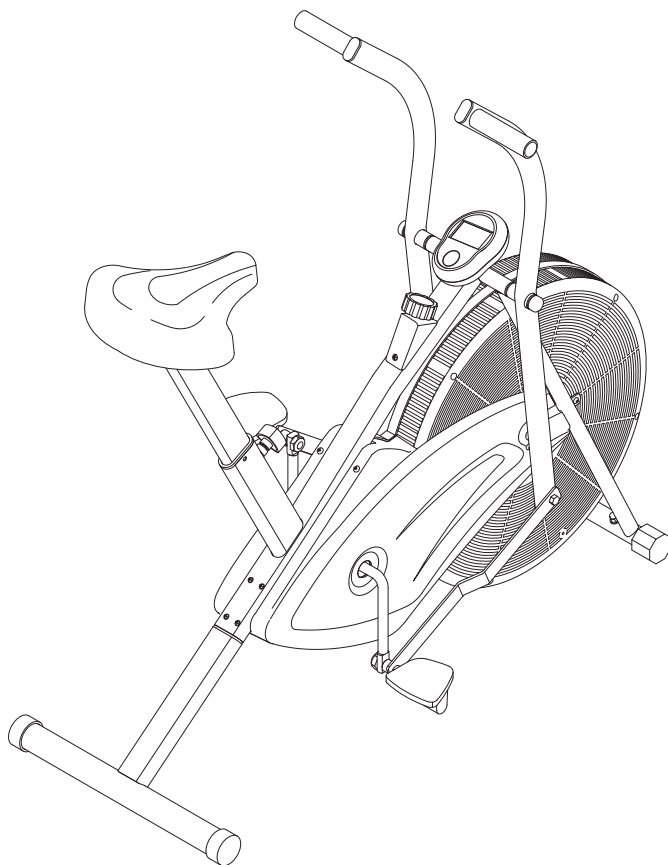


# **STAMINA<sup>®</sup>**

*Air Resistance Bike 876*

## **Owner's Manual**



Product May Vary Slightly From Pictured.

### **CAUTION:**

Weight on this product should not exceed 250 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#: 15-0876**

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

**This Product is Distributed Exclusively by**



# **STAMINA<sup>®</sup>**

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, 05

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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® Air Resistance Bike 876**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **STAMINA® Air Resistance Bike 876** for the first time.
2. Read all warnings and cautions posted on the **STAMINA® Air Resistance Bike 876**.
3. The **STAMINA® Air Resistance Bike 876** 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® Air Resistance Bike 876**. Do not allow children to use or play on the **STAMINA® Air Resistance Bike 876**. Keep children and pets away from the **STAMINA® Air Resistance Bike 876** when it is in use.
6. The **STAMINA® Air Resistance Bike 876** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
7. Remain seated, do not stand up on the pedals while riding the **STAMINA® Air Resistance Bike 876**. Failure to do so could result in serious injury.
8. It is recommended that you place this exercise equipment on an equipment mat.
9. Set up and operate the **STAMINA® Air Resistance Bike 876** on a solid level surface. Do not position the **STAMINA® Air Resistance Bike 876** on loose rugs or uneven surfaces.
10. Make sure that adequate space is available for access to and around the **STAMINA® Air Resistance Bike 876**.
11. Adjust the Leveling Caps(48) on the Front Stabilizer(3) so that the bike sits on the floor without rocking.
12. Before using, inspect the **STAMINA® Air Resistance Bike 876** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
13. Before getting on the **STAMINA® Air Resistance Bike 876**, always check the Seat Post(4), Pedals(31, 32), and Handlebars(5, 6) to be sure they are secure. The Locking Knob(46) must be inserted into one of the holes in the Seat Post(4) and securely tightened.
14. Each user should adjust the seat per instructions on page 12.
15. Do not attempt to adjust the seat while you are on the **STAMINA® Air Resistance Bike 876**.
16. 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.
17. 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.
18. Do not wear loose or dangling clothing while using the **STAMINA® Air Resistance Bike 876**.
19. 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.
20. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **STAMINA® Air Resistance Bike 876**, loss of balance may result in a fall and serious bodily injury.
21. The **STAMINA® Air Resistance Bike 876** should not be used by persons weighing over 250 pounds.
22. The **STAMINA® Air Resistance Bike 876** should be used by only one person at a time.
23. The **STAMINA® Air Resistance Bike 876** 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® Air Resistance Bike 876**. 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® Air Resistance Bike 876** 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

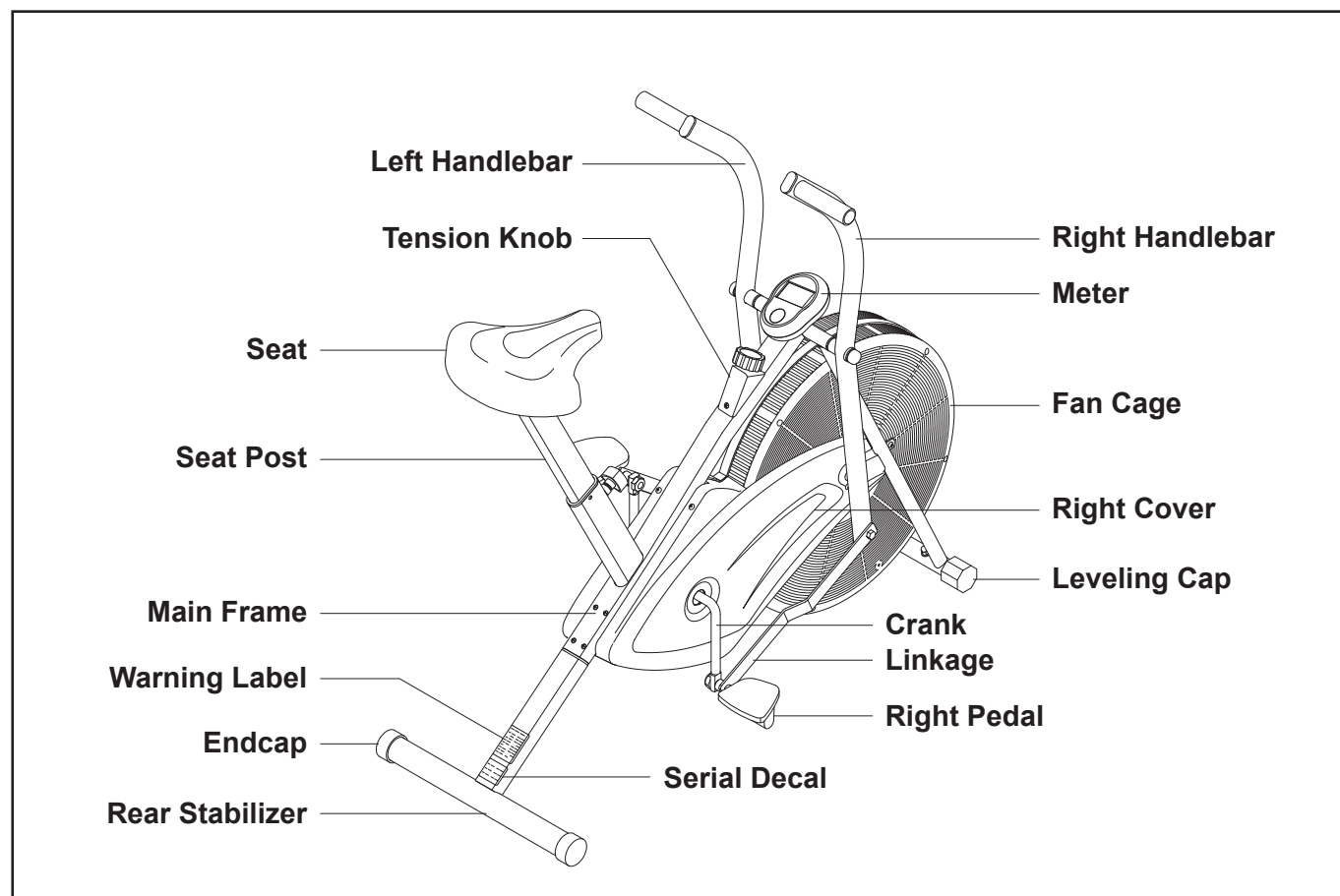
calling for assistance.

