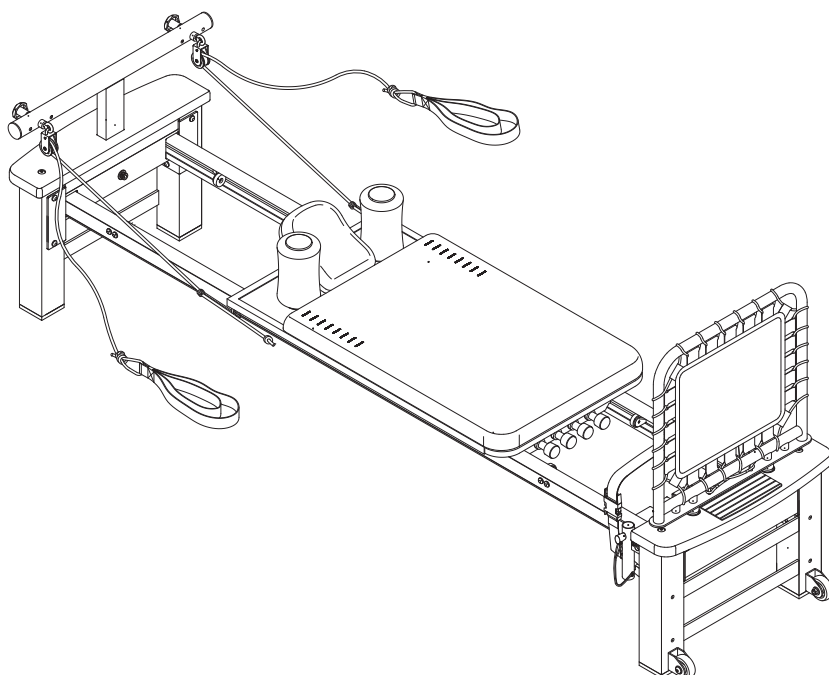


AeroPilates®

LESS STRESS | MORE HEART

PROXP⁵⁵⁶

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:

Weight on this product should not exceed 300 lbs.

This Product is Distributed Exclusively by



4435 West Manufacturers Street, Springfield, MO 65803

Customer Care

1 (800) 375-7520

www.staminaproducts.com

⚠ 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.
- Serious bodily injury can occur if this equipment is not assembled and used in accordance with the owner's manual.
- Follow all safety instructions in this owner's manual.

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

Model#: 55-5556E

S/N: _____

United States and/or International patents apply and/or are pending. See www.staminaproducts.com for details.

STAMINA PRODUCTS
MADE IN CHINA

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2025, 08



ACCESS DIGITAL VERSIONS
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PLUS GET AN ADDITIONAL
FREE, ONLINE WORKOUT!

How to Access Your Videos

1. Go to video.staminaproducts.com
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REDEEM

Digital product only. No physical DVD will be shipped.

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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.

⚠ WARNING The Tension Cords(29) and Bungee Cord(48) 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 AeroPilates Pro XP556.

- The AeroPilates Pro XP556 should only be used after a thorough review of the Owner's Manual by all exercisers and saved for future reference.
- Make sure that the product is properly assembled and tightened before use.
- We recommend that two people be available for assembly of this product.
- Keep children and pets away from the AeroPilates Pro XP556 at all times. This product is for adult use only.
- When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and to the product.
- It is recommended that you place this product on an equipment mat.
- Set up and operate the AeroPilates Pro XP556 on a solid level surface. Do not position the product on loose or uneven surfaces.
- Make sure that adequate space is available for access to and around the product.
- When folding or unfolding the AeroPilates Pro XP556, keep all children away from the AeroPilates Pro XP556 and make sure your hands are clear of any folding or pinch point.
- Before using, always inspect the product for worn parts that should be replaced or loose parts that should be tightened.
- Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them.
- Do not wear loose clothing while using the AeroPilates Pro XP556.
- Always wear proper footwear such as running, walking, or cross training shoes.
- Be careful to maintain your balance while assembling, mounting, using and dismounting the AeroPilates Pro XP556. Loss of balance may result in a fall or serious bodily injury.
- The AeroPilates Pro XP556 should not be used by persons weighing over 300 pounds.
- The AeroPilates Pro XP556 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
4435 West Manufacturers
Street, 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 AeroPilates Pro XP556. We take great pride in 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 AeroPilates Pro XP556 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 6 for an image of the serial decal. Model number and serial number are required when

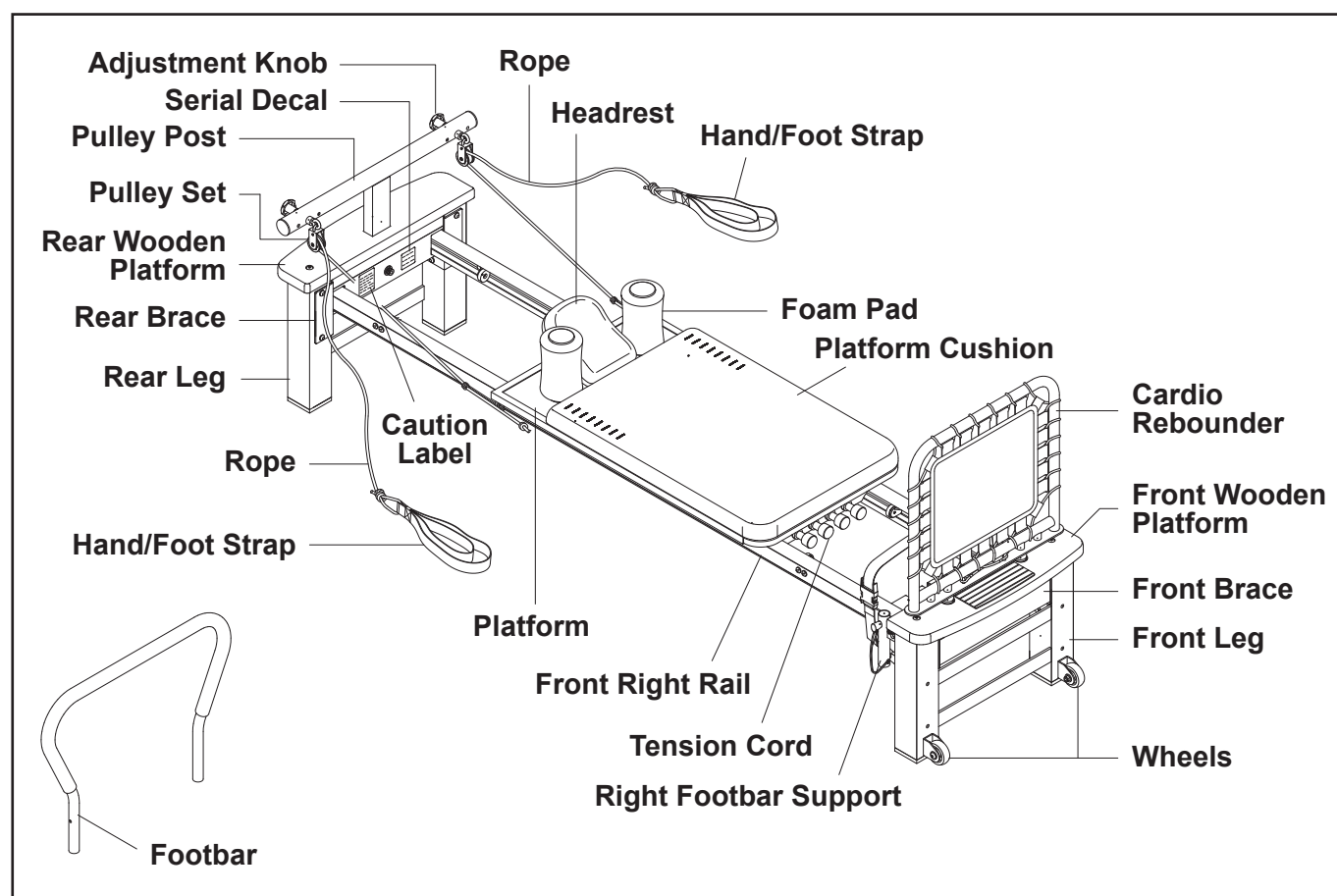
calling for assistance.

