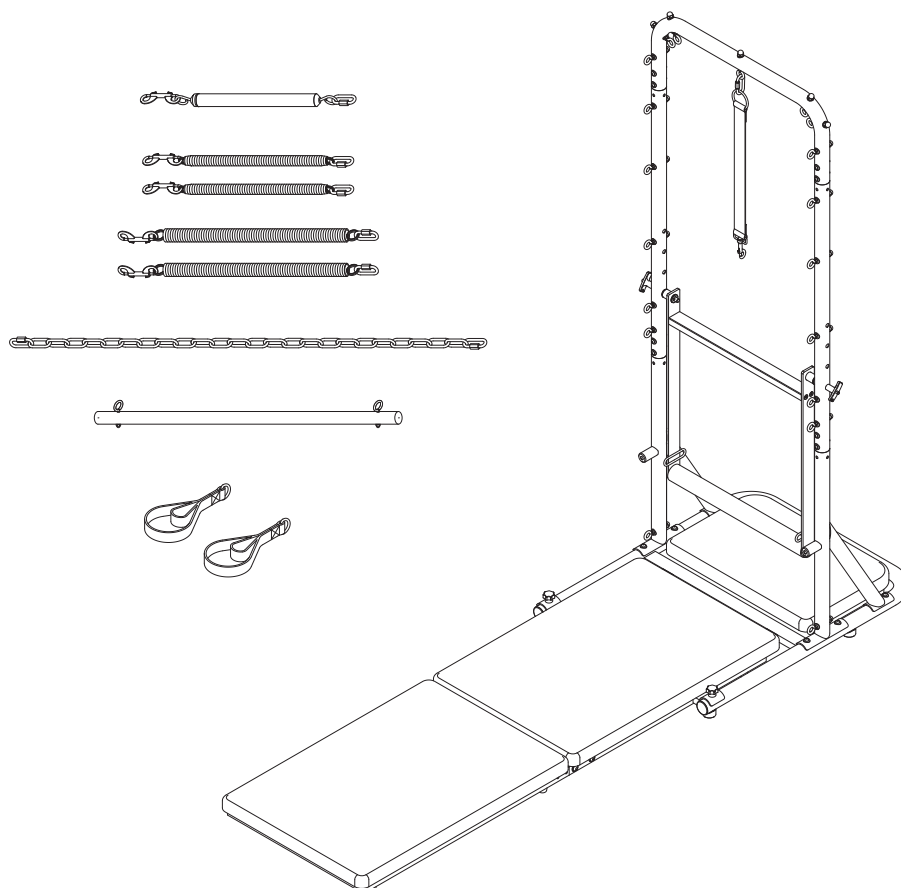


AeroPilates®

LESS STRESS | MORE HEART

PRECISION SERIES CADILLAC STUDIO TOWER

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#: 55-5604

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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2020, 01

ACCESS YOUR ONLINE WORKOUT VIDEOS!

How to Access Your Videos

1. Go to 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

⚠ 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. 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 AeroPilates® Precision Series Cadillac Studio Tower.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **AeroPilates® Precision Series Cadillac Studio Tower** for the first time.
2. Read all warnings and cautions posted on the **AeroPilates® Precision Series Cadillac Studio Tower**.
3. The **AeroPilates® Precision Series Cadillac Studio Tower** 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. 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.
6. Keep children away from the **AeroPilates® Precision Series Cadillac Studio Tower**. Do not allow children to use or play on the **AeroPilates® Precision Series Cadillac Studio Tower**. Keep children and pets away from the **AeroPilates® Precision Series Cadillac Studio Tower** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **AeroPilates® Precision Series Cadillac Studio Tower** on a solid level surface. Do not position the **AeroPilates® Precision Series Cadillac Studio Tower** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **AeroPilates® Precision Series Cadillac Studio Tower**.
10. Before using, inspect the **AeroPilates® Precision Series Cadillac Studio Tower** for worn or loose components, and tighten or replace any worn or loose components prior to use.
11. 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.
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 **AeroPilates® Precision Series Cadillac Studio Tower**.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AeroPilates® Precision Series Cadillac Studio Tower**. Loss of balance may result in a fall and bodily injury.
15. The **AeroPilates® Precision Series Cadillac Studio Tower** should not be used by persons weighing over 350 pounds.
16. The **AeroPilates® Precision Series Cadillac Studio Tower** should be used by only one person at a time.

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 **AeroPilates® Precision Series Cadillac Studio Tower**. 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® Precision Series Cadillac Studio Tower** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

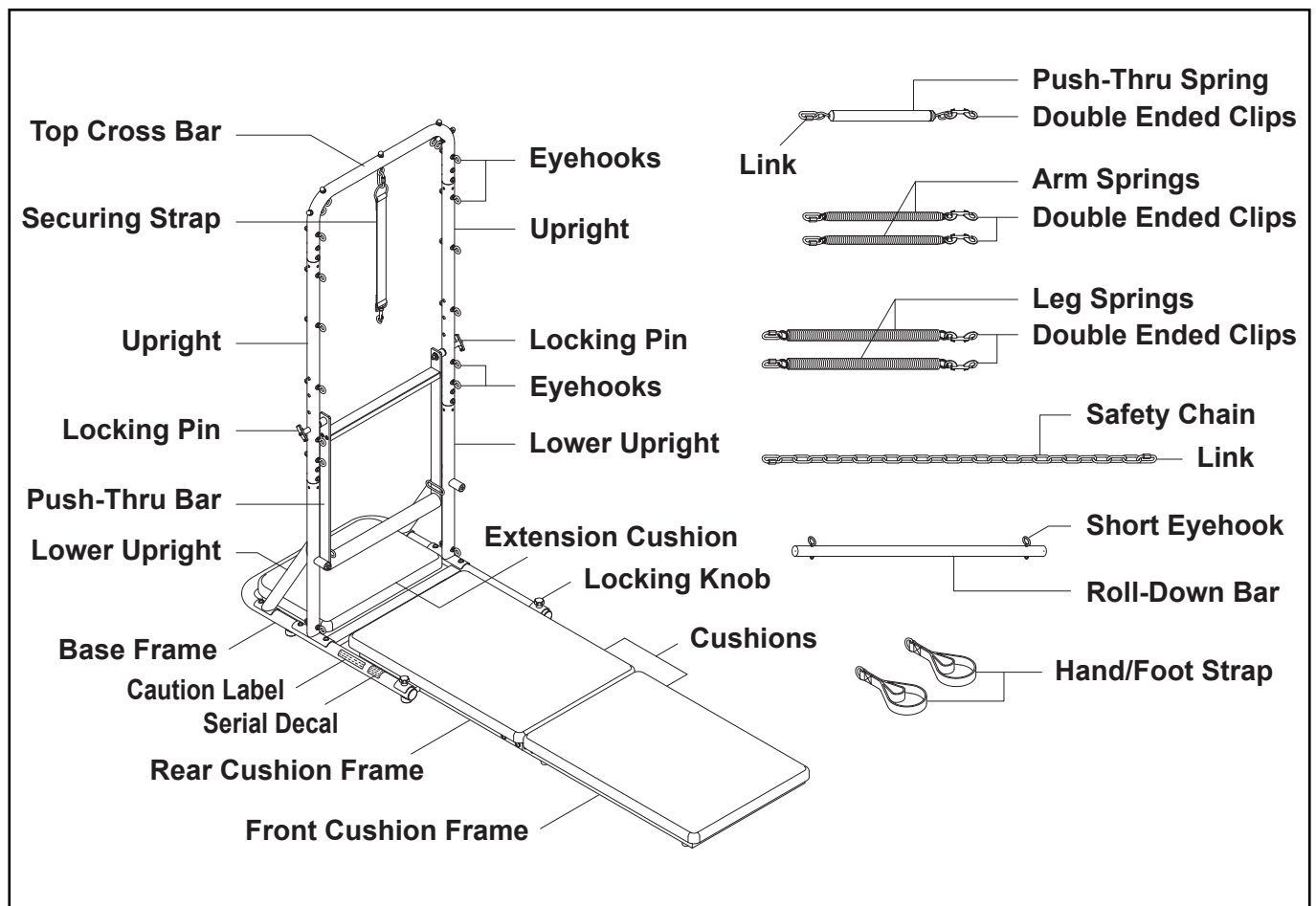
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See page 6 for an image of the serial decal. Model number and serial number are required when calling for assistance.