Read this manual carefully before using the **STAMINA® Air Resistance Bike 876**.

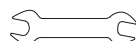
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **STAMINA® Air Resistance Bike 876**, 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.



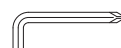
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Wrench



Multi-opening Wrench



Allen Wrench (6mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA® Air Resistance Bike 876**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

### CAUTION LABEL(71)



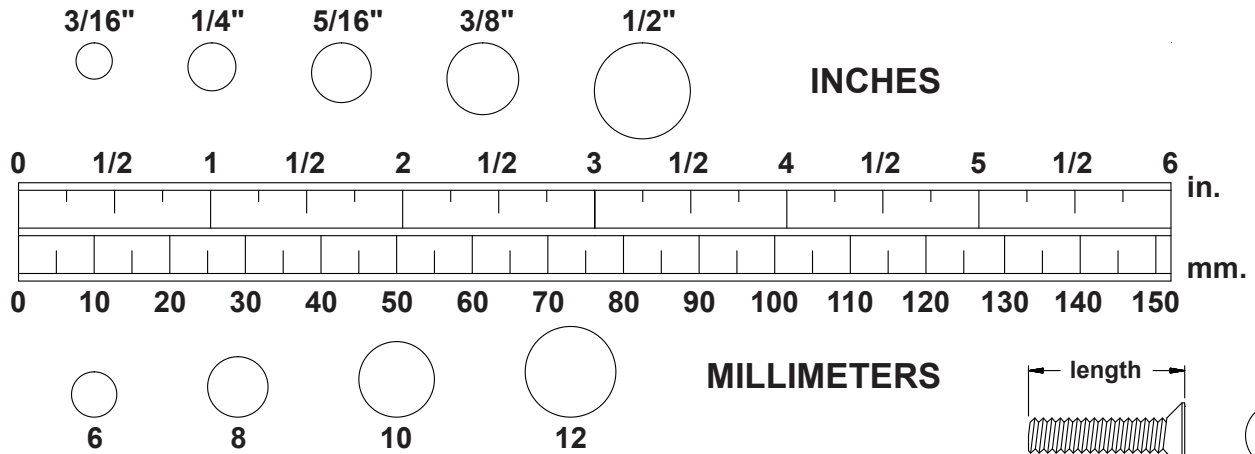
### SERIAL DECAL(72)



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.

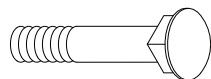
## HARDWARE IDENTIFICATION CHART

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.

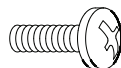


**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

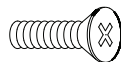
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.