Read this manual carefully before using the AeroPilates Pro XP556.

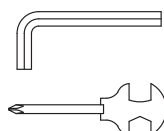
Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your AeroPilates Pro XP556, please do not return the product. Contact us FIRST!

If a part is missing or defective, please contact Customer Care for assistance. Call us toll free at 1-800-375-7520 (in the U.S.) or live chat on staminaproducts.com. 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.

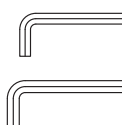


THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Allen Wrench (8mm)

Combination Wrench



Allen Wrench (5mm)

Allen Wrench (6mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the AeroPilates Pro XP556. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

CAUTION LABEL(76)



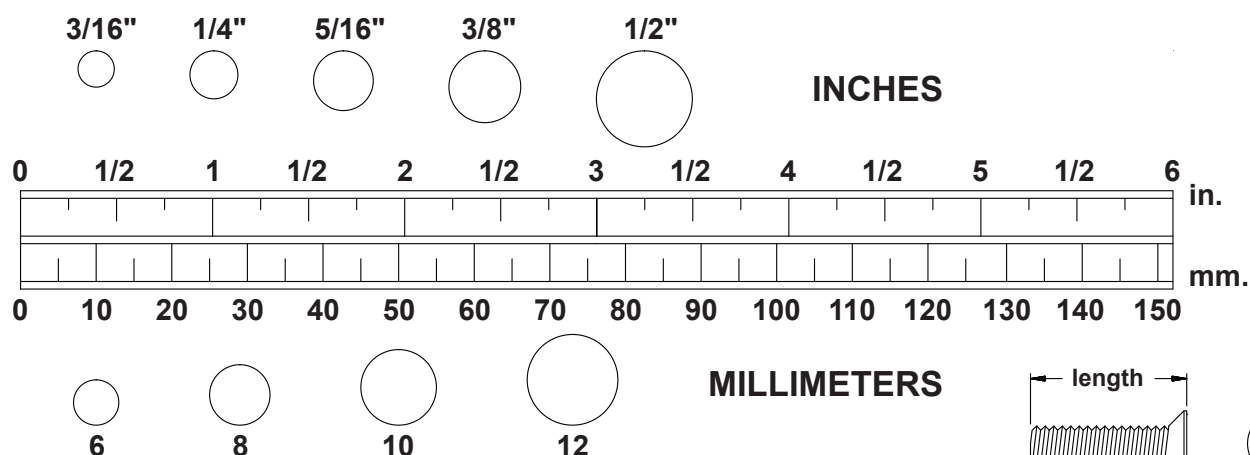
SERIAL DECAL(77)



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.

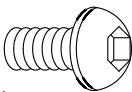
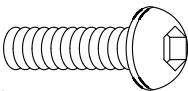
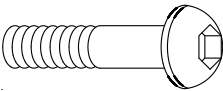
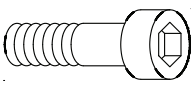
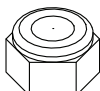

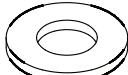
HARDWARE IDENTIFICATION CHART

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 No. and Description | Qty |
|---|--|-----|
|  | 51 Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker) | 24 |
|  | 52 Bolt, Button Head (M8 x 1.25 x 20mm) | 16 |
| | 53 Bolt, Button Head (M8 x 1.25 x 24mm, with threadlocker) | 4 |
| | 54 Bolt, Button Head (M8 x 1.25 x 30mm) | 4 |
|  | 56 Bolt, Button Head (M8 x 1.25 x 45mm) | 2 |
|  | 57 Bolt, Socket Head (M10 x 1.5 x 35mm) | 1 |
|  | 67 Nylock Nut (M8 x 1.25) | 2 |
|  | 70 Arc Washer (M8) | 2 |
|  | 73 Washer (M8) | 4 |
| | 74 Washer (M10) | 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.

