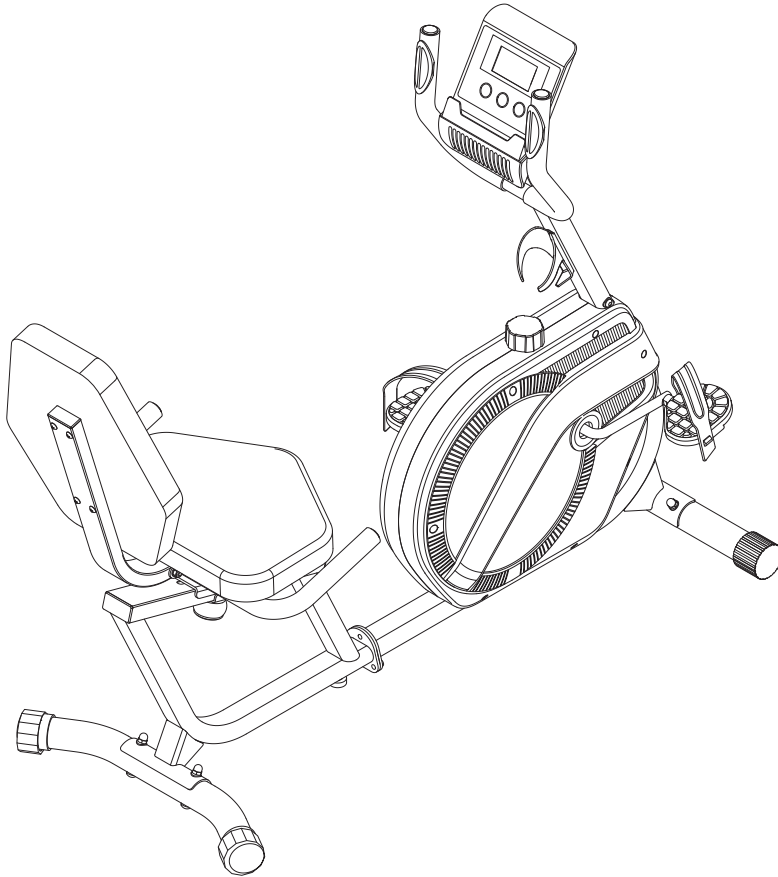




# **STAMINA**<sup>®</sup>

*Recumbent Exercise Bike 345*

## **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#: 15-1345**

**S/N: \_\_\_\_\_**

**This Product is Distributed Exclusively by**



2040 N Alliance Ave, Springfield, MO 65803

Customer Care

1 (800) 375-7520

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

**STAMINA PRODUCTS**  
**MADE IN CHINA**

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2019, 01

# ACCESS YOUR ONLINE WORKOUT VIDEOS!

## How to Access Your Videos

1. Go to [video.staminaproducts.com](http://video.staminaproducts.com)
2. Click 
3. Enter your product VIDEO CODE

*Your **video code** is the model number + serial number. This info can be found on the serial decal.*

*\*EXAMPLE ONLY. USE MODEL NUMBER + SERIAL NUMBER FROM THE DECAL ON YOUR PRODUCT.*



Coupon Code\*

15-033601JAN351450

 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](http://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** To reduce the risk of serious injury, read the following Safety Instructions before using the Stamina® Recumbent Exercise Bike 345.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Stamina® Recumbent Exercise Bike 345** for the first time.
2. Read all warnings and cautions posted on the **Stamina® Recumbent Exercise Bike 345**.
3. The **Stamina® Recumbent Exercise Bike 345** 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® Recumbent Exercise Bike 345**. Do not allow children to use or play on the **Stamina® Recumbent Exercise Bike 345**. Keep children and pets away from the **Stamina® Recumbent Exercise Bike 345** when it is in use.
6. The **Stamina® Recumbent Exercise Bike 345** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **Stamina® Recumbent Exercise Bike 345** on a solid level surface. Do not position the **Stamina® Recumbent Exercise Bike 345** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Stamina® Recumbent Exercise Bike 345**.
10. Adjust the Leveling Caps(39) on the Rear Stabilizer(6) so that the bike sits on the floor without rocking.
11. Before using, inspect the **Stamina® Recumbent Exercise Bike 345** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
12. Before using, always check the Seat Frame(65) to be sure it is secure. The Locking Knob(74) must be tightened.
13. Each user should adjust the seat per instructions on page 13.
14. Do not attempt to adjust the seat while you are on the **Stamina® Recumbent Exercise Bike 345**.
15. 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.
16. 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.
17. Do not wear loose or dangling clothing while using the **Stamina® Recumbent Exercise Bike 345**.
18. 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.
19. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Stamina® Recumbent Exercise Bike 345**, loss of balance may result in a fall and serious bodily injury.
20. The **Stamina® Recumbent Exercise Bike 345** should not be used by persons weighing over 300 pounds.
21. The **Stamina® Recumbent Exercise Bike 345** should be used by only one person at a time.
22. The **Stamina® Recumbent Exercise Bike 345** 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® Recumbent Exercise Bike 345**. 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® Recumbent Exercise Bike 345** 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