**52** Carriage Bolt (M8 x 1.25 x 38mm) **2**



**57** Bolt, Round Head (M6 x 1 x 15mm) **4**



**58** Screw, Flat Head (M5 x 0.8 x 15mm) **1**



**35** Thin Nut (1/2" - 20) **2**



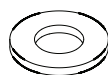
**61** Nylock Nut (M8 x 1.25) **5**



**64** Acorn Nut (M8 x 1.25) **2**



**65** Arc Washer (M8) **2**



**33** Pedal Washer (1/2") **2**

**38** Bushing Washer (ø13.2 x ø25 x 0.5t) **2**

**39** Large Washer (M8) **2**

**67** Washer (M8 x ø16mm x 1.5mm) **3**

## 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

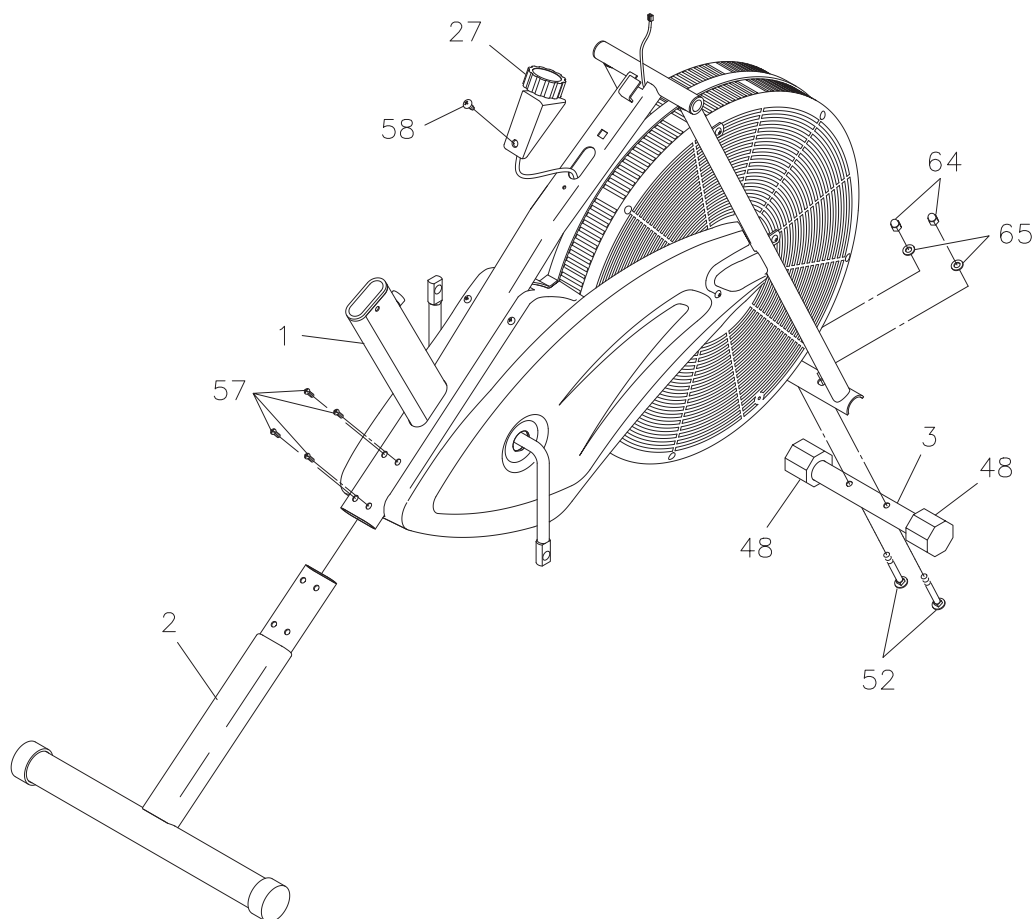
Insert **REAR STABILIZER(2)** into the **MAIN FRAME(1)** and fasten with **ROUND HEAD BOLTS (M6x1x15mm) (57)**.

### STEP 2

Attach **FRONT STABILIZER(3)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x38mm)(52)**, **ARC WASHERS(M8)(65)**, and **ACORN NUTS(M8x1.25)(64)**. Turn the **LEVELING CAPS(48)** on the **FRONT STABILIZER(3)** as needed until bike is steady and not rocking.

### STEP 3

Attach the **TENSION KNOB(27)** to the **MAIN FRAME(1)** with **FLAT HEAD SCREW(M5x0.8x15mm)(58)**.





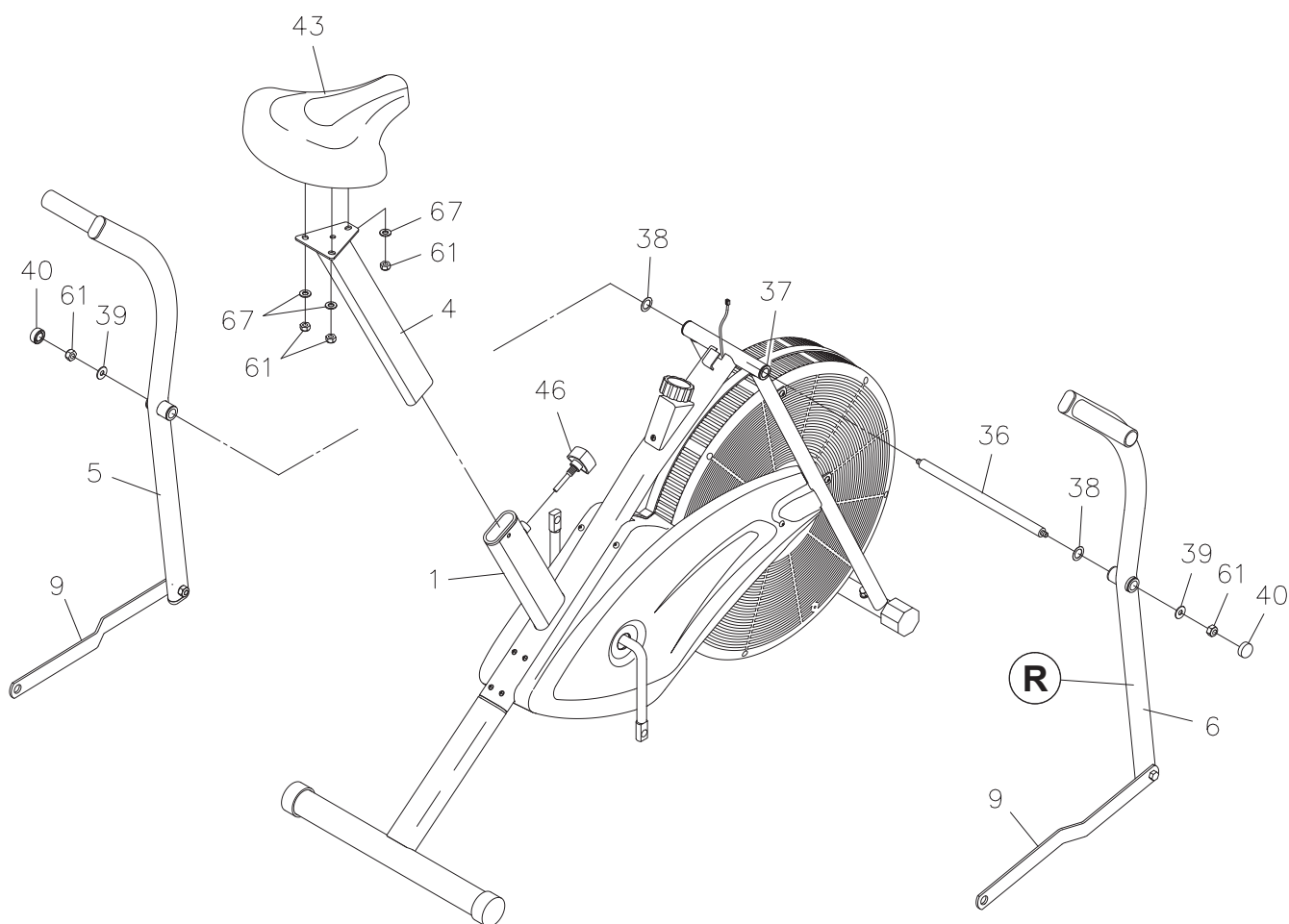
## ASSEMBLY INSTRUCTIONS

### STEP 4

Attach the **SEAT(43)** to the **SEAT POST(4)** with **NYLOCK NUTS(M8x1.25)(61)** and **WASHERS(M8)(67)**. Insert the **SEAT POST(4)** into the **MAIN FRAME(1)** and lock in position with **LOCKING KNOB(46)**.