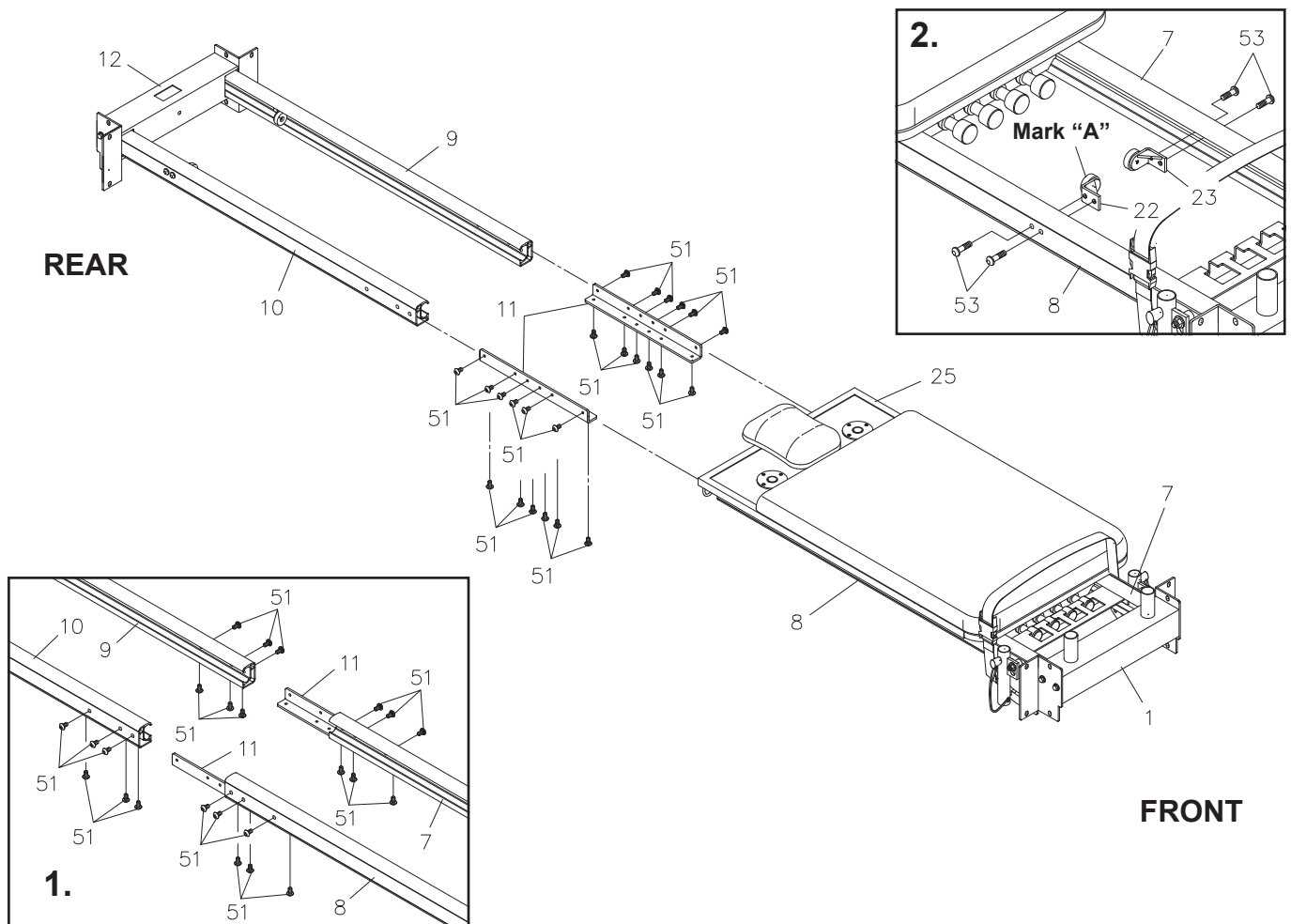
Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.

NOTE: We recommend that two people be available for assembly of this product.

STEP 1: Refer to illustration 1. To connect the **RAILS:** Insert the **CONNECTING BRACKETS(11)** into the **FRONT LEFT RAIL(7)** and **FRONT RIGHT RAIL(8)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(51)**. Do not tighten the bolts until STEP 2.

STEP 2: Insert the **CONNECTING BRACKETS(11)** into the **REAR LEFT RAIL(9)** and **REAR RIGHT RAIL(10)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(51)**. Tighten all of the bolts.

STEP 3: Refer to illustration 2. There is an “A” decal on the **STOP BRACKET A(22)** and a “B” decal on the **STOP BRACKET B(23)**. Move the **PLATFORM(25)** toward the **REAR BRACE(12)**. Attach the **STOP BRACKET A(22)** to the **FRONT RIGHT RAIL(8)** with **BUTTON HEAD BOLTS(M8x1.25x24mm)(53)**. Attach the **STOP BRACKET B(23)** to the **FRONT LEFT RAIL(7)** with **BUTTON HEAD BOLTS(M8x1.25x24mm)(53)**.



ASSEMBLY INSTRUCTIONS

STEP 4

Slide the **FRONT LEG(2)** onto the **FRONT BRACE(1)** as shown in the illustration and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(52)**. Do not tighten bolts until STEP 5 is complete.

STEP 5

Slide the **REAR LEG(13)** onto the **REAR BRACE(12)** as shown in the illustration and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(52)**. Tighten all of the bolts.