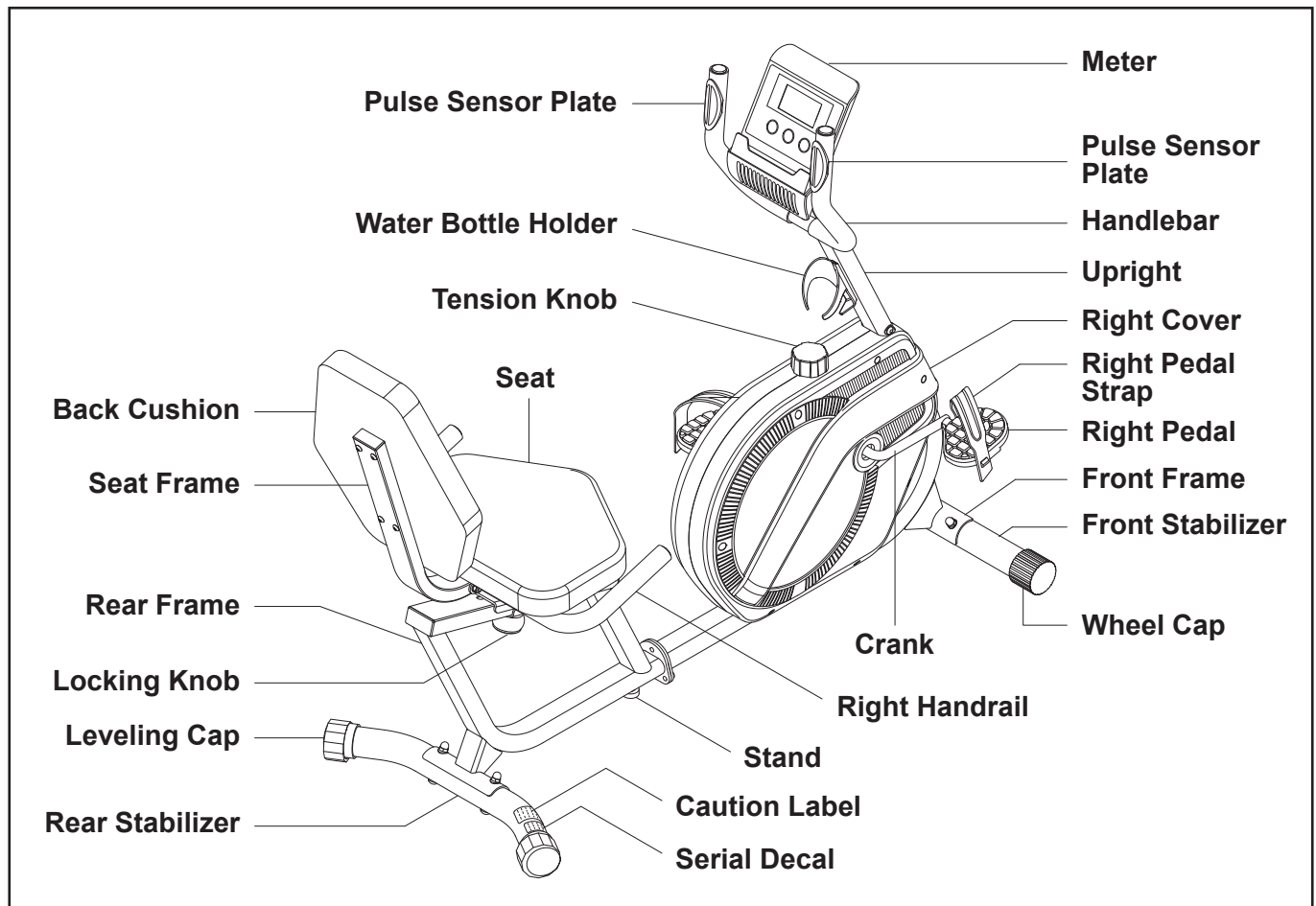
calling for assistance.

Read this manual carefully before using the **Stamina® Recumbent Exercise Bike 345**.

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® Recumbent Exercise Bike 345**, 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](http://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.

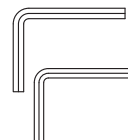
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Combination Wrench



Allen Wrench (6mm)

Allen Wrench (5mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Stamina® Recumbent Exercise Bike 345**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

### CAUTION LABEL(80)



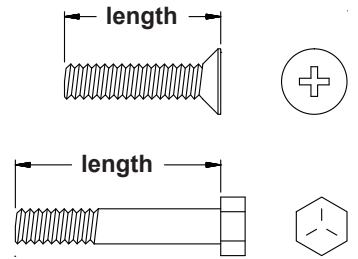
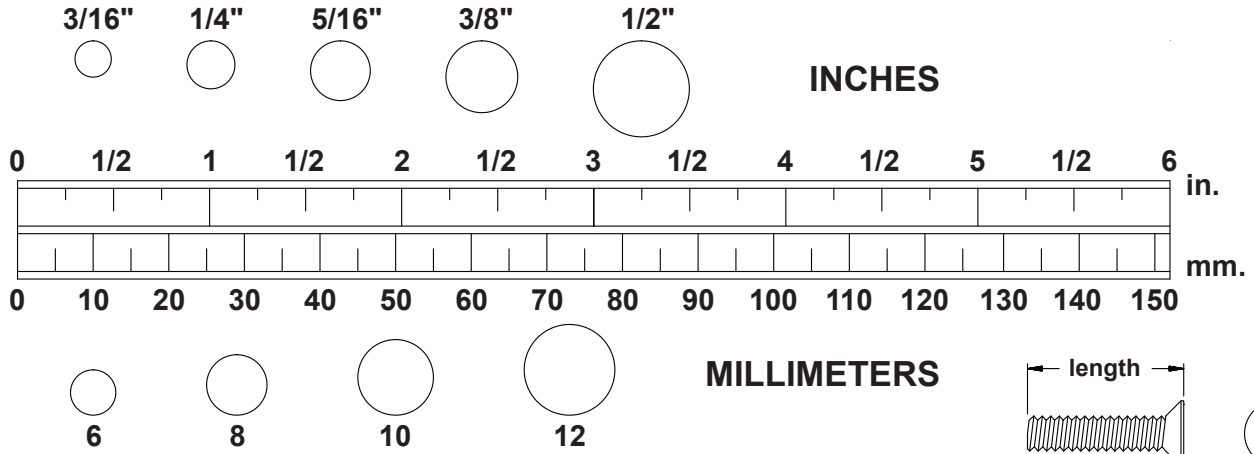
### SERIAL DECAL(81)



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 fasteners 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 fasteners. Some fasteners may be already attached to the parts.

	Part Number and Description	Qty
	45 Bolt, Button Head (M8 x 1.25 x 15mm)	6
	49 Carriage Bolt (M8 x 1.25 x 65mm)	4
	48 Bolt, Round Head (M6 x 1 x 15mm)	4
	63 Screw, Round Head (M5 x 0.8 x 12mm)	4
	53 Screw, Washer Head (M5 x 0.8 x 12mm)	2
	67 Bolt, Round Head (M6 x 1 x 35mm)	4
	69 Bolt, Socket Head (M8 x 1.25 x 15mm)	3
	70 Bolt, Button Head (M8 x 1.25 x 75mm)	2
	46 Arc Washer (M8)	6
	50 Acorn Nut (M8 x 1.25)	4
	59 Washer (M8)	11
	68 Washer (M6)	8
	60 Nylock Nut (M8 x 1.25)	2
	71 Lock Washer (M8)	13

## 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](http://staminaproducts.com) under the Customer Care section and order the part needed, e-mail us at [customer.care@staminaproducts.com](mailto: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.