### STEP 5

Slide the **AXLE(36)** through **BUSHINGS(37)** into the **MAIN FRAME(1)**. Slide the two **BUSHING WASHERS(38)** onto both sides of the **AXLE(36)**. There is an “R” decal on the **RIGHT HANDLEBAR(6)**. Slide the **LEFT and RIGHT HANDLEBARS(5, 6)**, with the grips facing outside, onto **AXLE(36)** and fasten with **LARGE WASHERS(M8)(39)** and **NYLOCK NUTS(M8)(61)**. Place a **NUT CAP(40)** onto the **NYLOCK NUT(M8)(61)** on both sides.





## ASSEMBLY INSTRUCTIONS

**IMPORTANT** STUDY THE FOLLOWING ILLUSTRATION AND READ ALL OF STEP 8 “a” through “f” BEFORE ATTACHING PEDALS AND CONNECTING LINKAGES.

### STEP 6

**NOTE:** The **RIGHT PEDAL(32)** has an **R** marked on the bottom side of the pedal. The **LEFT PEDAL(31)** has an **L** marked on the bottom side of the pedal. Both **PEDALS(31, 32)** have **RIGHTHAND THREADS**. Tighten both **PEDALS(31, 32)** by turning clockwise.

- Slide the two **PEDAL WASHERS(33)** onto both **PEDAL SHAFTS** of **PEDALS(31, 32)**.
- Insert **PEDAL SHAFTS** of **PEDALS(31, 32)** through the **LINKAGES(9)**.
- Slide **SPACERS(34)** onto **PEDAL SHAFTS**.

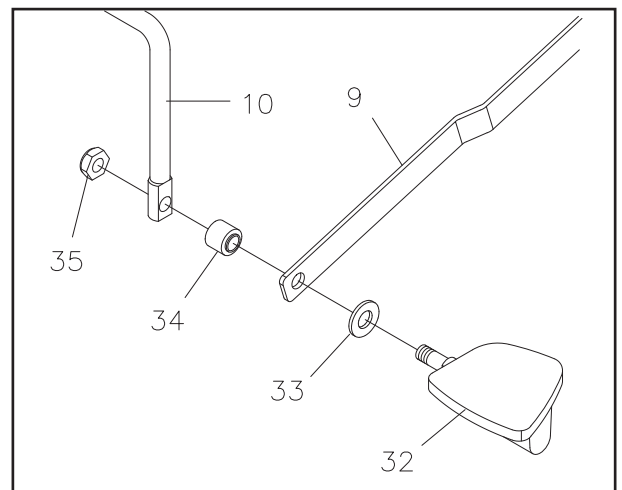
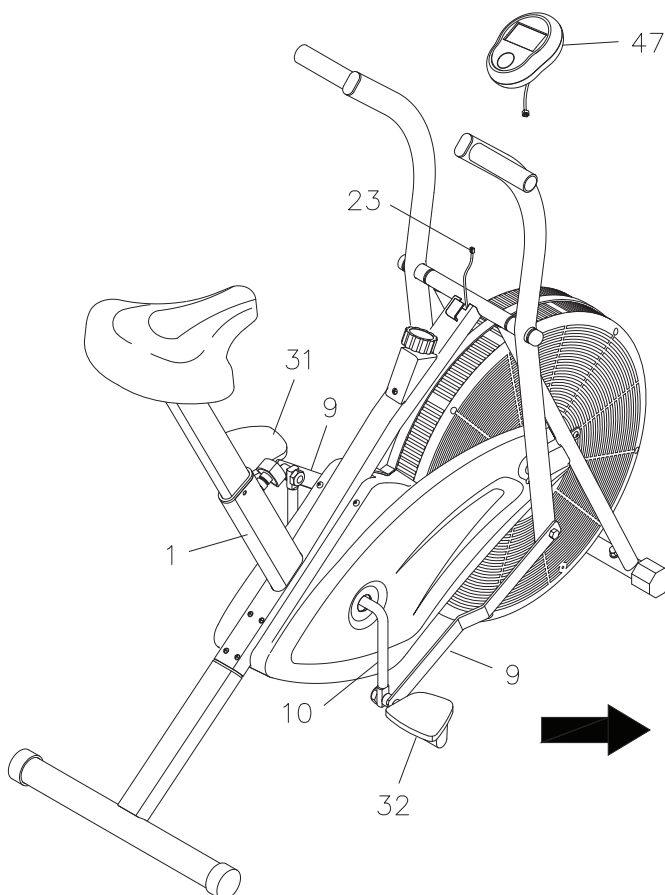
**WARNING:** **SPACERS(34)** must be between **LINKAGES(9)** and **CRANK(10)** so that there will be enough clearance between **LINKAGES(9)** and **CRANK(10)**.

- Thread **PEDAL SHAFTS** of **PEDALS(31, 32)** into **CRANK(10)** and securely tighten.
- Hold **PEDAL SHAFTS** and thread **THIN NUTS(1/2”-20)(35)** onto **PEDAL SHAFTS**.
- Tighten **PEDAL SHAFTS** and **THIN NUTS(1/2”-20)(35)** until **THIN NUTS(1/2”-20)(35)** are tight.

### STEP 7

Install two AA batteries into the **METER(47)**, the batteries are not included. See page 11 for detailed battery installation instructions. Plug the **SENSOR WIRE(23)** into the connecting wire on the **METER(47)**. Slide the **METER(47)** onto the plate on the **MAIN FRAME(1)**.