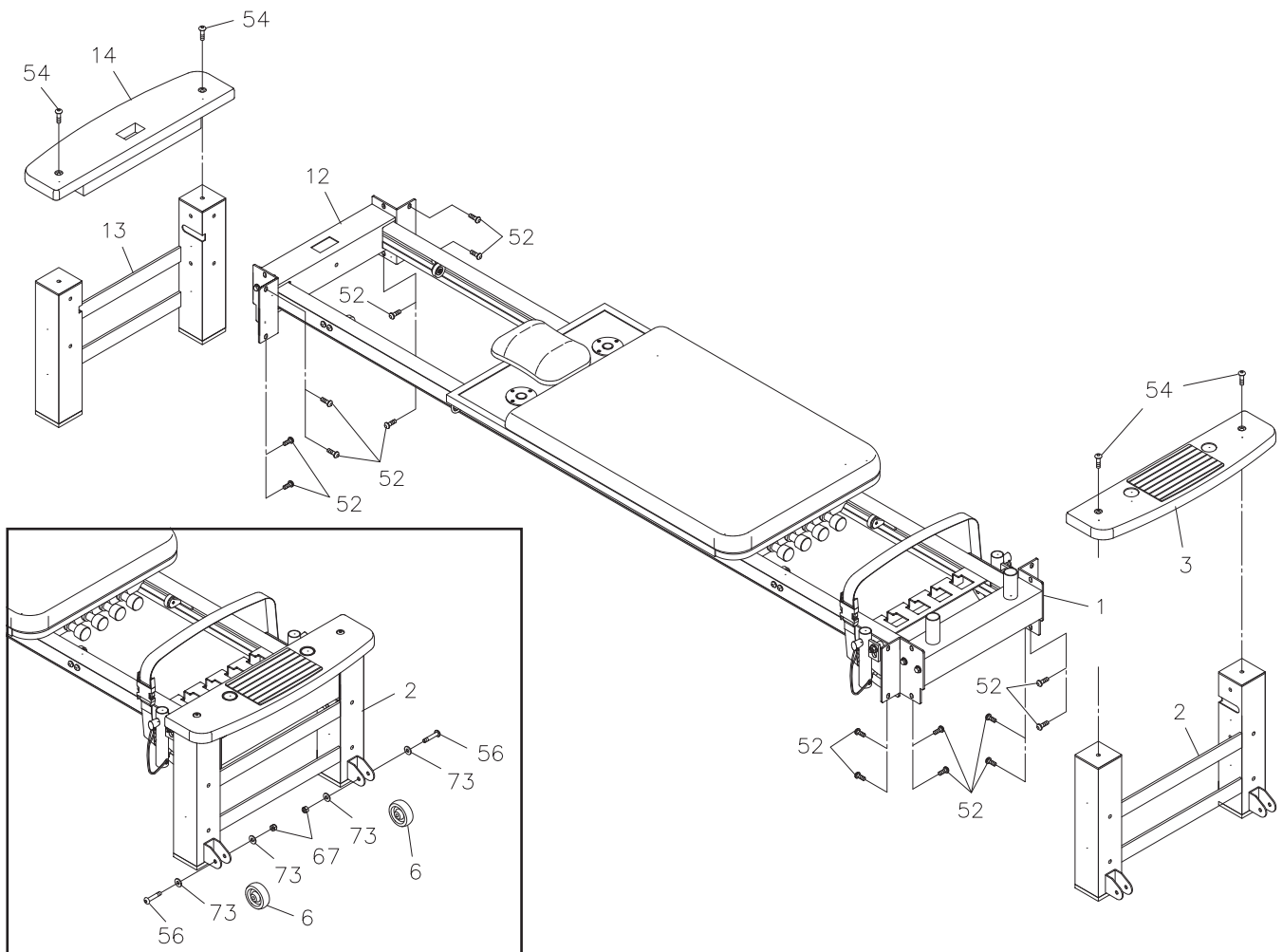
STEP 6

Attach the **FRONT WOODEN PLATFORM(3)** to the top of the **FRONT LEG(2)** with **BUTTON HEAD BOLTS (M8x1.25x30mm)(54)**.

Attach the **REAR WOODEN PLATFORM(14)** to the top of the **FRONT LEG(13)** with **BUTTON HEAD BOLTS(M8x1.25x30mm)(54)**.

STEP 7

Attach the **WHEELS(6)** to the **FRONT LEG(2)** with **BUTTON HEAD BOLTS(M8x1.25x45mm)(56)**, **WASHERS(M8)(73)**, and **NYLOCK NUTS(M8x1.25)(67)**.



ASSEMBLY INSTRUCTIONS

STEP 9

Insert the **PULLEY POST(36)** into the **REAR WOODEN PLATFORM(14)** and secure with **SOCKET HEAD BOLT(M10x1.5x35mm)(57)** and **WASHER(M10)(74)**. Insert the **PULLEY SETS(38)** through the **PULLEY SPACERS(39)** and the **PULLEY POST(36)** and secure with **ADJUSTMENT KNOBS(40)** and **ARC WASHERS(M8)(70)**.

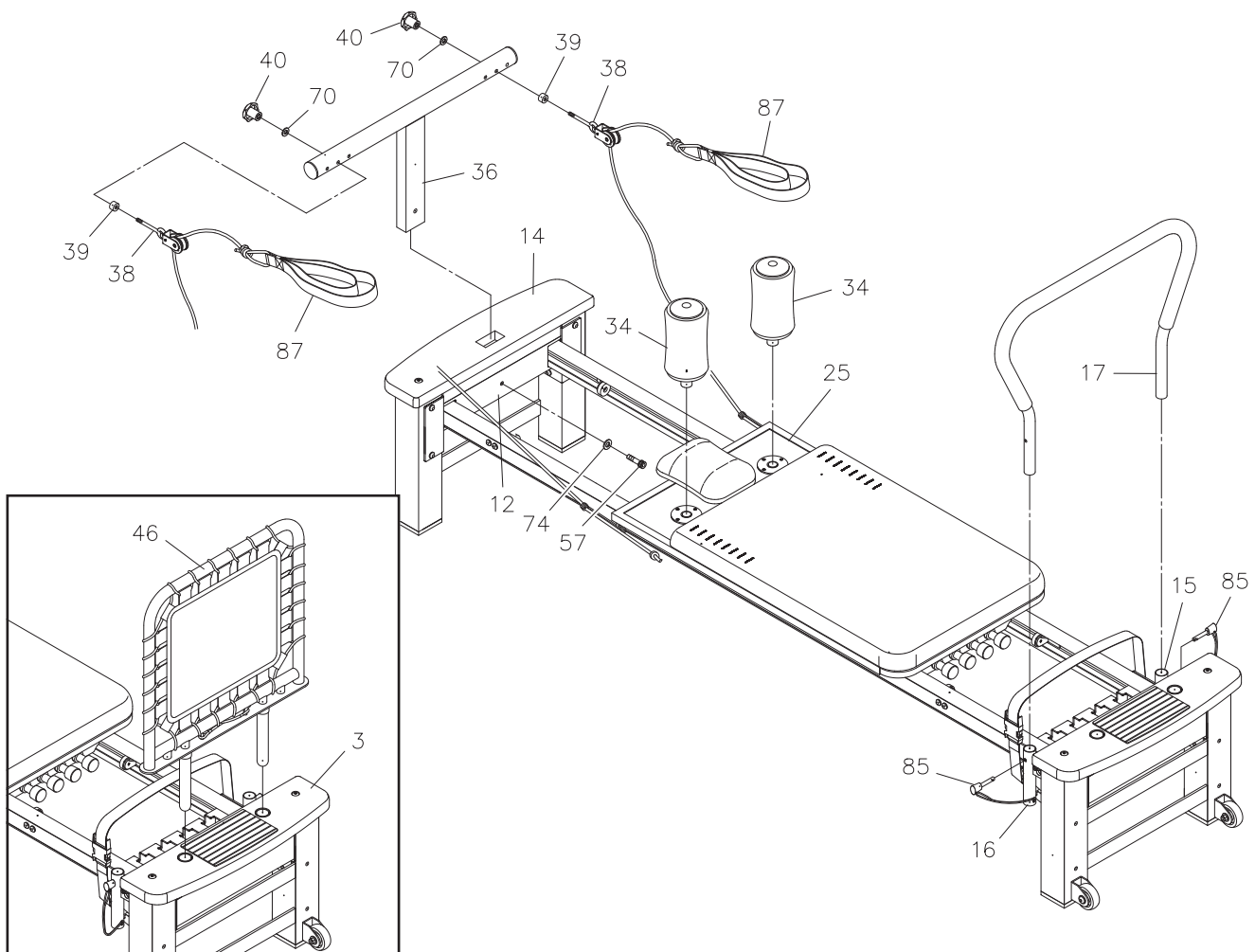
STEP 10

Screw the two **FOAM PADS(34)** into the **PLATFORM(25)**.

STEP 11

The **FOOTBAR(17)** and the **CARDIO REBOUNDER(46)** cannot be used at the same time. For cardio workouts, install the **CARDIO REBOUNDER(46)** and for Pilates workouts, install the **FOOTBAR(17)**.

1. To install the **FOOTBAR(17)**, insert the **FOOTBAR(17)** into the **LEFT and RIGHT FOOTBAR SUPPORTS (15, 16)**. Lock the **FOOTBAR(17)** in position with the **PULL PINS(19)** on both sides.
2. To remove the **FOOTBAR(17)**, remove the **PULL PINS(19)** on both sides. Grasp the **FOOTBAR(17)** on both sides, pull up, and remove. Store the **PULL PINS(19)** by inserting them back into the holes on the **LEFT and RIGHT FOOTBAR SUPPORTS(15, 16)**.
3. Refer to the inset drawing. To install the **CARDIO REBOUNDER(46)**, insert the **CARDIO REBOUNDER (46)** posts into the holes in the **FRONT WOODEN PLATFORM(3)**.