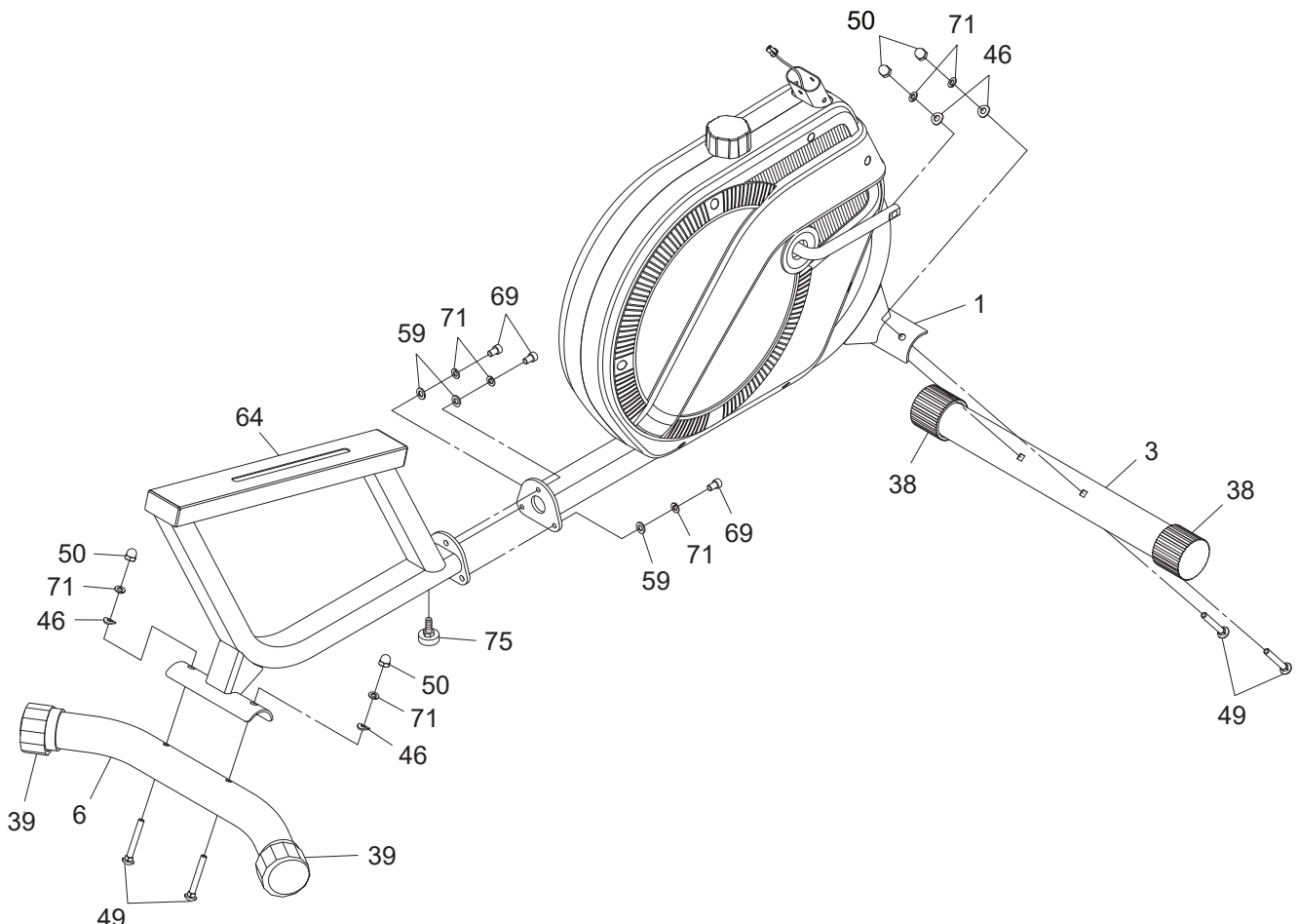
**Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.**

**STEP 1:** Position the Wheels in the **WHEEL CAPS(38)** on the **FRONT STABILIZER(3)** facing the front. Attach the **FRONT STABILIZER(3)** to the front of the **FRONT FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x65mm)(49)**, **ARC WASHERS(M8)(46)**, **LOCK WASHERS(M8)(71)**, and **ACORN NUTS(M8x1.25)(50)**.

**STEP 2:** Screw the **STAND(75)** to the bottom of the **REAR FRAME(64)**. Connect the **REAR FRAME(64)** to the **FRONT FRAME(1)** with **SOCKET HEAD BOLTS(M8x1.25x15mm)(69)**, **LOCK WASHERS(M8)(71)**, and **WASHERS(M8mm)(59)**.

**STEP 3:** Attach the **REAR STABILIZER(6)** to the back of the **REAR FRAME(64)** with **CARRIAGE BOLTS(M8x1.25x65mm)(49)**, **ARC WASHERS(M8)(46)**, **LOCK WASHERS(M8)(71)**, and **ACORN NUTS(M8x1.25)(50)**.

**NOTE:** You can adjust the **LEVELING CAPS(39)** on the **REAR STABILIZER(6)** to keep the Recumbent Bike stable.





## ASSEMBLY INSTRUCTIONS

### STEP 4

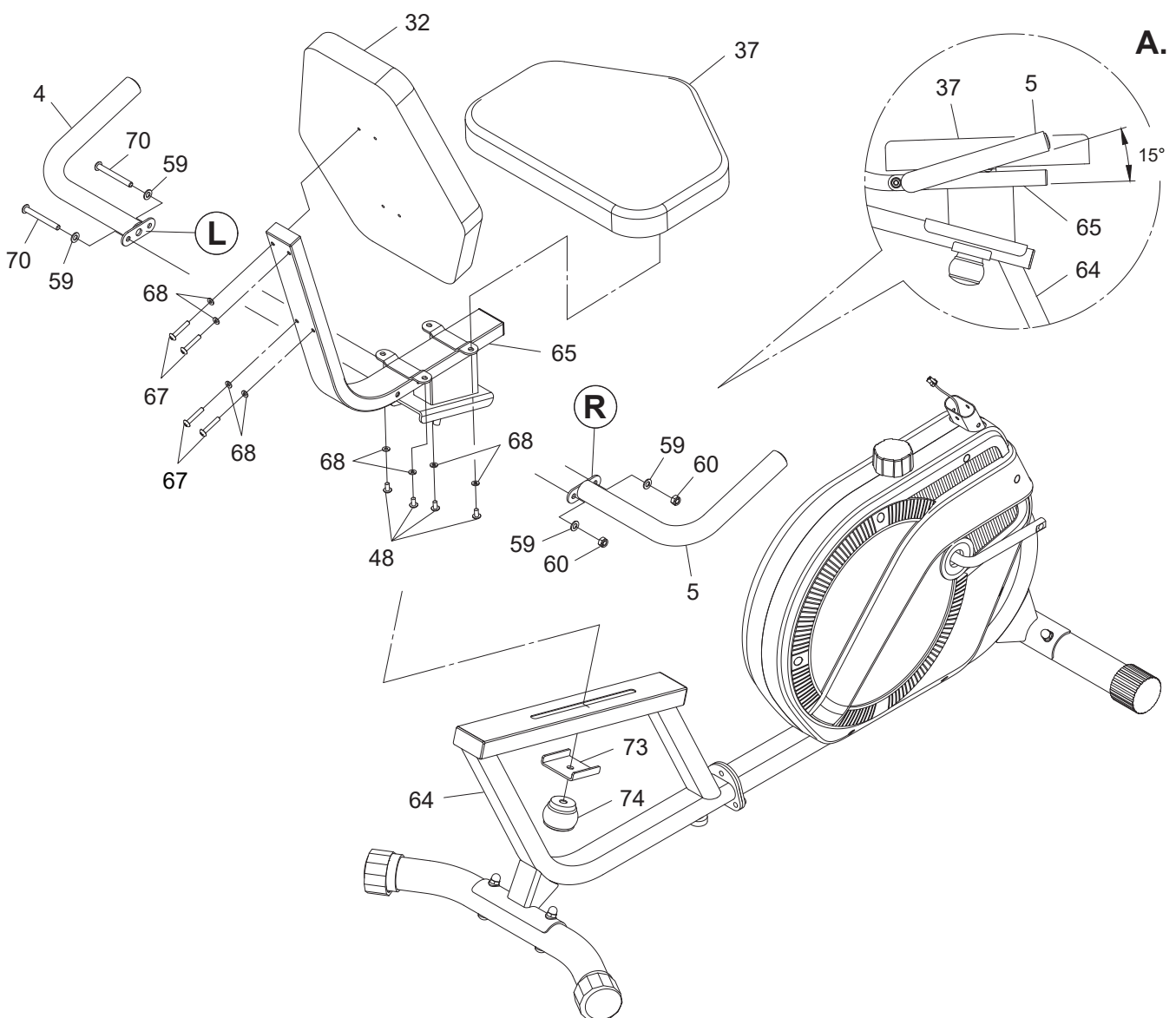
Attach the **SEAT(37)** to the **SEAT FRAME(65)** with **ROUND HEAD BOLTS(M6x1x15mm)(48)** and **WASHERS(M6)(68)**.