Read this manual carefully before using the **AeroPilates® Precision Series Cadillac Studio Tower**.

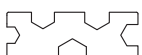
Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your **AeroPilates® Precision Series Cadillac Studio Tower**, please do not return the product. Contact 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.

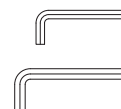
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



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 **AeroPilates® Precision Series Cadillac Studio Tower**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

CAUTION LABEL(32)

 CAUTION	<p>Keep others including children & pets away from equipment when in use.</p> <p>Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by person weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.</p>
<p>For consumer use only. Failure to follow all warnings and instructions could result in injury or property damage. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this caution label if damaged, illegible, or removed.</p>	

PULL-THRU BAR CAUTION DECAL(33)

 CAUTION
Always secure safety chain prior to using the push-thru bar.

TOP CROSS BAR CAUTION DECAL(34)

 CAUTION
Do not hang or exercise from cross bar.

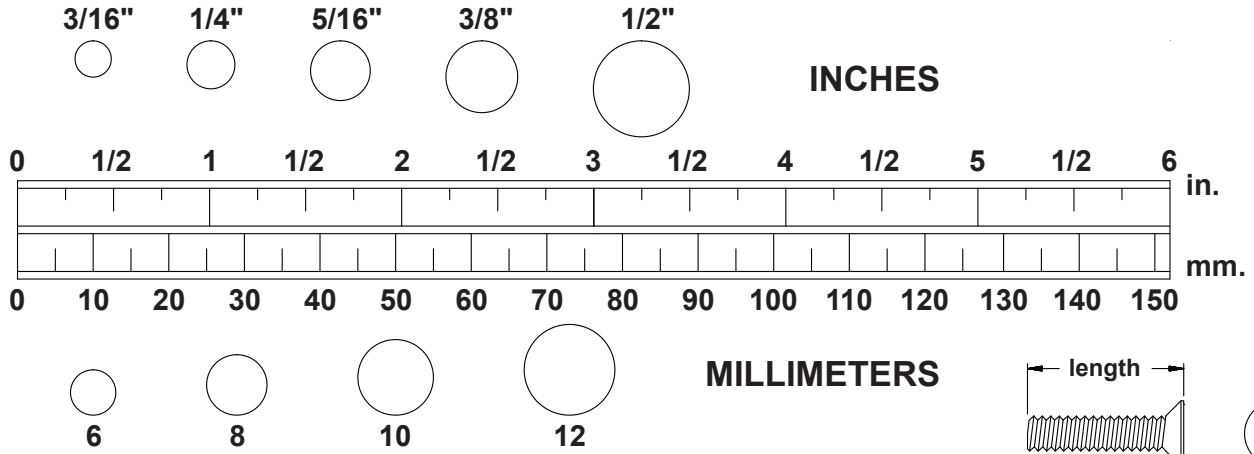
SERIAL DECAL(48)

GUARANTEED PERFORMANCE	
 STAMINA	
Customer Care	
1 (800) 375-7520	
Mon-Thurs • 7:30am - 5pm, Fri • 8am - 3pm CST FAX: (417) 889-8064 • www.staminaproducts.com	
MADE IN CHINA	
Model #	Serial #
55-5604	[REDACTED]

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.

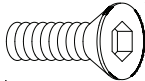
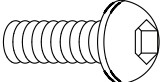
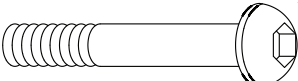

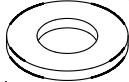

HARDWARE IDENTIFICATION CHART

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
	35 Bolt, Flat Socket Head (M6 x 1 x 20mm)	8
	36 Bolt, Button Head (M8 x 1.25 x 10mm)	10
	41 Bolt, Button Head (M6 x 1 x 15mm)	16
	46 Bolt, Button Head (M6 x 1 x 20mm)	12
	38 Bolt, Button Head (M10 x 1.5 x 60mm)	2
	39 Nylock Nut (M10 x 1.5)	2
	40 Washer (M10)	4
	44 Washer (M8)	10
	45 Arc Washer (M6)	22

ASSEMBLY INSTRUCTIONS

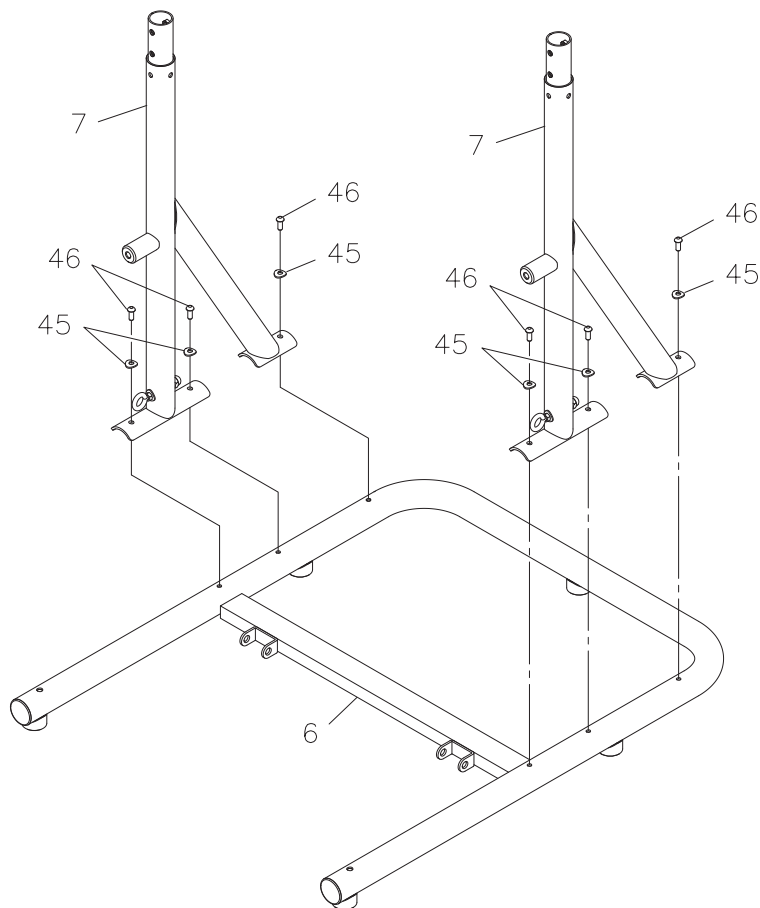
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing 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: DO NOT SECURELY TIGHTEN ALL BOLTS UNTIL STEP 3.