**NOTE:** Be careful not to damage the wires when attaching the **METER(47)**.

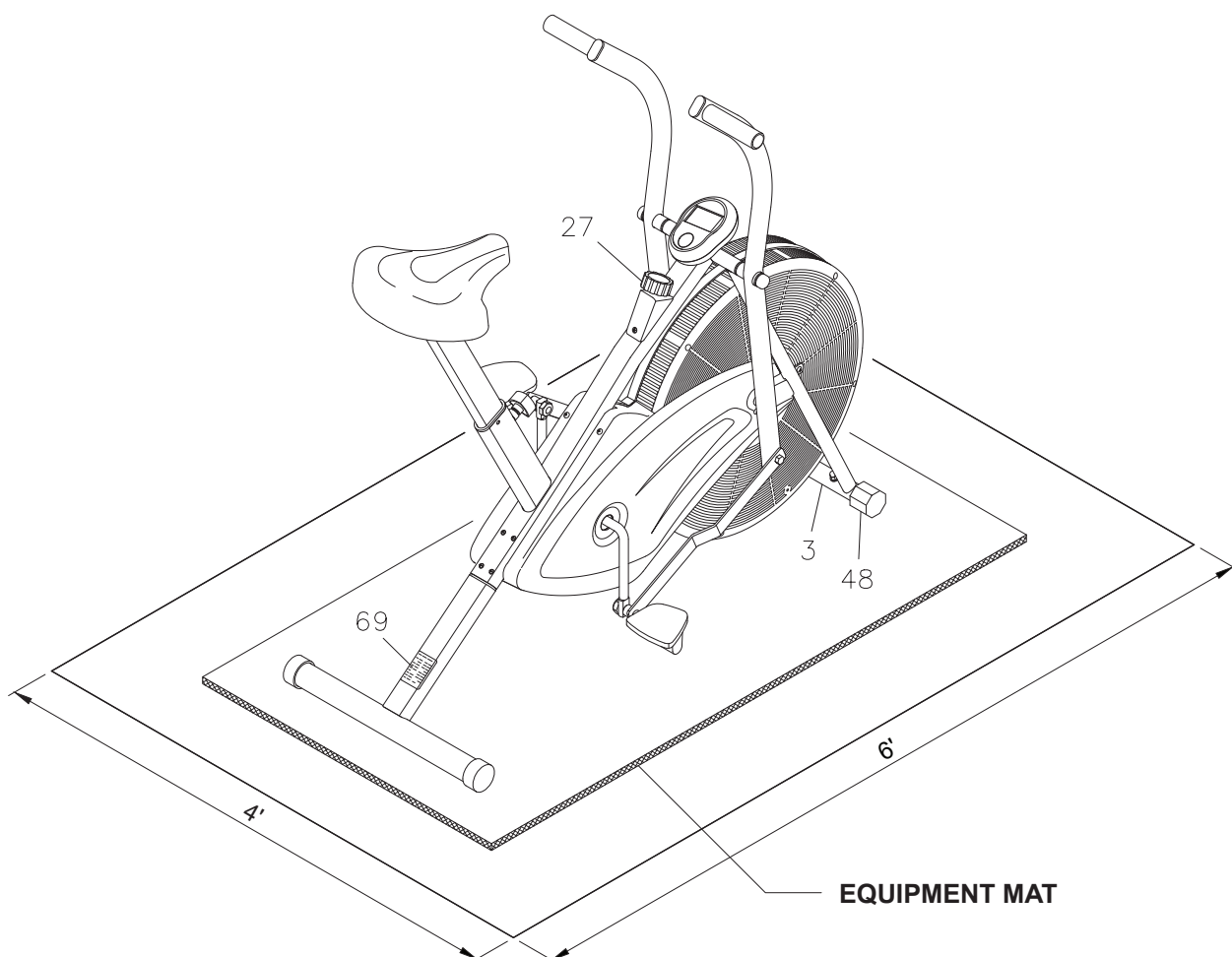


## SET UP INSTRUCTIONS

Place the **STAMINA® Air Resistance Bike 876** in the area where it will be used. It is recommended that the **STAMINA® Air Resistance Bike 876** be placed on an equipment mat. The **STAMINA® Air Resistance Bike 876** is approximately 46 inches long (max.) x 20.3 inches wide x 46.6 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 6 feet long is required for safe operation of the **STAMINA® Air Resistance Bike 876**. Make sure that adequate space is available for access to and passage around the **STAMINA® Air Resistance Bike 876**.

**LEVELING:** Adjust the **LEVELING CAPS(48)** on the **FRONT STABILIZER(3)** so that the **STAMINA® Air Resistance Bike 876** sits on the floor without rocking. Remove and reposition the **LEVELING CAPS(48)** so the flat side of both caps are in contact with the floor.

**MOVING:** To move the **STAMINA® Air Resistance Bike 876**, it is recommended that two people move the bike together.



### FUNCTION INSPECTION:

Visually inspect the **STAMINA® Air Resistance Bike 876** to verify that assembly is as shown in the above illustration. Check the function of the **STAMINA® Air Resistance Bike 876** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(27)** and verify that it functions properly and the resistance changes.

**CAUTION:** Locate and read the **CAUTION LABEL(71)** on the **STAMINA® Air Resistance Bike 876**. Make sure that all users read the **CAUTION LABEL(71)** before using the product.

## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

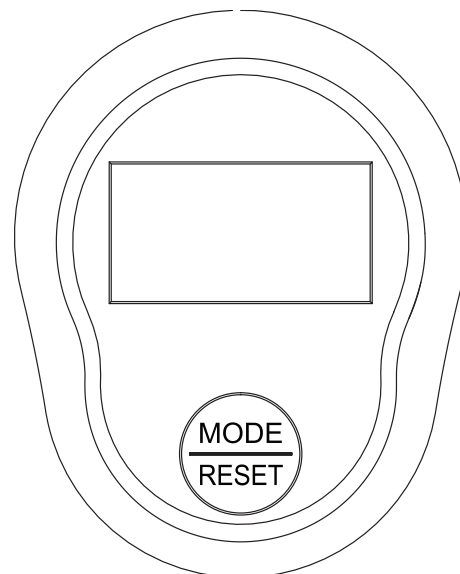
**POWER ON :** Pedal movement or press the button.

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

#### MODE/RESET BUTTON:

Press to select display functions, including **SCAN**, **TIME**, **SPEED**, **DISTANCE**, and **CALORIES**.

Press and hold for three seconds to reset all functions to zero.



#### FUNCTIONS:

**SCAN:** Automatically scans each function of **TIME**, **SPEED**, **DISTANCE**, and **CALORIES** in sequence with change every four seconds. Press and release the button until "**SCAN**" appears on the display.