### STEP 5

There is an “R” decal on the **RIGHT HANDRAIL(5)**, and an “L” decal on the **LEFT HANDRAIL(4)**. Refer to the detail view **A**. Note the correct position of the **HANDRAILS(4, 5)**, the **HANDRAILS(4, 5)** should be assembled with a angle upward. Attach the **LEFT** and **RIGHT HANDRAILS(4, 5)** to the **SEAT FRAME(65)** with **BUTTON HEAD BOLTS(M8x1.25x75mm)(70)**, **WASHERS(M8)(59)**, and **NYLOCK NUTS(M8x1.25)(60)**.

### STEP 6

Attach the **SEAT FRAME(65)** to the **REAR FRAME(64)** with the **SUPPORT BRACKET(73)** and **LOCKING KNOB(74)**. Attach the **BACK CUSHION(32)** to the **SEAT FRAME(65)** with **ROUND HEAD BOLTS(M6x1x35mm)(67)** and **WASHERS(M6)(68)**.



## ASSEMBLY INSTRUCTIONS

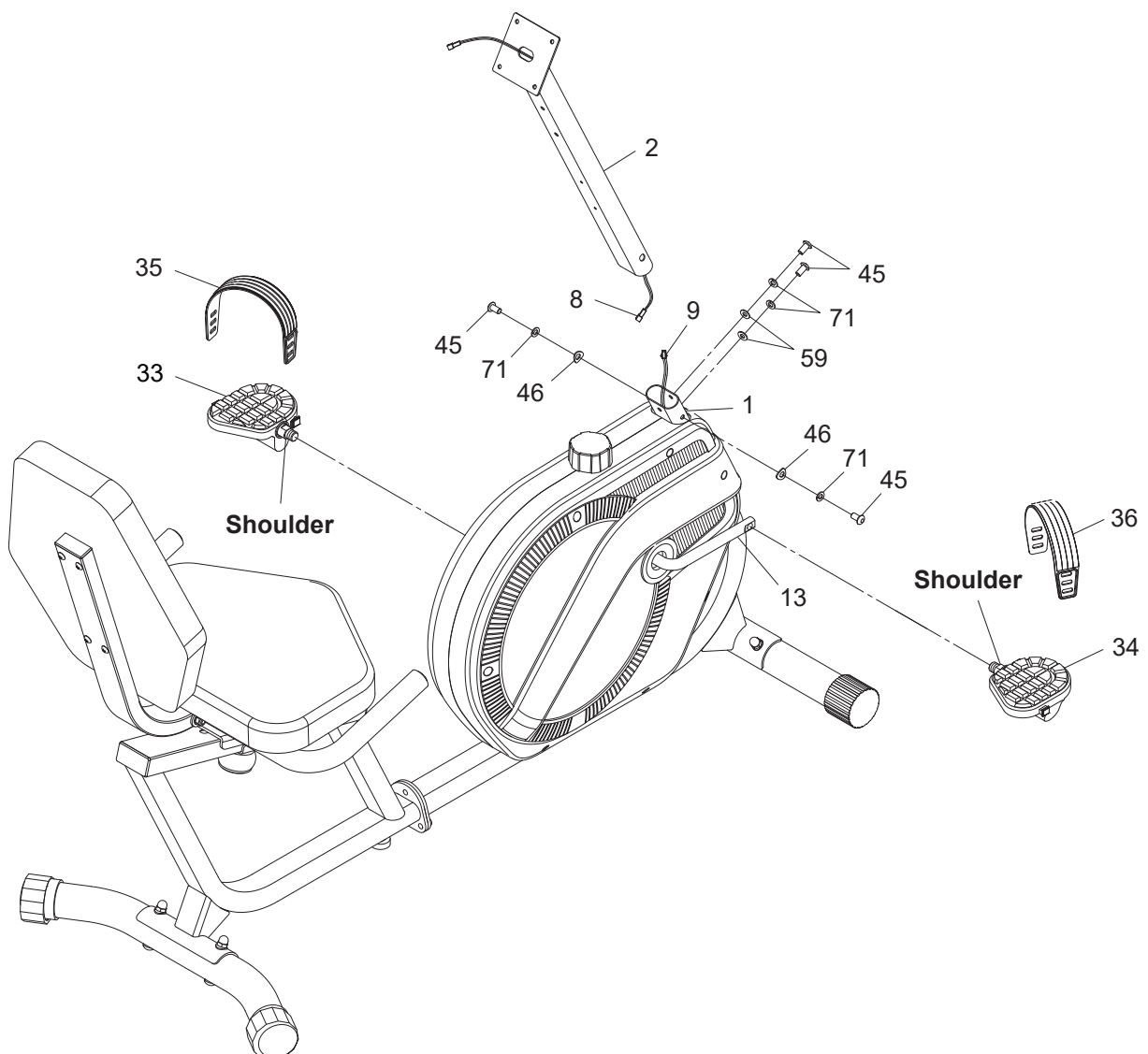
### STEP 7

**NOTE:** The **RIGHT PEDAL(34)** has an **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(34)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(33)** has an **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(33)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(34)** into the right side of the **CRANK(13)** as shown. Tighten the pedal securely. The shoulder of the **PEDALS(33, 34)** should be in contact with the **CRANK(13)** when securely tightened. Select the **RIGHT PEDAL STRAP(36)** which has an **R** marked on it. Snap the three hole end to the inside edge of the **RIGHT PEDAL(34)**. Snap the other end of the strap to the hook on the outside edge of the **RIGHT PEDAL(34)**. Select adjustment holes which allow your foot to be easily removed from the pedals. Use the same procedure to attach the **LEFT PEDAL(33)** to the **CRANK(13)** and to attach the **LEFT PEDAL STRAP(35)** to the **LEFT PEDAL(33)**.