STEP 1

Attach the **LOWER UPRIGHTS(7)** to the **BASE FRAME(6)** with **BUTTON HEAD BOLTS(M6x1x20mm) (46)** and **ARC WASHERS(M6)(45)**.



ASSEMBLY INSTRUCTIONS

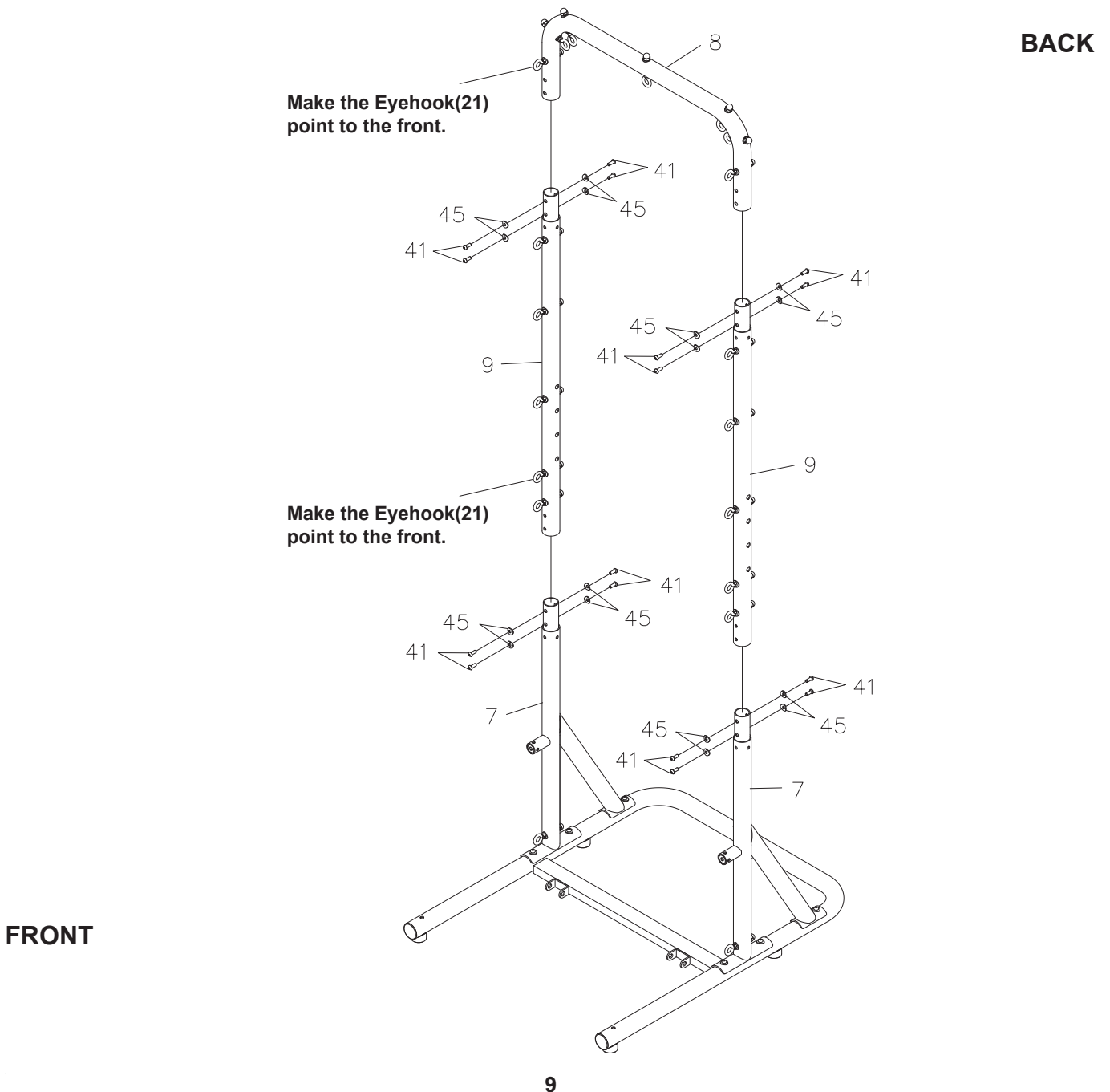
STEP 2

Make the **EYEHOOKS(21)** point to the front. Insert the **UPRIGHTS(9)** onto the **LOWER UPRIGHTS(7)** and secure with **BUTTON HEAD BOLTS(M6x1x15mm)(41)** and **ARC WASHERS(M6)(45)**.

STEP 3

Make the **EYEHOOKS(21)** point to the front. Insert the **TOP CROSS BAR(8)** onto the **UPRIGHTS(9)** and secure with **BUTTON HEAD BOLTS(M6x1x15mm)(41)** and **ARC WASHERS(M6)(45)**.

Securely tighten all of the bolts from **STEP 1** to **STEP 3**.



