fax: (417) 889-8064



MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Care
2040 N Alliance Ave, Springfield, MO 65803

Would you like to receive email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer care at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; 2040 N Alliance Ave, Springfield, MO 65803.

PRODUCT REGISTRATION FORM		Stamina Products, Inc. 2040 N Alliance Ave, Springfield, MO 65803	
Model Number:		Serial Number:	
Product Name:			
Place Purchased:			
Date of Purchase:		Purchase Price:	
First Name:		Last Name:	
City:	State:	Phone #: ()	Zip Code:
Email Address:		Phone #: ()	
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> No *If yes, be sure your email address is included above.			



Detach and Mail or Fax the Form Above



TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer care. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



PARTS ORDER FORM		Stamina Products, Inc. 2040 N Alliance Ave, Springfield, MO 65803	
Mr./Ms:			
Address:		Apt. #:	
City:	State:	Zip Code:	
IMPORTANT : We require your phone number to process the order!			
Phone #: ()		Work Phone #: ()	
Date of Purchase:			
Model #:			
Purchased From:			
IMPORTANT: Before filling out the portion below, make sure you have the correct information. Refer to the parts list to make sure you're ordering the right parts!			
PART #	DESCRIPTION	QUANTITY	
EXAMPLE: 1	Rear Unit Assembly	1	