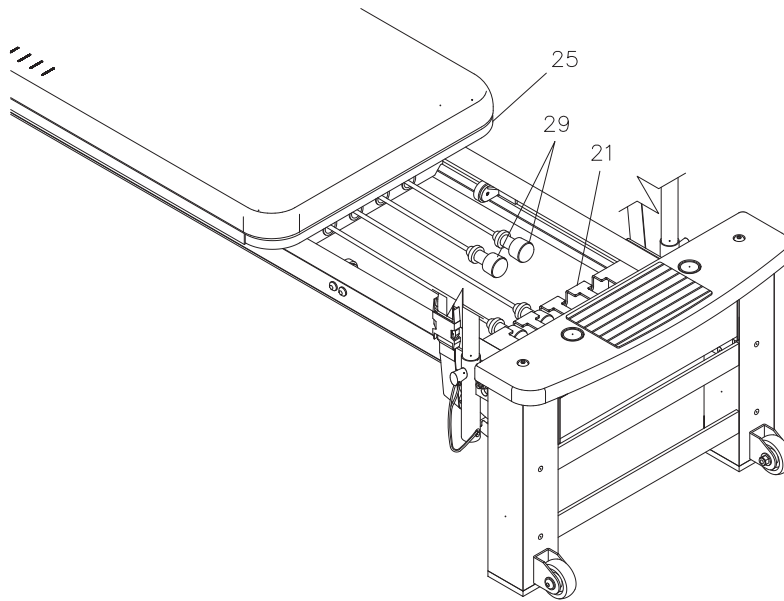


OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

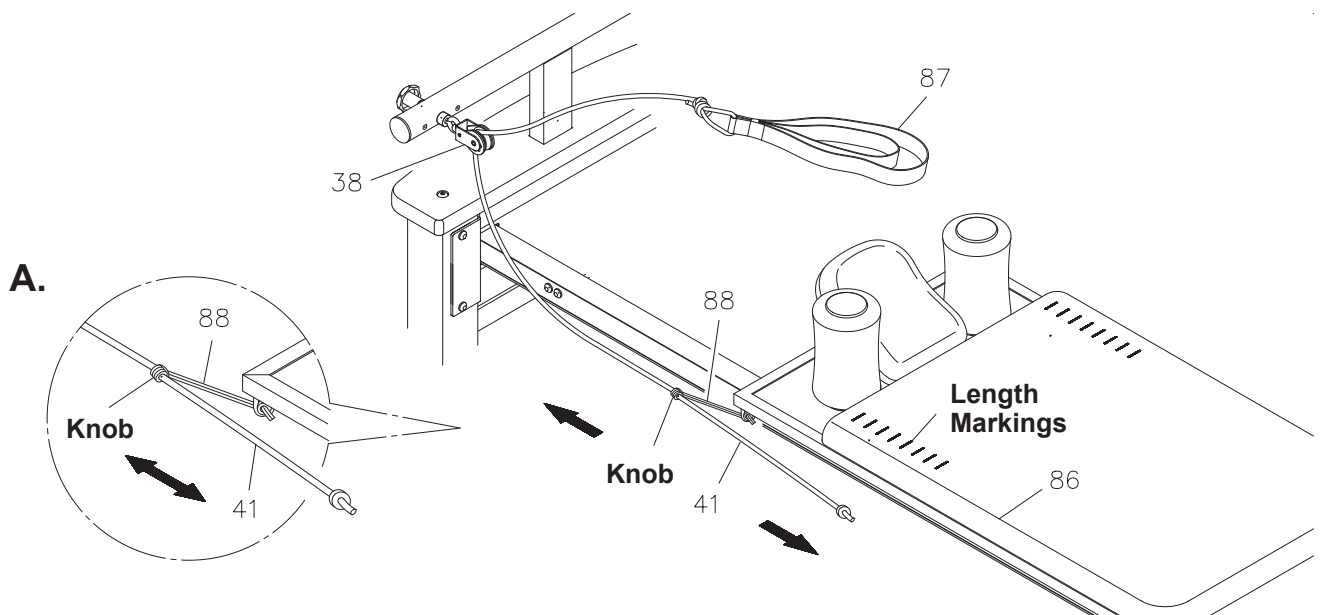
The resistance of the **PLATFORM(25)** can be adjusted by securing the **TENSION CORDS(29)** in the slots on the **CORD HOLDER(21)**. You can achieve various levels of resistance by securing different numbers of the **TENSION CORDS(29)** in the slots.

NOTE: Over time your **TENSION CORDS(29)** will relax. To increase resistance in the **TENSION CORDS(29)**, stretch and re-tie the tension cords in a more taut position.



ROPE LENGTH ADJUSTMENT

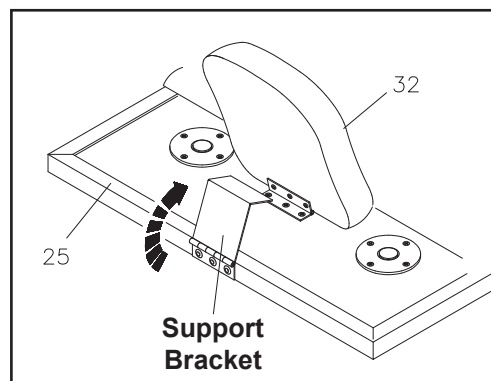
The position of the **HAND/FOOT STRAP(87)** can be adjusted by sliding the **ROPE(41)** in the knob of the **THIN ROPE(88)**, refer to detail view A. Pull the **THIN ROPE(88)** slightly back from the knob, use the Length Markings on the **PLATFORM CUSHION(86)** to check and adjust the end of the **ROPE(41)** to desired position. Be sure to adjust both **ROPES(41)** to the same position on both sides.



OPERATIONAL INSTRUCTIONS

HEADREST ADJUSTMENT

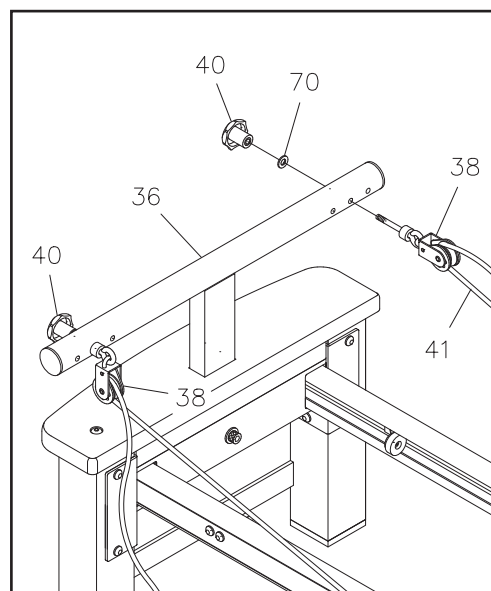
The **HEADREST(32)** on the **PLATFORM(25)** can be positioned flat or at an incline by simply pivoting the support bracket underneath the **HEADREST(32)**.