**TIME:** Displays the time from one second up to 99:59 minutes.

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

**DISTANCE:** Displays the distance from zero to 99.99 miles.

**CALORIES:** Displays the calories burned from zero to 999.9 Kcal.  
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

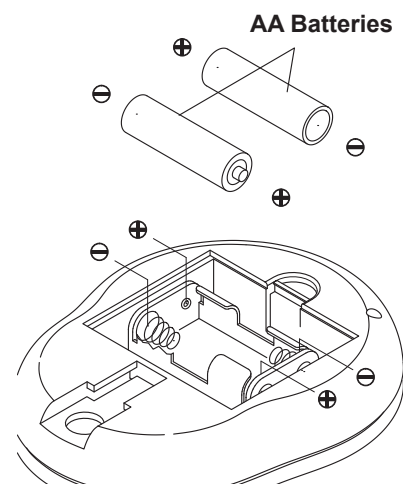
**NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for three seconds to reset all functions to zero.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries (1.5V each), the batteries are not included. Refer to the illustration to install or replace the batteries.

#### NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
5. **Do not dispose of batteries in fire.**



## OPERATIONAL INSTRUCTIONS

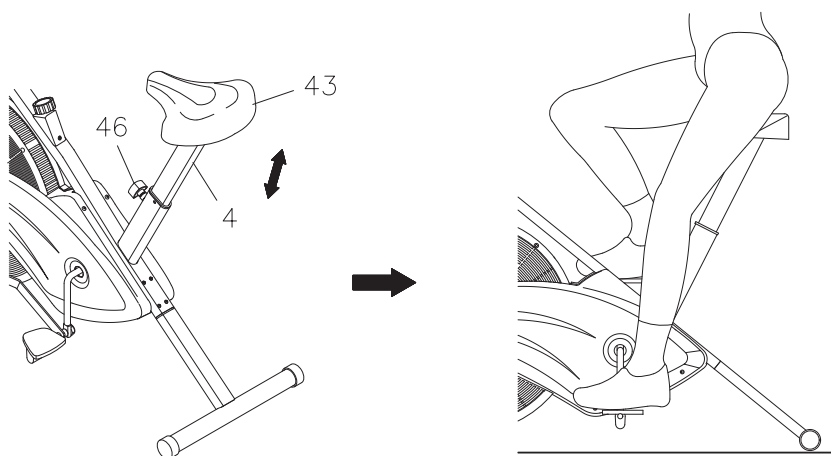
### SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the bike and center the ball of your foot on the pedal in the down position. Your leg should be slightly bent and relaxed as shown.

If your leg is too straight or your foot cannot touch the pedal, you will need to lower the seat. If your leg is bent too much you will need to raise the seat. Remove the **LOCKING KNOB(46)**. Lower or raise the **SEAT(43)** to the desired height and secure with the **LOCKING KNOB(46)**.

**CAUTION:** The **LOCKING KNOB(46)** must be inserted into one of the holes in the **SEAT POST(4)**.

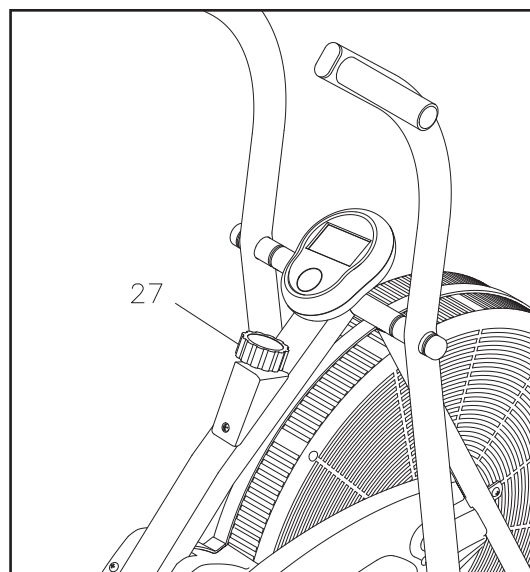
**NOTE:** The **LOCKING KNOB(46)** should be screwed in tight to make the **SEAT POST(4)** fit securely in the **MAIN FRAME(1)**.



### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(27)** clockwise. To decrease the load, turn the **TENSION KNOB(27)** counterclockwise.

**NOTE:** The load will increase as you pedal faster.



## OPERATIONAL INSTRUCTIONS

### Exercise Workout

The secret to aerobic training is achieving a selected heart rate and maintaining it. The **STAMINA® Air Resistance Bike 876**, with its air resistance system allows the user to easily attain the desired pulse rate.

Since no two people or life styles are alike, the **STAMINA® Air Resistance Bike 876** has been designed to allow the user to isolate portions of the body that may need greater emphasis in training.

These exercises provide cardiovascular conditioning, muscle toning and joint flexing with the ability to exercise both the upper and lower body simultaneously or independently. Increase the workout intensity by increasing the speed of the leg and/or arm movements.

**Full Body Workout:** Sitting comfortably erect, use the handlebars to either push or pull while simultaneously pedaling. Alternate the effort to your arms or legs to intensify or reduce the work of the upper or lower body. The handlebars may be gripped from underneath (palm up) to change the muscle groups used in the arms.

**Lower Body Workout:** Simply release the handlebars and place your hands on your hips or thighs as you pedal. This concentrates the exercise on the lower body.

**Upper Body Workout:** Stand with feet on the Rear Stabilizer, lean over the seat and activate the fan using the handlebars. This exercise is most effective when the muscles of the torso are used in a twisting motion.

### Advantages:

#### 1. For the Upper Body:

**Handlebar Push:** Provides cardiovascular conditioning, triceps, upper back, and shoulder muscle training.

**Handlebar Pull:** Provides cardiovascular conditioning, biceps, shoulder, and chest muscle training.

#### 2. For the Lower Body:

**Pedaling:** Provides cardiovascular conditioning, thigh and calf muscle toning, and hip, knee, and ankle flexion.

## STORAGE

1. To store the **STAMINA® Air Resistance Bike 876**, simply keep it in a clean dry place.
2. The **STAMINA® Air Resistance Bike 876** is approximately 46 inches long (max.) x 20.3 inches wide x 46.6 inches tall. These dimensions will vary. Please measure your **STAMINA® Air Resistance Bike 876** if exact dimensions are needed.
3. The **STAMINA® Air Resistance Bike 876** must be lifted for movement. Two people are required.
4. To avoid damage to the electronics, remove the batteries before storing the **STAMINA® Air Resistance Bike 876** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **STAMINA® Air Resistance Bike 876** can only be maintained when the **STAMINA® Air Resistance Bike 876** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(27)** and verify that it functions properly and the resistance changes.
2. Use a wrench to verify that the **PEDALS(31, 32)** are tightened securely. If tightening is required, tighten the pedals first, then tighten the **THIN NUTS(35)** securely.
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(71)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(71)** 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 must be replaced immediately or the **STAMINA® Air Resistance Bike 876** removed from service until repair is made.
7. Only Stamina Products supplied components should be used to maintain/repair the **STAMINA® Air Resistance Bike 876**.
8. Keep your **STAMINA® Air Resistance Bike 876** clean by wiping it off with an absorbent cloth after use.