### STEP 8

Connect the **EXTENSION WIRE(8)** to the **SENSOR WIRE(9)**. Insert the **UPRIGHT(2)** onto the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x15mm)(45)**, **LOCK WASHERS(M8)(71)**, **WASHERS(M8)(59)**, and **ARC WASHERS(M8)(46)**.



## ASSEMBLY INSTRUCTIONS

### STEP 9

Attach the **HANDLEBAR(66)** to the **UPRIGHT(2)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(45)**, **LOCK WASHERS(M8)(71)**, and **WASHERS(M8)(59)**.

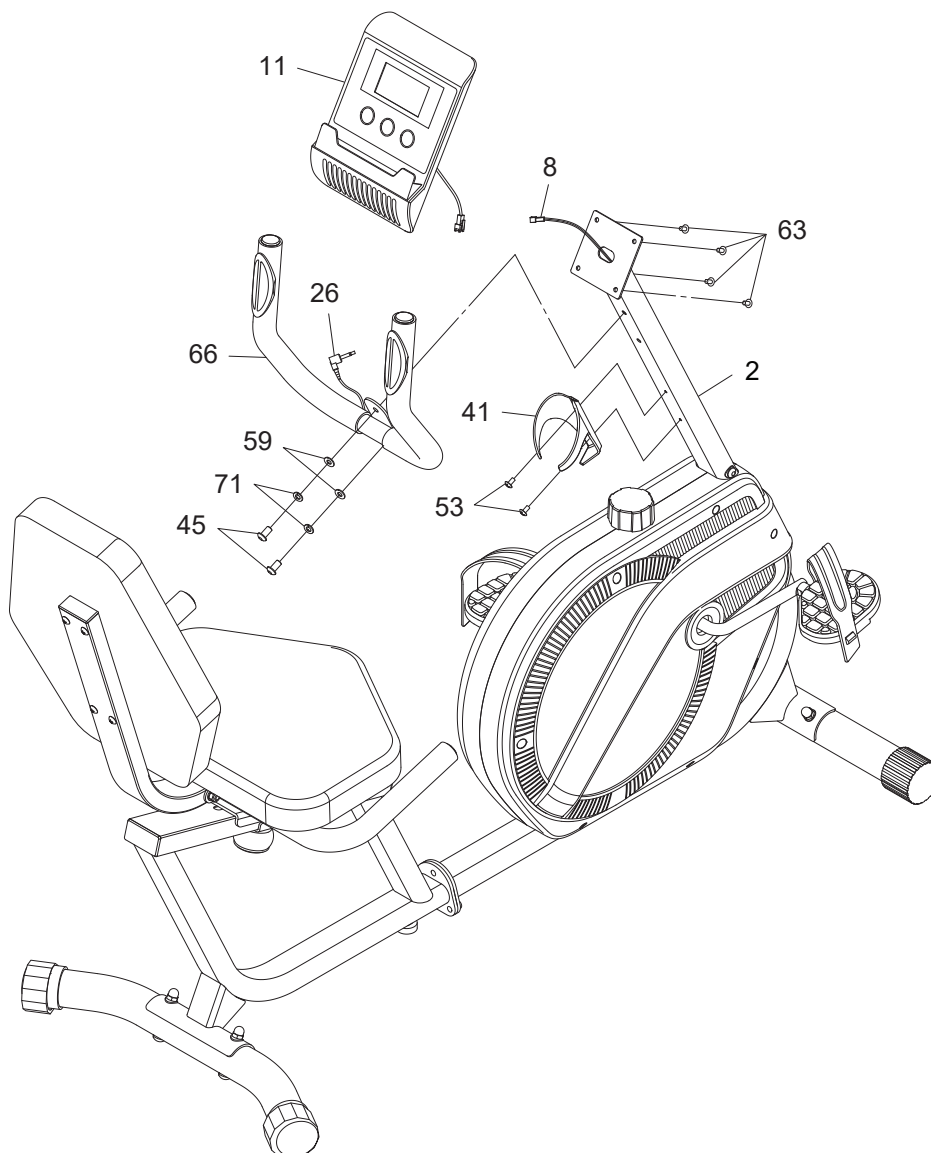
### STEP 10

Install two AAA batteries into the **METER(11)**, the batteries are not included. See page 15 for detailed battery installation instructions. Plug the **EXTENSION WIRE(8)** into the connecting wires of the **METER(11)**, and push the excess wires back into the **UPRIGHT(2)**. Attach the **METER(11)** to the plate on the **UPRIGHT(2)** with **ROUND HEAD SCREWS(M5x0.8x12mm)(63)**. Plug the **PULSE SENSOR WIRES(26)** into the back of the **METER(11)**.

**NOTE:** Be careful not to damage the wires when attaching the **METER(11)**.

### STEP 11

Attach the **WATER BOTTLE HOLDER(41)** to the **UPRIGHT(2)** with **WASHER HEAD SCREWS (M5x0.8x12mm)(53)**.