PULLEY ADJUSTMENT

There are three adjustment holes on each side of the **PULLEY POST(36)** for attaching the **PULLEY SETS(38)** in different widths. Remove the **ADJUSTMENT KNOBS(40)** and **ARC WASHERS(M8)(70)** from the **PULLEY POST(36)**. Attach the **PULLEY SETS(38)** to the position you want and secure with the **ADJUSTMENT KNOBS(40)** and **ARC WASHERS(M8)(70)**.

NOTE: Always use the same adjustment holes for both sides.

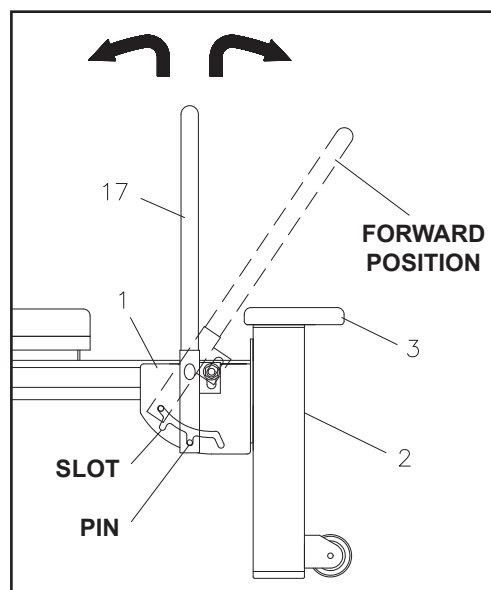


FOOTBAR ADJUSTMENT

The **FOOTBAR(17)** can be positioned at three angles. Lift the **FOOTBAR(17)** until the pins come out of the slots on the **FRONT BRACE(1)**. Move the **FOOTBAR(17)** to the desired position and lock the **FOOTBAR(17)** in position by pushing it down so that the pins are in the slots on the **FRONT BRACE(1)**.

NOTE:

- Always make sure the pins are locked into the slots properly.
- Use forward position of the **FOOTBAR(17)** when standing on the AeroPilates Pro XP556 with one foot on the **FRONT WOODEN PLATFORM(3)**.



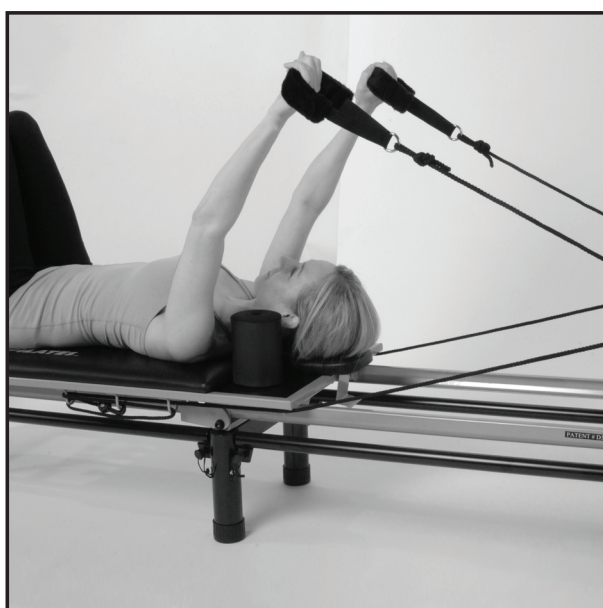
OPERATIONAL INSTRUCTIONS

CUSTOMIZING ROPE LENGTH

Ideal rope length will vary depending on your height and limb length. To determine your ideal rope length, begin by placing the hand/foot straps over the shoulder rests as shown below. Adjust the ropes so they are taut. For complete rope length adjustment instructions, see additional Rope Length Adjustment instructions in this Owner's Manual.



Next, lie on the reformer with your hands in the straps with shoulders against the shoulder rests. Reach your hands toward the ceiling until they are directly over the back edge of the reformer platform as shown below. In this position, the reformer platform should be at rest with no tension on the ropes. If there is still tension on the ropes in this position, lengthen the ropes. If you lose tension before reaching the arm position shown below, shorten the ropes.



OPERATIONAL INSTRUCTIONS

RESISTANCE CORD STRENGTH

The approximate maximum resistance provided by each cord is outlined in the chart below. Frequency of use, type of use and user weight will have an effect on the strength of your cords. Over time cord strength will gradually decrease. If your reformer is under the 90 day warranty, replacement cords are available by contacting Stamina customer care at customer.care@staminaproducts.com. If your reformer is not under warranty or you would like to add different tension cords, you can purchase new cords by visiting our website www.aeropilates.com.

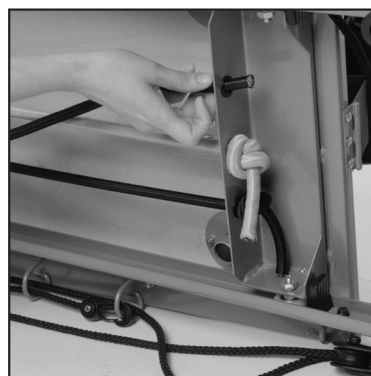
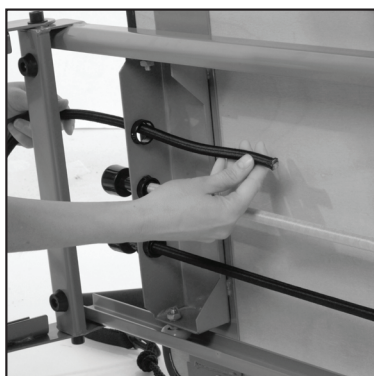
| TENSION CORDS | CORD RESISTANCE |
|---------------|-------------------------|
| YELLOW | approximately 16 pounds |
| BLACK | approximately 24 pounds |
| RED | approximately 34 pounds |

TENSION CORD SELECTION

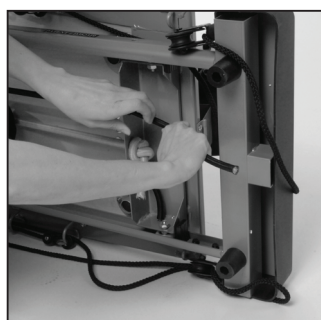
The AeroPilates workout wall chart and workout DVDs indicate which cords to use for each exercise.

TENSION CORD REPLACEMENT

To replace or add a tension cord, first carefully release the platform and tip your machine on its side. Untie the knot that secures the cord you are replacing and simply pull it out. Thread the new cord through the metal holes from the end of the platform to the other end.