## TROUBLE SHOOTING GUIDE

**IT IS NOT NECESSARY TO RETURN ENTIRE BIKE FOR A MONITOR REPAIR.  
THE MONITOR IS REMOVABLE FROM BIKE FOR REPAIR OR REPLACEMENT.**

PROBLEM	CAUSE	CORRECTION
1. No display on meter.	1. Batteries weak or dead.	1. Replace batteries. (Use two AA.)
2. No speed or distance displays on meter.	1. Sensor wire not connected to meter.	1. Securely plug sensor into the connecting wire on the meter.
	2. Speed sensor not working properly.	2. Replace speed sensor.
	3. Meter not working properly.	3. Replace meter.
3. Belt slipping when pedaling.	1. Belt is too loose.	1. Adjust belt - See page 15 belt tension adjustment.
4. Bike rocks as you pedal.	1. Bike is not level.	1. Adjust leveling caps on front stabilizer until bike is level.
5. Resistance too high.	1. Fan needs adjustment.	1. Adjust fan per instructions on page 15 and 16.

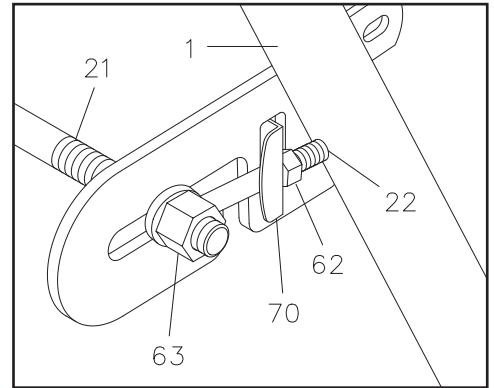


## ADJUSTMENT INSTRUCTIONS

### Belt Tension Adjustment

Belt tension adjustment required if the belt is slipping on the front pulley.

1. Loosen the **NUTS(3/8"-26)(63)** on both sides of the fan.
2. Tighten the **NUT(M6x1)(62)** on the belt side 1/4 turn clockwise at a time until the belt stops slipping on the front pulley.
3. Adjust the **NUT(M6x1)(62)** on the side opposite the belt so that the center of the **NUT(3/8"-26)(63)** is the same distance from the **TENSION BRACKET(70)** on both sides of bike.
4. Tighten the **NUTS(3/8"-26)(63)** on both sides of the fan.



### Fan Adjustment

Fan Adjustment is required if the fan locks up or the resistance of the fan increases after use. To adjust the fan, use the following procedures:

**STEP 1:** Remove both **PEDALS(31, 32)**.

**STEP 2:** Remove the **SCREWS(54, 55, 53)** holding the **LEFT** and **RIGHT COVERS(29, 30)** and **FAN CAGES(28)** to the **BIKE**. Remove the **LEFT** and **RIGHT COVERS(29, 30)**.

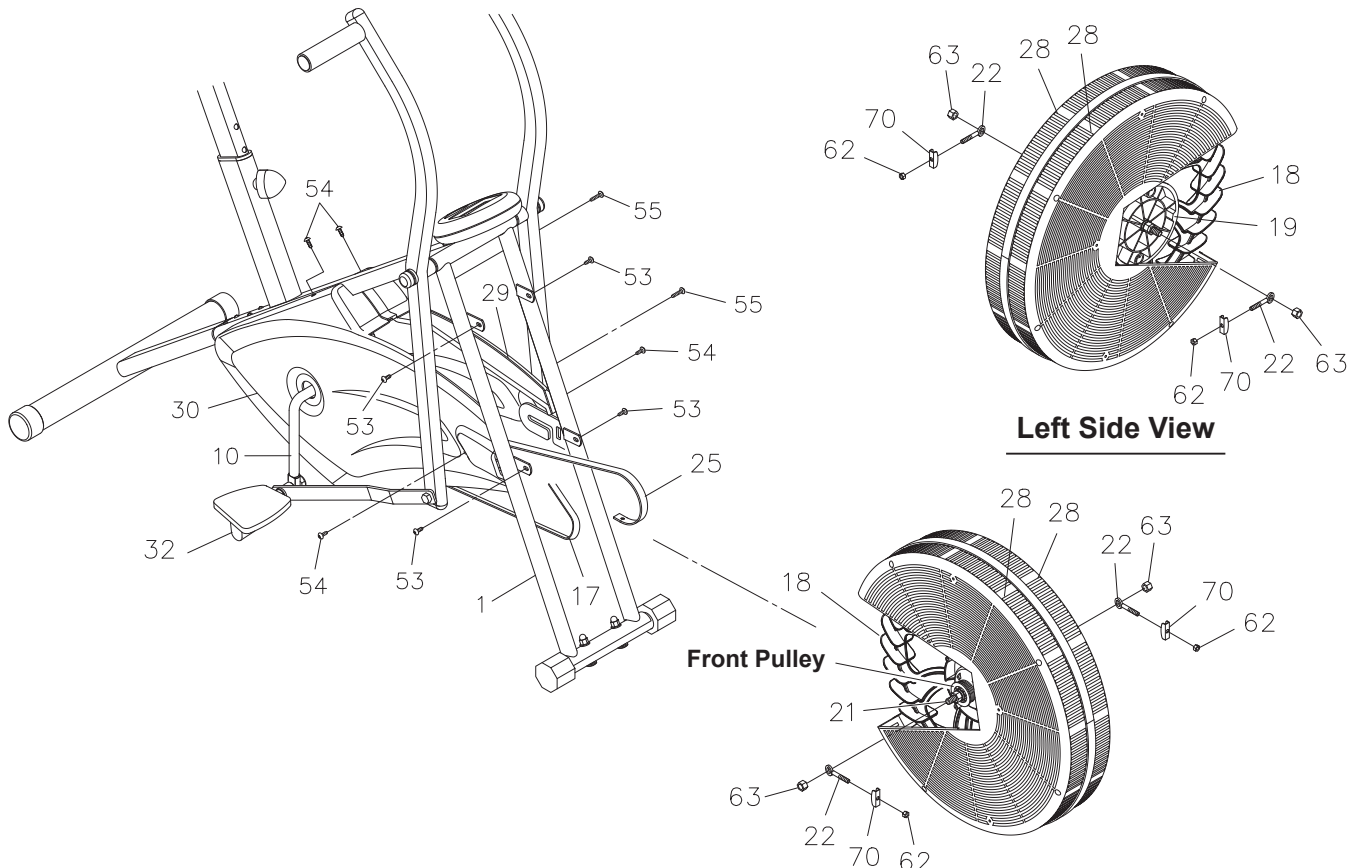
**NOTE:** The **CRANK(10)** should be pointing down.