ASSEMBLY INSTRUCTIONS

STEP 4

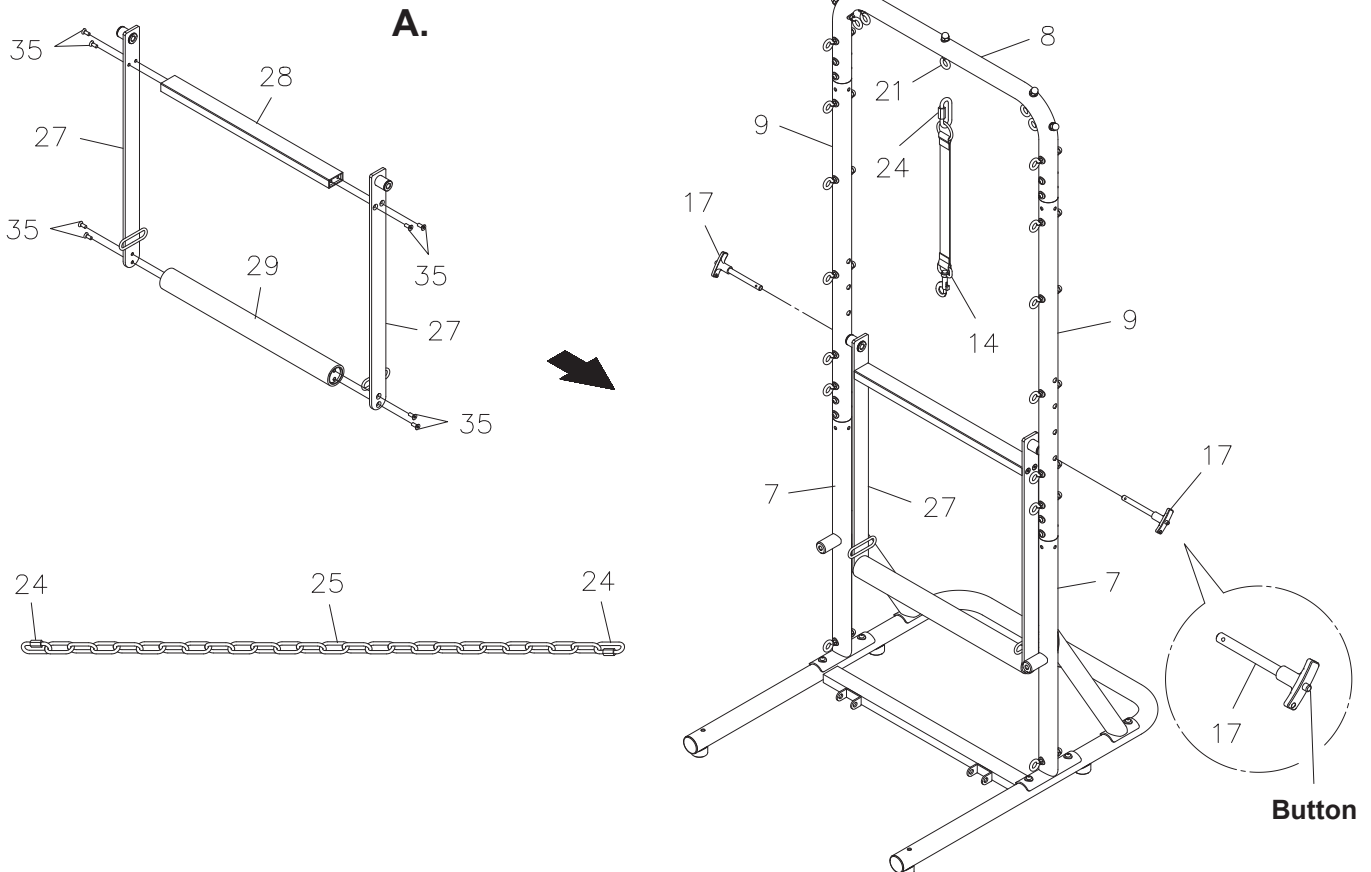
- NOTE:** 1. There are four adjustment holes in each **UPRIGHT(9)** that allow you to attach the **PUSH-THRU BAR(27)** to four different heights.
2. Refer to the inset drawing. Push in the button on the “T” end of the **LOCKING PIN(17)** to release the Steel Ball on the other end of the pin. Then you can insert the **LOCKING PIN(17)** into the adjustment hole. Push the button to remove the pin.

Refer to illustration A. Bolt the **PUSH-THRU BARS(27)**, **CROSSING BAR(28)**, and **HANDLEBAR(29)** together with **FLAT SOCKET HEAD BOLTS(M6x1x20mm)(35)**. Attach the **PUSH-THRU BAR ASSEMBLY(27)** to one of the adjustment holes in the **UPRIGHTS(9)** with the **LOCKING PINS(17)**. Always make sure **SAFETY CHAIN(25)** is connected with the **LINKS(24)** when the **PUSH-THRU BAR(27)** is in use.

STEP 5

- NOTE:** Always use **SECURING STRAP(14)** to keep the **PUSH-THRU BAR(27)** in a secure position when not in use.

Attach the **SECURING STRAP(14)** onto the center **EYEHOOK(21)** with the **LINK(24)** on the top of the **TOP CROSS BAR(8)**.



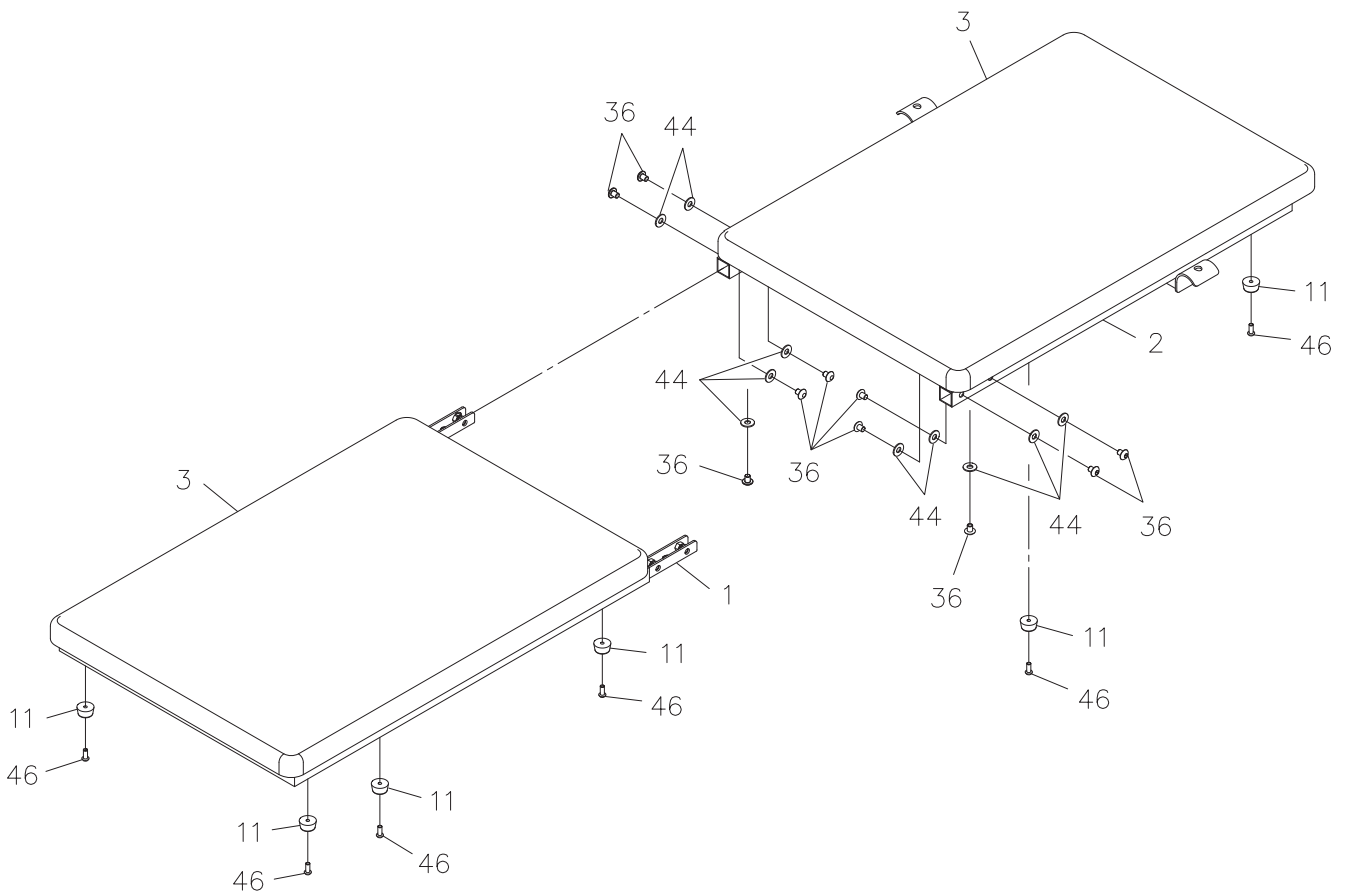
ASSEMBLY INSTRUCTIONS

STEP 6

Attach the **STANDS(11)** to the **FRONT CUSHION FRAME(1)** and the **REAR CUSHION FRAME(2)** with **BUTTON HEAD BOLTS(M6x1x20mm)(46)**.