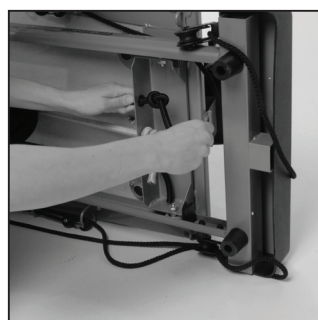
Pull tightly on the cord stretching it to the point that allows you to tie a double knot, and release the cord into place.



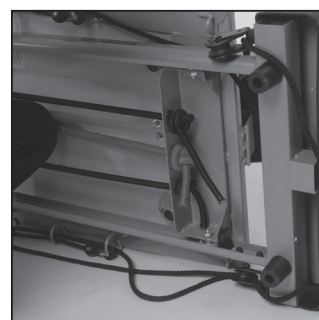
1



2



3



4

STORAGE

- Store the AeroPilates Pro XP556 in a clean, dry place.
- It is recommended that two people be available to move the AeroPilates Pro XP556.
- To move the AeroPilates Pro XP556: First, attach one of the **TENSION CORDS(29)** in the slot on the **CORD HOLDER(21)** to prevent the **PLATFORM(25)** from moving. Second, grasp the **PULLEY POST(36)** and lift the unit from the back. Third, roll the AeroPilates Pro XP556 on the moving wheels that are attached to the **FRONT LEG(2)**.

MAINTENANCE

The safety and integrity designed into the AeroPilates Pro XP556 can only be maintained when the AeroPilates Pro XP556 is regularly examined for damage and wear. Special attention should be given to the following:

- It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
- Worn or damaged components must be replaced immediately or the AeroPilates Pro XP556 removed from service until repair is made.
- Verify that the **CAUTION LABEL(76)** is present and legible. Replace the **CAUTION LABEL(76)** if it is missing or damaged.
- Verify that the **ROPES(41)** are properly installed on the **PULLEY SETS(38)**.
- Check the condition of the **ROPES(41)** and replace if they are frayed or worn.
- Check the **TENSION CORDS(29)**. If a **TENSION CORD(29)** is stretched and loose, re-tie the knot on the end of the cord. Replace **TENSION CORDS(29)** that are frayed or worn.
- Check the **BUNGEE CORD(48)** on the **CARDIO REBOUNDER(46)** for wear. Replace the **CARDIO REBOUNDER(46)** if the **BUNGEE CORD(48)** is frayed or worn.
- Check the **PULLEY SETS(38)** for excessive wear. Replace worn **PULLEY SETS(38)**.
- Check the **HAND/FOOT STRAPS(43)** for damage. Replace damaged parts.
- Check the **FOAM SLEEVE(18)** and **FOAM PADS(34)** and replace if damaged or worn.
- Check the **STOP PLATES(22, 23)** for looseness or damage and replace any damaged parts.
- Check the **PLATFORM CUSHION(28)** and replace if it is damaged or worn.
- Check and clean the **ROLLERS(26)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
- Only Stamina Products supplied components should be used to maintain/repair the AeroPilates Pro XP556.
- Keep your AeroPilates Pro XP556 clean by wiping with an absorbent cloth after use.

CONDITIONING GUIDELINES

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

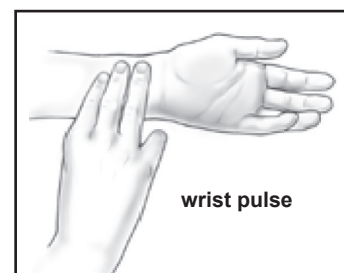
Remember to follow these essentials:

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

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

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

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



Target Heart Rate Zone Estimated by Age*

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

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

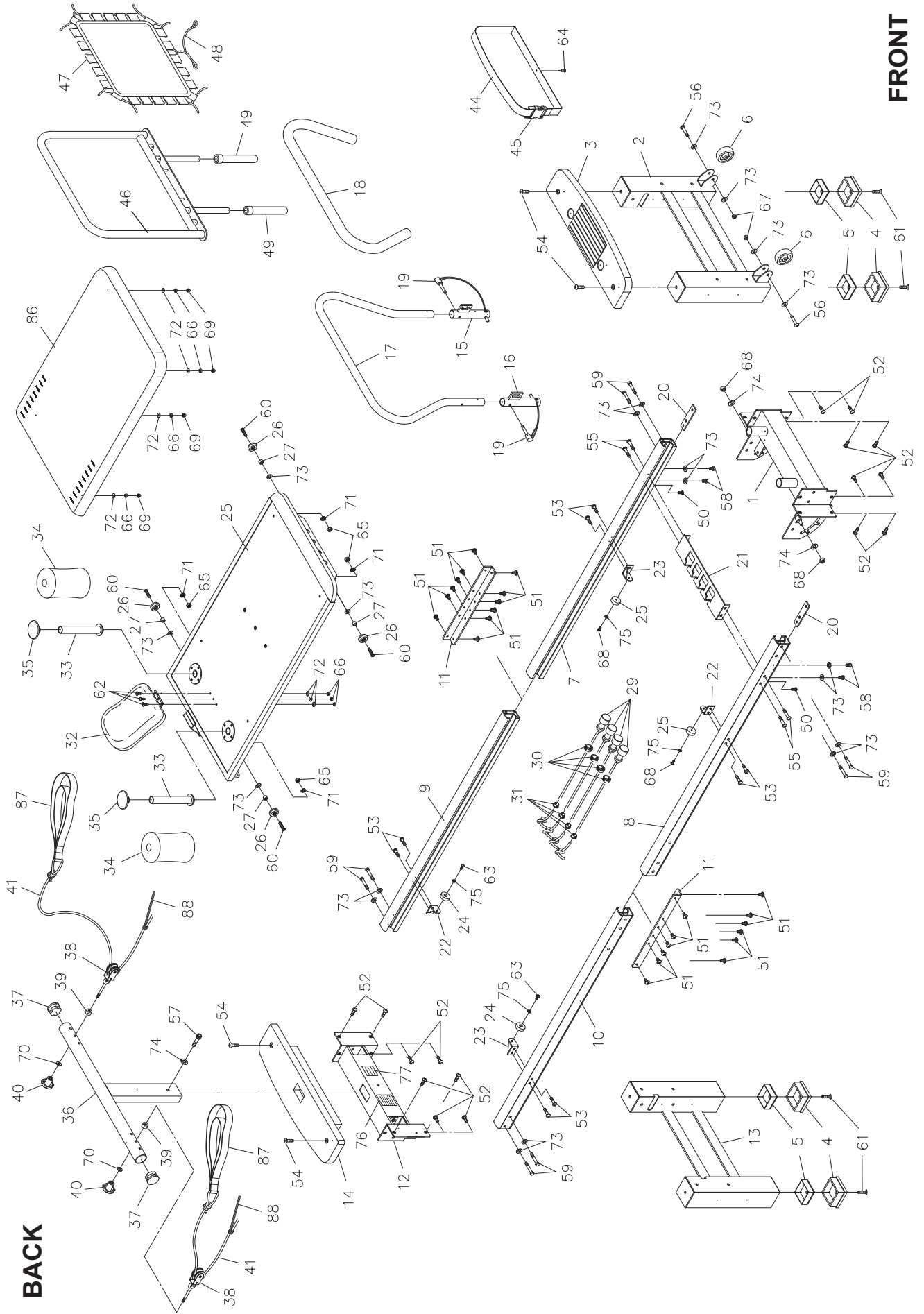
WARM-UP and COOL-DOWN

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

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 be completed after each strength training session.