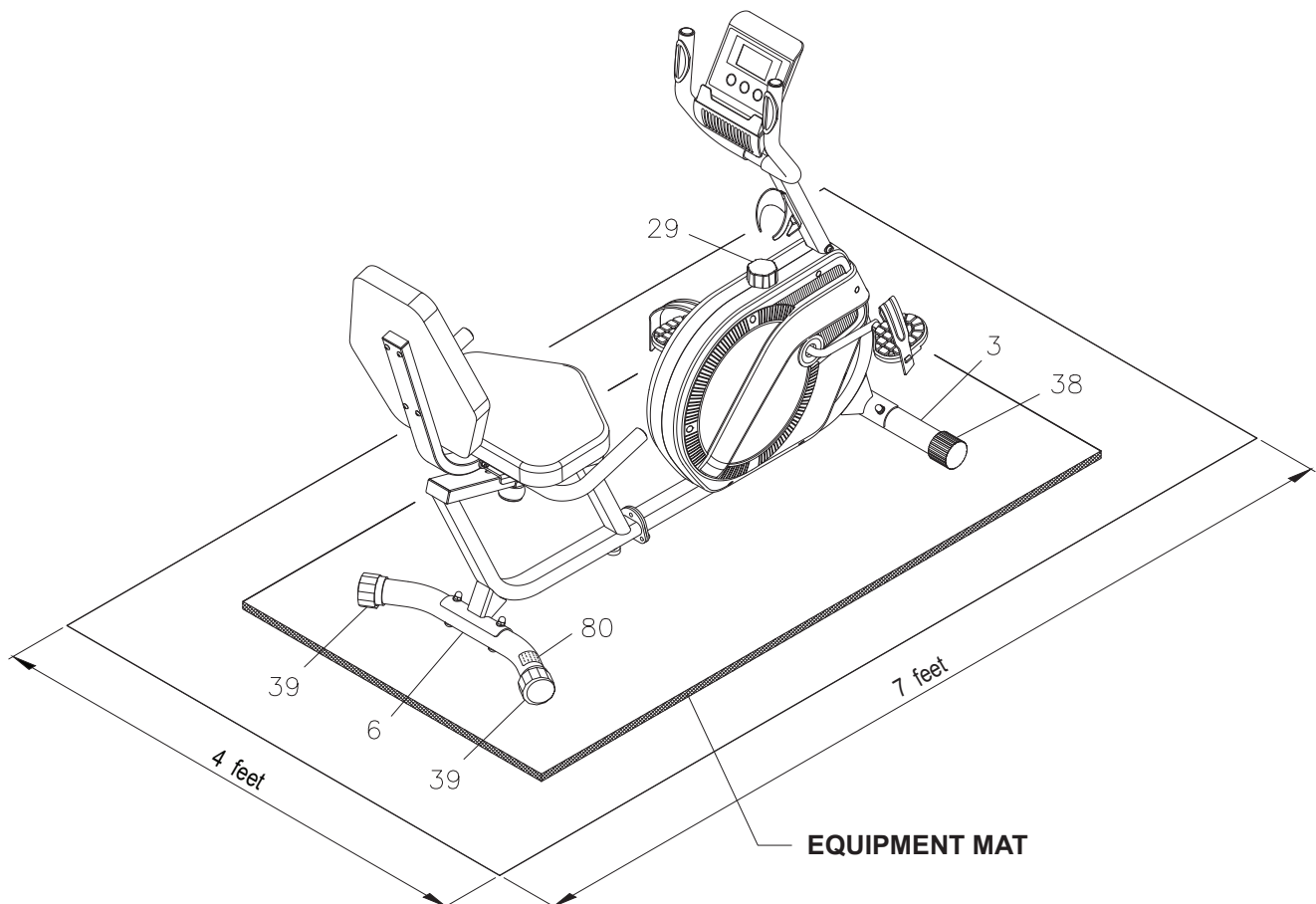


## SET UP INSTRUCTIONS

Place the **Stamina® Recumbent Exercise Bike 345** in the area where it will be used. It is recommended that the **Stamina® Recumbent Exercise Bike 345** be placed on an equipment mat. The **Stamina® Recumbent Exercise Bike 345** is approximately 57.7 inches long (max.) x 21.1 inches wide x 42.3 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **Stamina® Recumbent Exercise Bike 345**. Make sure that adequate space is available for access to and passage around the **Stamina® Recumbent Exercise Bike 345**.

**LEVELING:** Adjust the **LEVELING CAPS(39)** on the **REAR STABILIZER(6)** so that the **Stamina® Recumbent Exercise Bike 345** sits on the floor without rocking.

**MOVING:** The **Stamina® Recumbent Exercise Bike 345** has a pair of Wheels in the **WHEEL CAPS(38)** on the **FRONT STABILIZER(3)**. Lift up the **REAR STABILIZER(6)** to move the **Stamina® Recumbent Exercise Bike 345**.



### FUNCTION INSPECTION:

Visually inspect the **Stamina® Recumbent Exercise Bike 345** to verify that assembly is as shown in the above illustration. Check the function of the **Stamina® Recumbent Exercise Bike 345** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(29)** and verify that it functions properly and the resistance changes.

**CAUTION:** Locate and read the **CAUTION LABEL(80)** on the **Stamina® Recumbent Exercise Bike 345**. Make sure that all users read the **CAUTION LABEL(80)** before using the product.

## OPERATIONAL INSTRUCTIONS

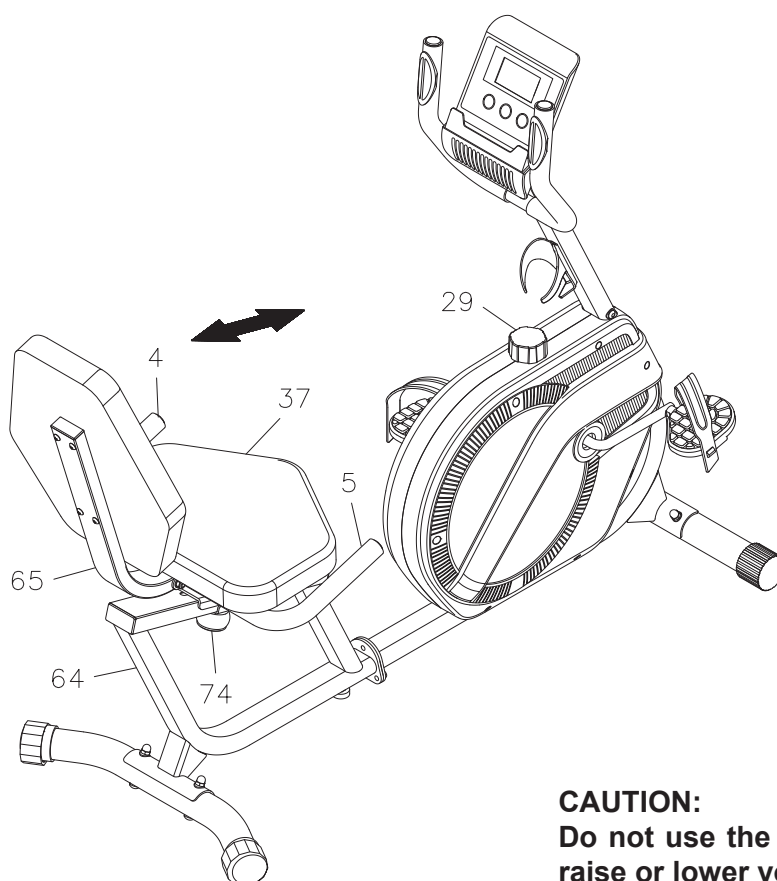
### SEAT ADJUSTMENT

Proper seat adjustment is important. There is a slot in the **REAR FRAME(64)** to allow users to adjust the position of the seat for efficient exercise.

1. Rotate the **LOCKING KNOB(74)** counterclockwise until the **SEAT FRAME(65)** can be moved. Slide the **SEAT FRAME(65)** to the desired position. Lock the **SEAT FRAME(65)** in position by rotating the **LOCKING KNOB(74)** clockwise to lock the **SEAT FRAME(65)** securely.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke.

#### CAUTION:

1. Do not attempt to adjust the seat while you are on the **Stamina® Recumbent Exercise Bike 345**.
2. Always tighten the **LOCKING KNOB(74)** after adjusting the seat to a new position.



#### CAUTION:

Do not use the **HANDRAILS(4, 5)** to raise or lower your full body weight.

### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(29)** clockwise. To decrease the load, turn the **TENSION KNOB(29)** counterclockwise. There are eight levels for the load adjustment.

## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

**POWER ON:** Move the pedals or press any button.

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

### FUNCTION BUTTONS :

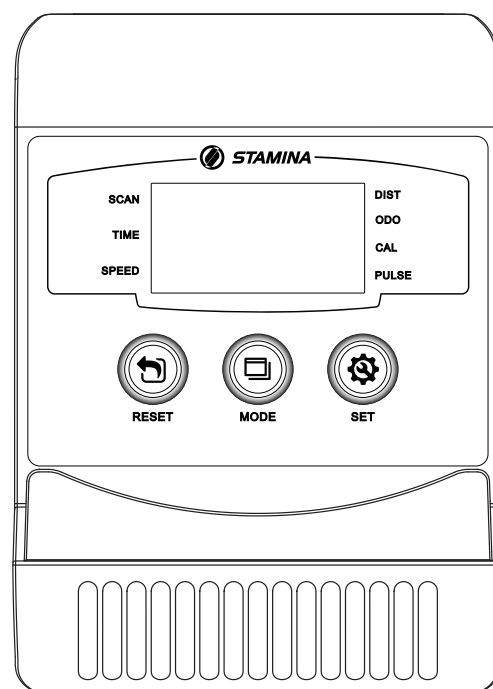
**MODE :** Press and release to select functions for display or to preset target values.

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

**SET :** In the **STOP** mode, press to set target values for **TIME**, **DISTANCE**, and **CALORIES**. 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 **STOP** 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, except **ODOMETER**.



### FUNCTIONS:

**SCAN:** Automatically scans **TIME**, **SPEED**, **DISTANCE**, **CALORIES**, **ODOMETER**, 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.

**SPEED:** Displays the current speed from zero to 999.9 miles per hour.

**DISTANCE:** Displays distance from zero to 999.9 Miles. Counts down from preset value.

**ODOMETER:** Displays the total accumulated distance you have traveled from zero to 999.9 miles. The total accumulated distance is retained when the meter is turned off, until the batteries are removed.

**CALORIES:** Displays the calories burned from zero to 999.9 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 your pulse rate in beats per minute. To display pulse, select the **PULSE** mode and grasp the pulse sensors on the handlebar, one in each hand. The heart symbol “♥” will begin flashing when the meter senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart symbol is displayed. If the heart symbol does not appear, relax your grip or change your grip on the pulse sensors.

**NOTE:** The pulse function is a great tool to optimize your workout, but should be used as a reference only.

### PRESET VALUES OPERATION:

You can begin pedaling 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 pedaling to start the workout.

**Time (1:00 to 99:00) → Distance (1.00 to 999.0 mile) → Calories (1.0 to 999.0 Kcal)**

### NOTE:

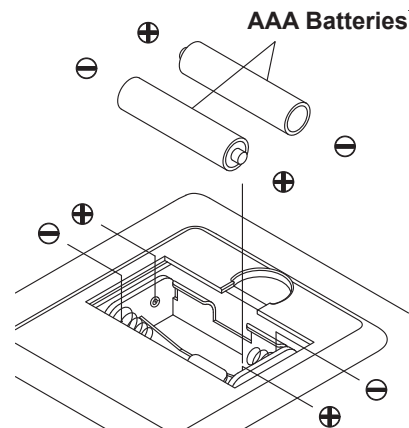
1. You may preset values for several functions. The preset function values will start to count down. When you complete one of the preset functions, the value of this completed function will start to count up, while the other preset functions will continue to count down.
2. The Meter will shut off automatically 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, except **ODOMETER**. The **ODOMETER** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

## OPERATIONAL INSTRUCTIONS

### 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.**



## STORAGE

1. To store the **Stamina® Recumbent Exercise Bike 345**, simply keep it in a clean dry place.
2. Adjust the **SEAT FRAME(65)** to the shortest position. The **Stamina® Recumbent Exercise Bike 345** is approximately 49.4 inches long x 21.1 inches wide x 42.3 inches tall. These dimensions will vary. Please measure your **Stamina® Recumbent Exercise Bike 345** if exact dimensions are needed.
3. To move the **Stamina® Recumbent Exercise Bike 345**, lift up the **REAR STABILIZER(6)** and use the Wheels on the **FRONT STABILIZER(3)**.
4. To avoid damage to the electronics, remove the batteries before storing the **Stamina® Recumbent Exercise Bike 345** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **Stamina® Recumbent Exercise Bike 345** can only be maintained when the **Stamina® Recumbent Exercise Bike 345** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(29)** and verify that it functions properly and the resistance changes.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the **CAUTION LABEL(80)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(80)** if it is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the **Stamina® Recumbent Exercise Bike 345** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **Stamina® Recumbent Exercise Bike 345**.
8. Keep your **Stamina® Recumbent Exercise Bike 345** 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.

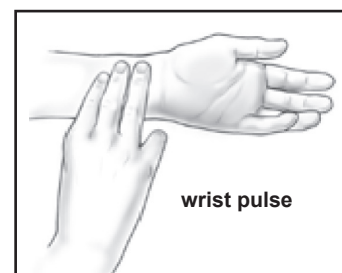
Remember to follow these essentials:

- 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:  $220 - \text{Age} = \text{predicted maximum heart rate}$

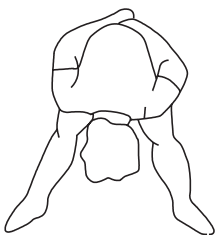


## WARM-UP and COOL-DOWN

**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.

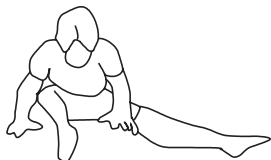


#### Floor Stretch

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.