STEP 7

Insert the **FRONT CUSHION FRAME(1)** into the **REAR CUSHION FRAME(2)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(36)** and **WASHERS(M8)(44)**.



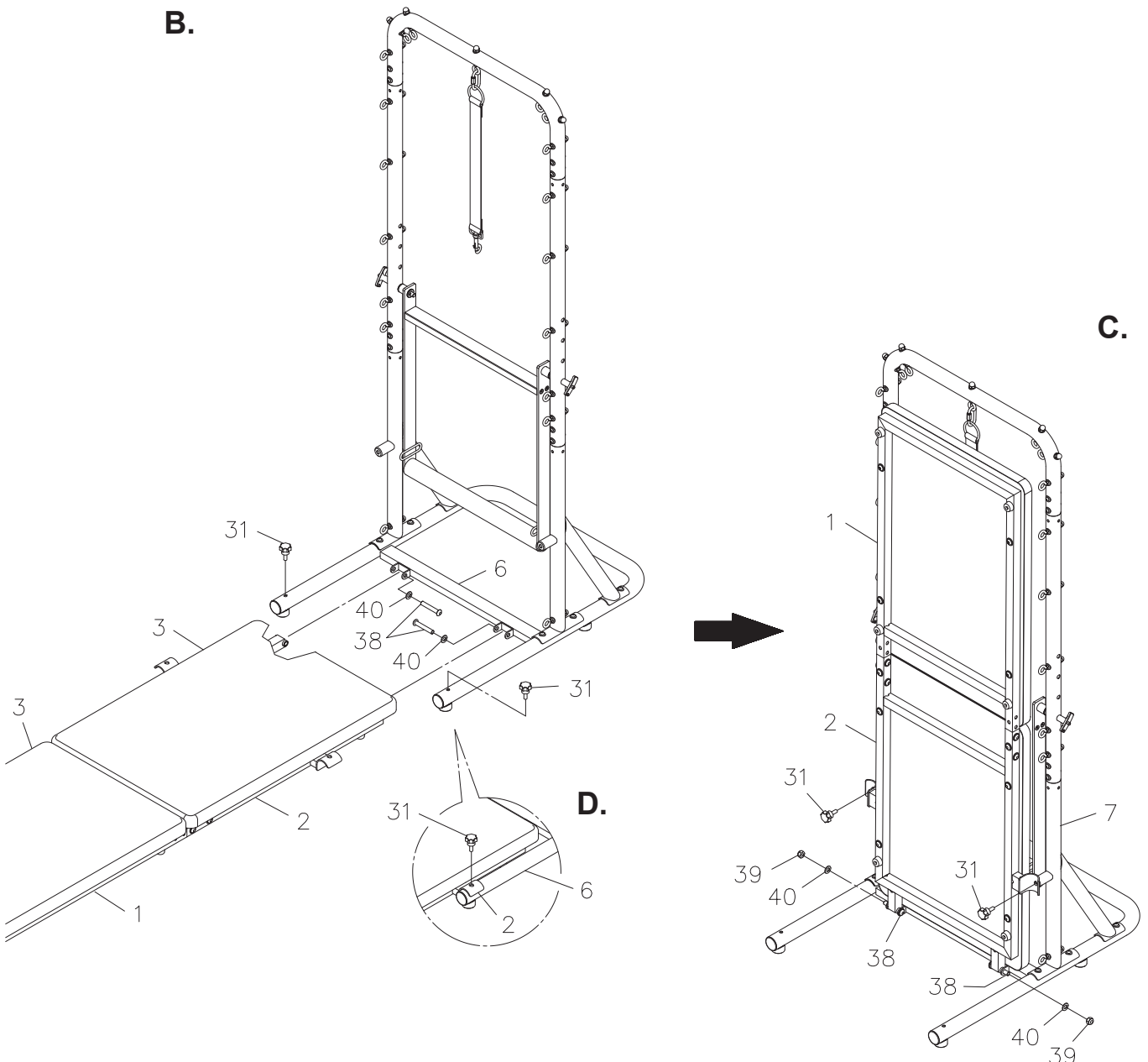
ASSEMBLY INSTRUCTIONS

STEP 8

Refer to illustration B. Put a **WASHER(M10)(40)** onto each of the **BUTTON HEAD BOLT(M10x1.5x60mm)(38)**. Attach the **REAR CUSHION FRAME(2)** to the **BASE FRAME(6)** by inserting the **BUTTON HEAD BOLTS(M10x1.5x60mm)(38)** with **WASHERS(M10)(40)** through the two brackets on the **BASE FRAME(6)** and the **REAR CUSHION FRAME(2)**.

STEP 9

Refer to illustration C. Fold up the **CUSHION ASSEMBLY(3)** and lock in position by attaching the **REAR CUSHION FRAME(2)** to the **LOWER UPRIGHTS(7)** with the **LOCKING KNOBS(31)**. Secure the **BUTTON HEAD BOLTS(M10x1.5x60mm)(38)** with **NYLOCK NUTS(M10x1.5)(39)** and **WASHERS(M10)(40)**. Do not over tighten the **NYLOCK NUTS(M10x1.5)(39)** to allow the **CUSHION ASSEMBLY(3)** to rotate. Remove the **LOCKING KNOBS(31)** to fold down the **CUSHION ASSEMBLY(3)**. Lock the **CUSHION ASSEMBLY(3)** in its normal using position by attaching the **REAR CUSHION FRAME(2)** to the **BASE FRAME(6)** with the **LOCKING KNOBS(31)**. Refer to detail drawing D.



OPERATIONAL INSTRUCTIONS

TO USE THE ACCESSORIES:

NOTE: Prior to adding the **PUSH-THRU SPRING(19)** to the **PUSH-THRU BAR(27)** make sure the **SAFETY CHAIN(25)** is at a length that allows enough clearance to get under the **PUSH-THRU BAR(27)**.