PRODUCT PARTS DRAWING

BACK



FRONT

PARTS LIST

| PART# | PART NAME | QTY |
|-------|---|-----|
| 1 | Front Brace | 1 |
| 2 | Front Leg | 1 |
| 3 | Front Wooden Platform | 1 |
| 4 | Stand Cap | 4 |
| 5 | Support Cap | 4 |
| 6 | Wheel | 2 |
| 7 | Front Left Rail | 1 |
| 8 | Front Right Rail | 1 |
| 9 | Rear Left Rail | 1 |
| 10 | Rear Right Rail | 1 |
| 11 | Connecting Bracket | 2 |
| 12 | Rear Brace | 1 |
| 13 | Rear Leg | 1 |
| 14 | Rear Wooden Platform | 1 |
| 15 | Left Footbar Support | 1 |
| 16 | Right Footbar Support | 1 |
| 17 | Footbar | 1 |
| 18 | Foam Sleeve | 1 |
| 19 | Pull Pin | 2 |
| 20 | Support Plate | 2 |
| 21 | Cord Holder | 1 |
| 22 | Stop Bracket A | 2 |
| 23 | Stop Bracket B | 2 |
| 24 | Bumper | 4 |
| 25 | Platform | 1 |
| 26 | Roller | 4 |
| 27 | Roller Spacer | 4 |
| 29 | Tension Cord | 4 |
| 30 | Support Bushing | 4 |
| 31 | Stop Bushing | 4 |
| 32 | Headrest | 1 |
| 33 | Foam Pad Tube | 2 |
| 34 | Foam Pad | 2 |
| 35 | Foam Cap | 2 |
| 36 | Pulley Post | 1 |
| 37 | Round Plug (ø42mm) | 2 |
| 38 | Pulley Set | 2 |
| 39 | Pulley Spacer | 2 |
| 40 | Adjustment Knob | 2 |
| 41 | Rope | 2 |
| 44 | Foot Strap | 1 |
| 45 | Buckle | 1 |
| 46 | Cardio Rebounder | 1 |
| 47 | Cardio Rebounder Mat | 1 |
| 48 | Bungee Cord | 1 |
| 49 | Bumper Sleeve | 2 |
| 50 | Bolt, Button Head (M6 x 1 x 10mm) | 2 |
| 51 | Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker) | 24 |

PARTS LIST

| PART# | PART NAME | QTY |
|-------|---|-----|
| 52 | Bolt, Button Head (M8 x 1.25 x 20mm) | 16 |
| 53 | Bolt, Button Head (M8 x 1.25 x 24mm, with threadlocker) | 8 |
| 54 | Bolt, Button Head (M8 x 1.25 x 30mm) | 4 |
| 55 | Bolt, Button Head (M8 x 1.25 x 28mm) | 4 |
| 56 | Bolt, Button Head (M8 x 1.25 x 45mm) | 2 |
| 57 | Bolt, Socket Head (M10 x 1.5 x 35mm) | 1 |
| 58 | Bolt, Hex Head (M8 x 1.25 x 12mm, with threadlocker) | 4 |
| 59 | Bolt, Hex Head (M8 x 1.25 x 50mm) | 8 |
| 60 | Bolt, Round Head (M8 x 1.25 x 30mm) | 4 |
| 61 | Bolt, Flat Head (M10 x 1.5 x 45mm) | 4 |
| 62 | Screw, Flat Head (M5 x 0.8 x 25mm) | 3 |
| 63 | Screw, Round Head (M6 x 1 x 10mm) | 4 |
| 64 | Screw, Round Head (M4 x 18mm) | 1 |
| 65 | Nut (M8 x 1.25) | 4 |
| 66 | Nylock Nut (M5 x 0.8) | 7 |
| 67 | Nylock Nut (M8 x 1.25) | 2 |
| 68 | Nylock Nut (M10 x 1.5) | 2 |
| 69 | Acorn Nut (M5 x 0.8) | 4 |
| 70 | Arc Washer (M8) | 2 |
| 71 | Lock Washer (M8) | 4 |
| 72 | Washer (M5) | 7 |
| 73 | Washer (M8) | 20 |
| 74 | Washer (M10) | 3 |
| 75 | Washer (M6) | 4 |
| 76 | Caution Label | 1 |
| 77 | Serial Decal | 1 |
| 78 | Allen Wrench (5mm) | 1 |
| 79 | Allen Wrench (6mm) | 1 |
| 80 | Allen Wrench (8mm) | 1 |
| 81 | Combination Wrench | 1 |
| 82 | Manual | 1 |
| 83 | Workout Chart | 1 |
| 84 | AeroPilates® Primer (DVD) | 1 |
| 85 | AeroPilates® Basic Workout Package (DVD) | 1 |
| 86 | Platform Cushion | 1 |
| 87 | Hand/Foot Strap | 2 |
| 88 | Thin Rope | 2 |

LIMITED WARRANTY

MODEL 55-5556E

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 five 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. 4435 West Manufacturers Street, 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.**

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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.

Accessories for the 55-5556



55-0014

**Double Loop Straps
and Bag**



05-0102

**AeroPilates® Power
Cord (Double)**



05-0103

**AeroPilates® Yellow
Light Cord**



55-0015

**AeroPilates® Head and
Neck Support Pillow**



05-0025c

**AeroPilates® Box
and Pole**



05-0035

**AeroPilates®
Equipment Mat**



05-0020

**AeroPilates® Magic
Circle**



To see all Aeropilates accessories,
scan the QR code or visit
[staminaproducts.com/products/
aeropilates/accessories/](http://staminaproducts.com/products/aeropilates/accessories/)

AeroPilates®
LESS STRESS | MORE HEART

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
4435 West Manufacturers Street, 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.; 4435 West Manufacturers Street, Springfield, MO 65803.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
4435 West Manufacturers Street, Springfield, MO 65803

Model Number: Serial Number:
Product Name:
Place Purchased:
Date of Purchase: Purchase Price:
First Name: Last Name:
City: State: Zip Code:
Email Address: Phone #: ()
Would you like to receive email information or special offers from Stamina Products?* ☐ Yes ☐ 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.
4435 West Manufacturers Street, 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 |
| | | |
| | | |
| | | |