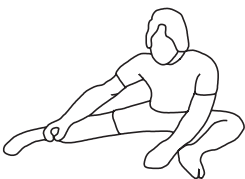
**DO NOT BOUNCE!**

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!**

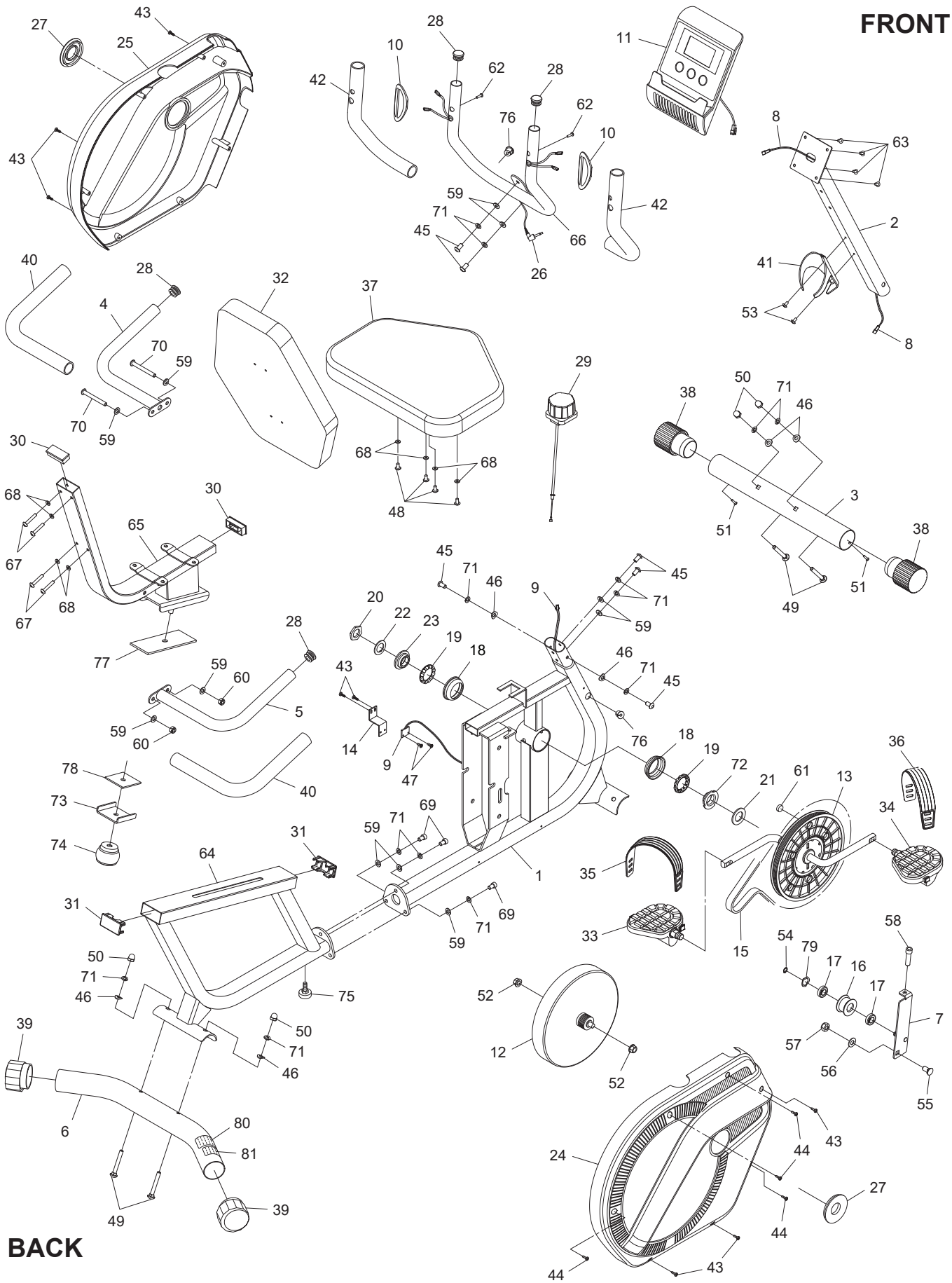
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**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	Front Frame	1
2	Upright	1
3	Front Stabilizer	1
4	Left Handrail	1
5	Right Handrail	1
6	Rear Stabilizer	1
7	Idler Arm	1
8	Extension Wire	1
9	Sensor Wire	1
10	Pulse Sensor Plate	2
11	Meter	1
12	Magnetic Unit	1
13	Crank w/ Pulley	1
14	Sensor Bracket	1
15	V-Ribbed Belt (320-J5)	1
16	Idler Wheel	1
17	Bearing (6000zz)	2
18	Bearing Housing	2
19	Ball Bearing	2
20	Bearing Nut	1
21	Bearing Washer	1
22	Bearing Snap Washer	1
23	Outside Bearing Collar	1
24	Right Cover	1
25	Left Cover	1
26	Pulse Plug Wire	1
27	Crank Cap	2
28	Round Plug (25mm)	4
29	Tension Knob	1
30	Rectangular Plug (23.5mm x 53.5mm)	2
31	Rectangular Plug (30mm x 60mm)	2
32	Back Cushion	1
33	Left Pedal	1
34	Right Pedal	1
35	Left Pedal Strap	1
36	Right Pedal Strap	1
37	Seat	1
38	Wheel Cap	2
39	Leveling Cap	2
40	Handrail Foam Tube	2
41	Water Bottle Holder	1
42	Handlebar Foam Tube	2
43	Screw, Round Head Self-Drilling (ST4.2 x 16mm)	8
44	Screw, Round Head (ST4.2 x 16mm)	4
45	Bolt, Button Head (M8 x 1.25 x 15mm)	6
46	Arc Washer (M8)	6
47	Screw, Washer Head Self-Drilling (ST3.5 x 16mm)	2

## PARTS LIST

PART#	PART NAME	QTY
48	Bolt, Round Head (M6 x 1.0 x 15mm)	4
49	Carriage Bolt (M8 x 1.25 x 65mm)	4
50	Acorn Nut (M8 x 1.25)	4
51	Screw, Round Head (ST4.2 x 20mm)	2
52	Flange Nut (M10 x 1.0)	2
53	Screw, Washer Head (M5 x 0.8 x 12mm)	2
54	C Ring (ø10mm)	1
55	Carriage Bolt (M10 x 1.5 x 20mm)	1
56	Washer (M10)	1
57	Nylock Nut (M10 x 1.5)	1
58	Bolt, Socket Head (M10 x 1.5 x 35mm)	1
59	Washer (M8)	11
60	Nylock Nut (M8 x 1.25)	2
61	Magnet	1
62	Screw, Flat Head (ST4.2 x 20mm)	2
63	Screw, Round Head (M5 x 0.8 x 12mm)	4
64	Rear Frame	1
65	Seat Frame	1
66	Handlebar	1
67	Bolt, Round Head (M6 x 1.0 x 35mm)	4
68	Washer (M6)	8
69	Bolt, Socket Head (M8 x 1.25 x 15mm)	3
70	Bolt, Button Head (M8 x 1.25 x 75mm)	2
71	Lock Washer (M8)	13
72	Inside Bearing Collar	1
73	Support Bracket	1
74	Locking Knob	1
75	Stand	1
76	Grommet Plug	2
77	Larger Non-Skid Pad	1
78	Small Non-Skid Pad	1
79	Wave Washer (S10)	1
80	Caution Label	1
81	Serial Decal	1
82	Allen Wrench (6mm)	1
83	Allen Wrench (5mm)	1
84	Combination Wrench	1
85	Manual	1

## LIMITED WARRANTY

MODEL 15-1345

### 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 one year 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](mailto: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](mailto: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](http://contact.staminaproducts.com)

## TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to [register.staminaproducts.com](http://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.

<b>PRODUCT REGISTRATION FORM</b>		<b>Stamina Products, Inc.</b> 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](http://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



<b>PARTS ORDER FORM</b>		<b>Stamina Products, Inc.</b> 2040 N Alliance Ave, Springfield, MO 65803	
Mr./Ms: .....			
Address: .....		Apt. #: .....	
City: .....	State: .....	Zip Code: .....	
<b>IMPORTANT : We require your phone number to process the order!</b>			
Phone #: ( ) .....		Work Phone #: ( ) .....	
Date of Purchase: .....			
Model #: .....			
Purchased From: .....			
<b>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!</b>			

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1