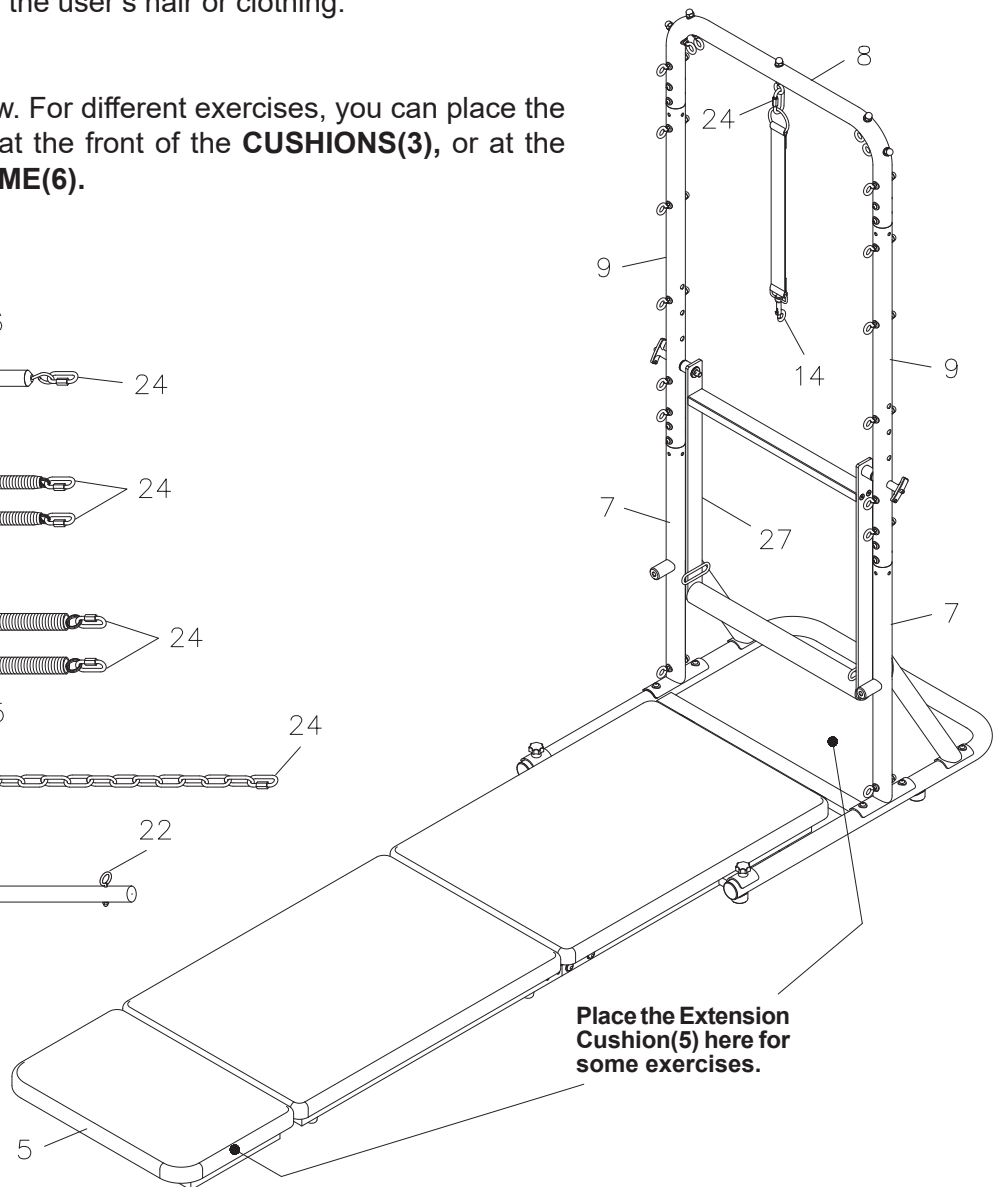
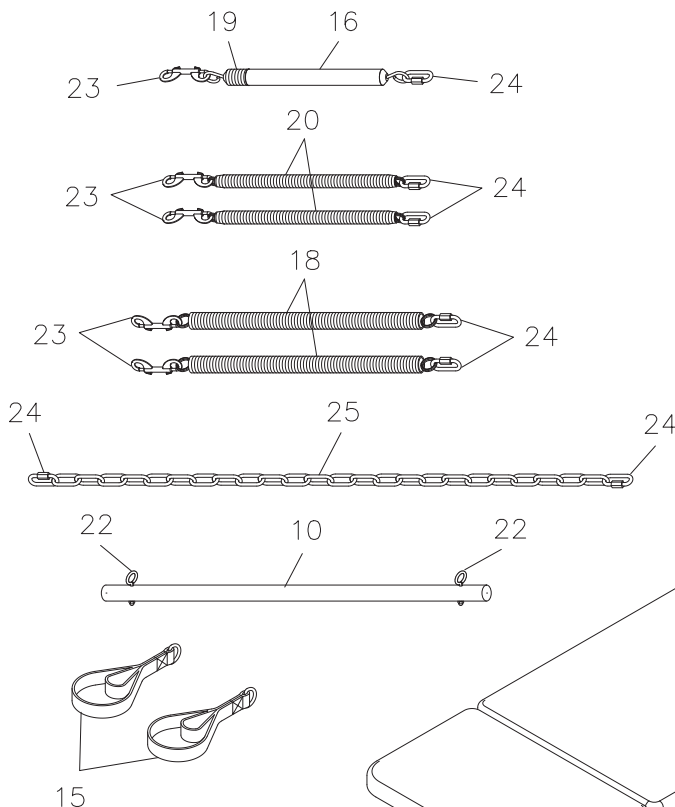
PUSH-THRU BAR

When doing exercises that require the spring resistance to come from above the bar, attach the **PUSH-THRU SPRING(19)** to the hook on the upper side of the **PUSH-THRU BAR(27)** with the **DOUBLE ENDED CLIP(23)**. Attach the other end of the **PUSH-THRU SPRING(19)** to one of the eyehooks on the **UPRIGHT(9)** with the **LINK(24)**. When doing exercises that require the spring resistance to come from below the bar, attach the **PUSH-THRU SPRING(19)** to the hook on the underside of the **PUSH-THRU BAR(27)** with the **DOUBLE ENDED CLIP(23)**. Attach the other end of the **PUSH-THRU SPRING(19)** to one of the eyehooks on the **LOWER UPRIGHT(7)** with the **LINK(24)**. Be sure that the **SAFETY CHAIN(25)** is always connected to the **PUSH-THRU BAR(27)** when in use.

⚠ CAUTION When using the **PUSH-THRU SPRING(19)** from below, you must hook the spring onto the **LOWER UPRIGHT(7)** with the **LINK(24)** and make sure the **SAFETY CHAIN(25)** is connected. Ensure that the **SPRING SLEEVE(16)** which covers the **PUSH-THRU SPRING(19)** is moved over the lower part of the spring to avoid pulling the user's hair or clothing.

EXTENSION CUSHION

Refer to the illustration below. For different exercises, you can place the **EXTENSION CUSHION(5)** at the front of the **CUSHIONS(3)**, or at the back, inside the **BASE FRAME(6)**.



OPERATIONAL INSTRUCTIONS

SAFETY CHAIN

The **SAFETY CHAIN(25)** must be used as follows:

When using the **PUSH-THRU BAR(27)** with spring attached from below to do arm or leg exercises, the chain must be attached to the hook on the upper side of the bar on the same side as the spring and to an **EYEHOOK(21)**.

ROLL-DOWN BAR

The **ROLL-DOWN BAR(10)** attaches via the **ARM SPRINGS(20)** to the eyehooks on the **TOP CROSS BAR(8)** between the two **UPRIGHTS(9)** with the **LINKS(24)**. Attach the springs to the **ROLL-DOWN BAR(10)** with the **DOUBLE ENDED CLIPS(23)**. **Ensure the links and clips are completely closed and secure.**

CAUTION: ROLL-DOWN BAR(10) can release at high velocity due to spring tension. Make sure a secure grip is used at all times.

ARM EXERCISES

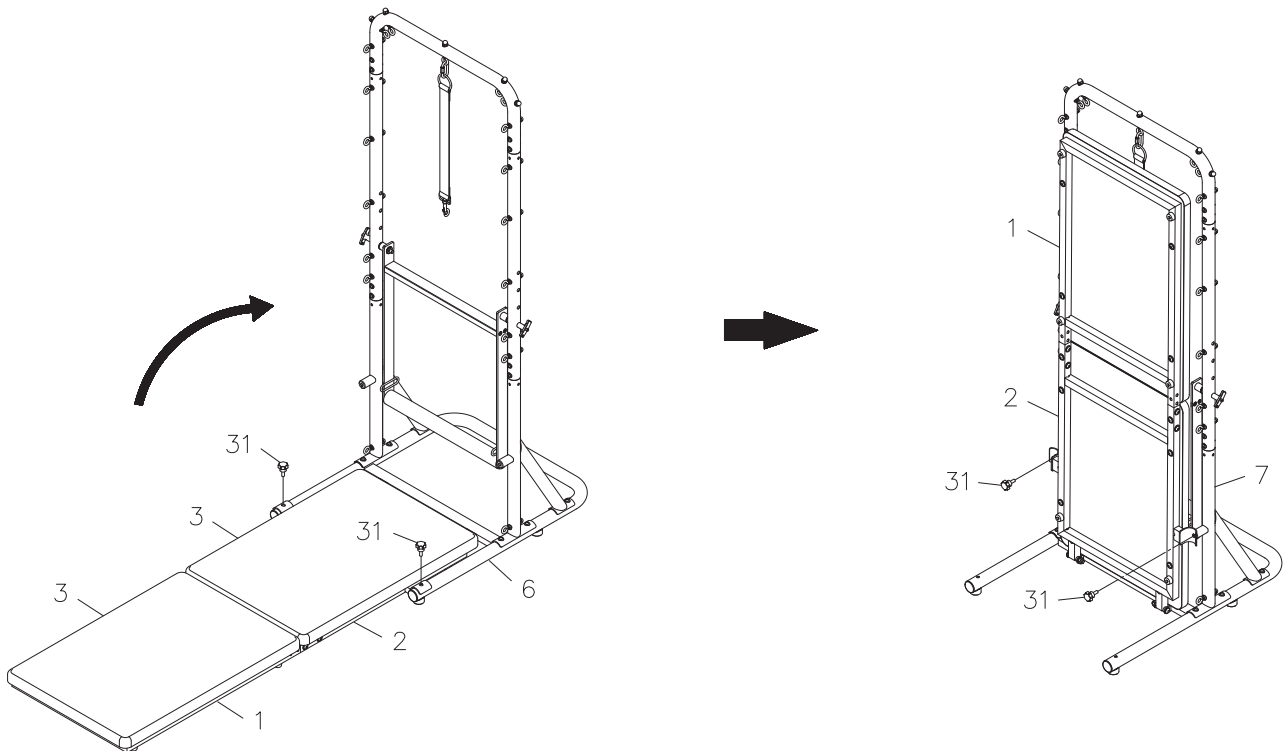
Attach **ARM SPRINGS(20)** to eyehooks at desired height with the **LINKS(24)**. Attach the other ends of the springs to the **HAND/FOOT STRAPS(15)** with the **DOUBLE ENDED CLIPS(23)**. **Ensure the links and clips are completely closed and secured.**

LEG EXERCISES

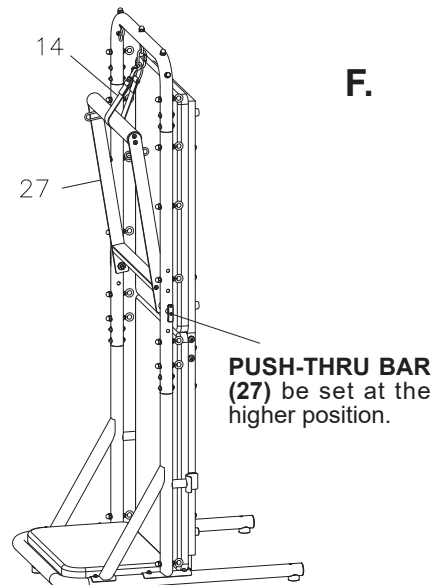
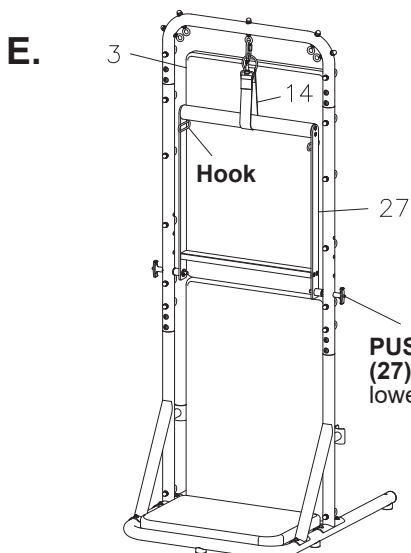
Attach **LEG SPRINGS(18)** to eyehooks at desired height with the **LINKS(24)**. Attach the other ends of the springs to the **HAND/FOOT STRAPS(15)** with the **DOUBLE ENDED CLIPS(23)**. **Ensure the links and clips are completely closed and secured.**

STORAGE

1. To store the **AeroPilates® Precision Series Cadillac Studio Tower**, simply keep it in a clean dry place.
2. It is recommended that two people be available to move the **AeroPilates® Precision Series Cadillac Studio Tower**. Fold the unit as instructed in the below diagrams, then lift to move.
3. Follow this process as described and illustrated to fold the **AeroPilates® Precision Series Cadillac Studio Tower** for easy storage, or moving.
 - a. Remove the **LOCKING KNOBS(31)** from the **REAR CUSHION FRAME(2)**.
 - b. Fold the **CUSHION ASSEMBLY(3)** upward and secure in folded position by attaching the **REAR CUSHION FRAME(2)** to the **LOWER UPRIGHTS(7)**.



NOTE: Refer to illustration E. When the **PUSH-THRU BAR(27)** is set at the lowest position and secured with the **SECURING STRAP(14)** upward, then fold the **CUSHION ASSEMBLY(3)** up, the hook on the **PUSH-THRU BAR(27)** may touch on the cushion and make a small dent. We recommend to set the **PUSH-THRU BAR(27)** at least one position higher than the lowest position for folding the **CUSHION ASSEMBLY(3)**. Refer to illustration F.



MAINTENANCE

The safety and integrity designed into the **AeroPilates® Precision Series Cadillac Studio Tower** can only be maintained when the **AeroPilates® Precision Series Cadillac Studio Tower** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components must be replaced immediately or the **AeroPilates® Precision Series Cadillac Studio Tower** removed from service until repair is made.
3. Verify that the **CAUTION LABEL(32)** is present and legible. Replace the **CAUTION LABEL(32)** if it is missing or damaged.
4. Check the **HAND/FOOT STRAPS(15)** for damage. Replace damaged parts.
5. Check the **FOAM GRIP(30)**. Replace if damaged or worn.
6. Check the **CUSHIONS(3)** and the **EXTENSION CUSHION(5)**, replace if any of them is damaged or worn.
7. Only Stamina Products supplied components should be used to maintain/repair the **AeroPilates® Precision Series Cadillac Studio Tower**.
8. Keep your **AeroPilates® Precision Series Cadillac Studio Tower** 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.

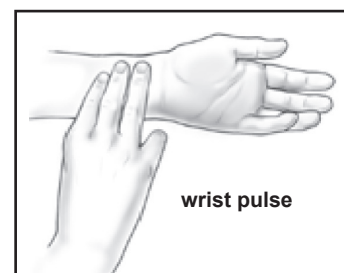
Remember to follow these essentials:

- 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

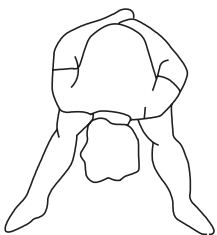
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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.

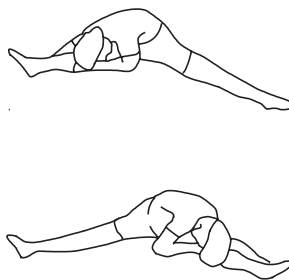
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



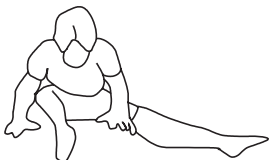
Lower Body Stretch

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.



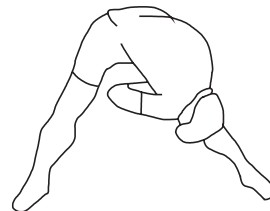
Floor Stretch

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.

LIMITED WARRANTY

MODEL 55-5604

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 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.**

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.

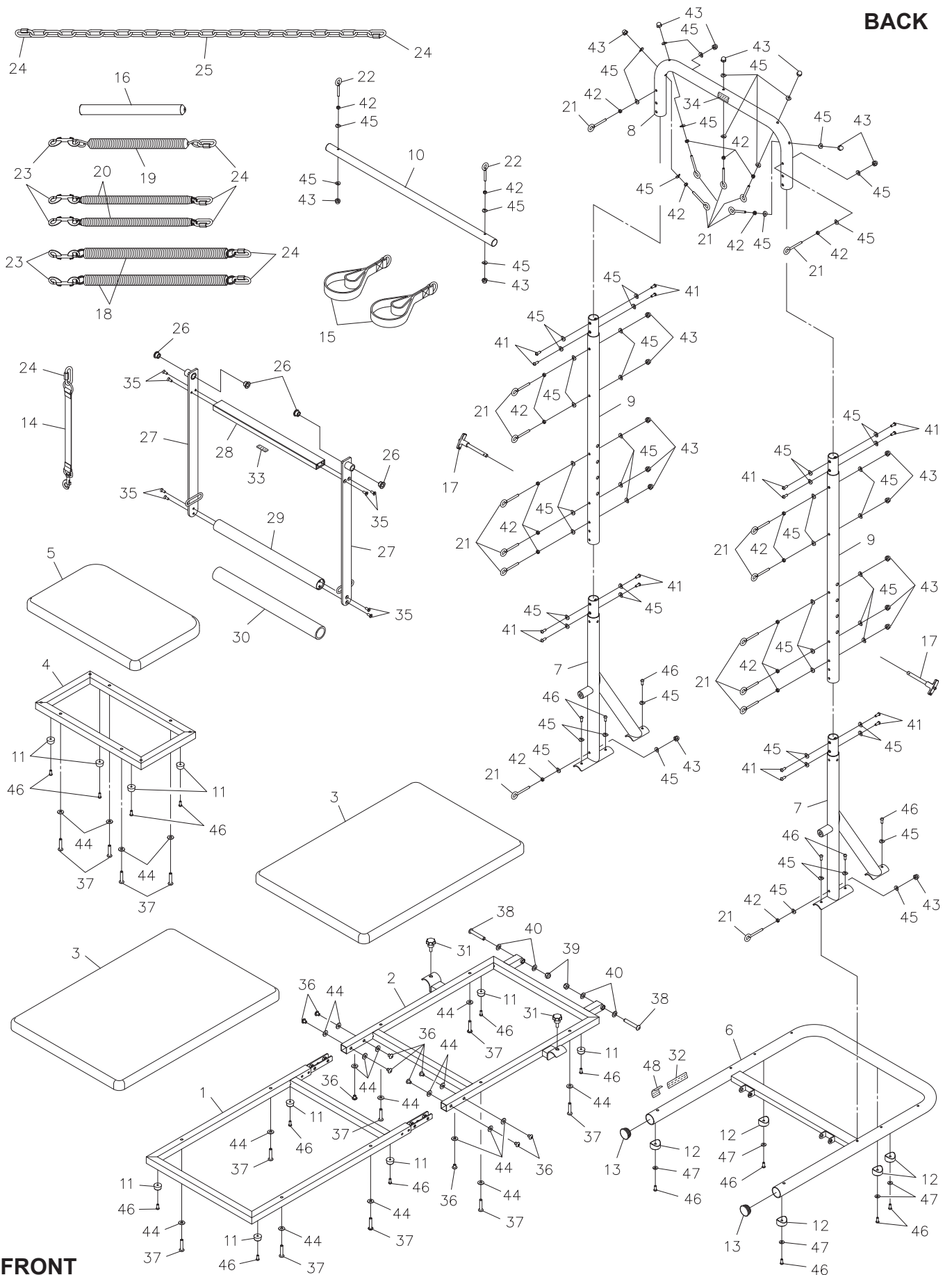
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PRODUCT PARTS DRAWING



FRONT

BACK

PARTS LIST

PART#	PART NAME	QTY
1	Front Cushion Frame	1
2	Rear Cushion Frame	1
3	Cushion	2
4	Extension Cushion Frame	1
5	Extension Cushion	1
6	Base Frame	1
7	Lower Upright	2
8	Top Cross Bar	1
9	Upright	2
10	Roll-Down Bar	1
11	Stand	10
12	Base Stand	5
13	Round Plug (ø38.1mm)	2
14	Securing Strap	1
15	Hand/Foot Strap	2
16	Spring Sleeve	1
17	Locking Pin	2
18	Leg Spring (ø2.3 x ø29.2 x 610mm)	2
19	Push-Thru Spring (ø2.67 x ø29 x 500mm)	1
20	Arm Spring (ø2.0 x ø23 x 477mm)	2
21	Eyehook (ø6 x ø26 x 80mm, M6 x 1 x 54mm)	19
22	Short Eyehook (ø6 x ø26 x 74mm, M6 x 1 x 47mm)	2
23	Double Ended Clip	5
24	Link	8
25	Safety Chain (ø7 x 27mm x 52mm x 24 links)	1
26	Plastic Bushing	4
27	Push-Thru Bar	2
28	Crossing Bar	1
29	Handlebar	1
30	Foam Grip (ø36 x ø43 x 472mm)	1
31	Locking Knob	2
32	Caution Label	1
33	Pull-Thru Bar Caution Decal	1
34	Top Cross Bar Caution Decal	1
35	Bolt, Flat Socket Head (M6 x 1 x 20mm, with threadlocker)	8
36	Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker)	10
37	Bolt, Button Head (M8 x 1.25 x 40mm)	12
38	Bolt, Button Head (M10 x 1.5 x 60mm)	2
39	Nylock Nut (M10 x 1.5)	2
40	Washer (M10)	4
41	Bolt, Button Head (M6 x 1 x 15mm, with threadlocker)	16
42	Nut (M6 x 1)	21
43	Acorn Nut (M6 x 1)	21
44	Washer (M8)	22
45	Arc Washer (M6)	64
46	Bolt, Button Head (M6 x 1 x 20mm)	21
47	Washer (M6)	5
48	Serial Decal	1
49	Wrench	1
50	Allen Wrench(4mm)	1
51	Allen Wrench(6mm)	1
52	Manual	1

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	