**STEP 3:** Remove the **NUTS(3/8"-26)(63)**, **EYE BOLTS(22)**, **TENSION BRACKET(70)**, and **NUT(M6x1)(62)** from the **FAN AXLE(21)**.

**STEP 4:** Slide the **FAN(18)** toward the rear and slide the **BELT(17)** off of the big pulley on the **CRANK(10)**. Then slide the **BELT(17)** off of the front pulley on the **FAN(18)**.

**STEP 5:** Unhook the **TENSION STRAP(25)** from the **FRAME(1)**. Remove the **FAN(18)** and **FAN CAGES(28)** from the bike.

**HINT:** It is best to lift the front of the frame and remove the fan and fan cages thru the bottom of the bike.





## ADJUSTMENT INSTRUCTIONS

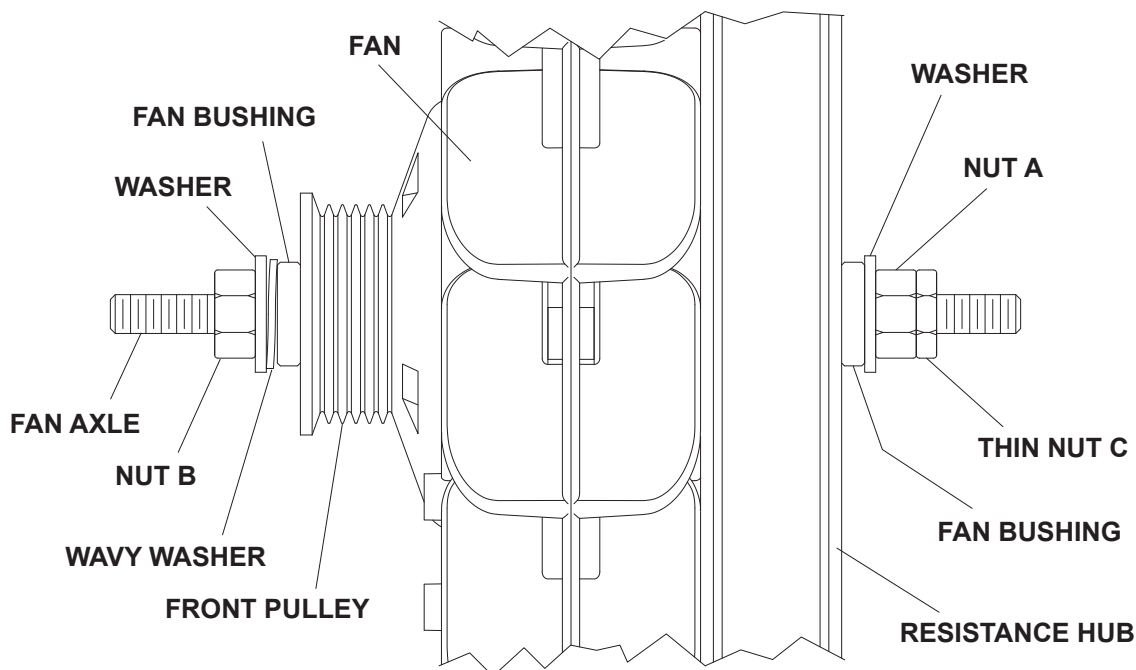
**STEP 6:** Hold the **FAN(18)** so that the **FRONT PULLEY** is on your left side as shown.

**STEP 7:** Loosen **THIN NUT "C"** and **NUT "A"** until at least **1/8"** of **FAN AXLE** is showing between **NUT "A"** and the **FAN BUSHING**.

**STEP 8:** Tighten **NUT "B"** completely until it bottoms out on the last **FAN AXLE** thread.

**STEP 9:** Tighten **NUT "A"** completely against **FAN BUSHING**, then back off 1/4 turn or until the **FAN AXLE** has a very small amount of play side to side. Tighten **THIN NUT "C"** securely.

**NOTE:** The **FAN** should be able to spin freely on the **FAN AXLE** after completion of this step.

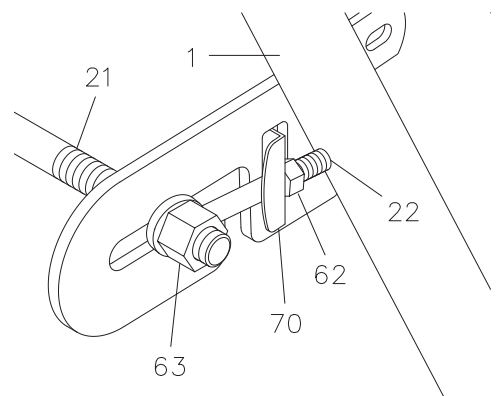


**STEP 10:** Reverse **STEPS 1** through **4** to reinstall the **FAN(18)**, **FAN CAGES(28)**, **BELT(17)**, and **LEFT** and **RIGHT COVERS(29, 30)**.

**NOTE:** DO NOT tighten **NUTS(3/8"-26)(63)** and **NUTS (M6x1)(62)** until **STEP 11**.

**STEP 11:** The **BELT(17)** must be adjusted as follows:

- Make sure the **BELT(17)** is on both the **FRONT** and **BIG PULLEYS**.
- Tighten **NUT(M6x1)(62)** on **EYE BOLTS(22)** until all slack is removed from **BELT(17)**, and make sure the **BELT(17)** is not slipping on the **FRONT PULLEY**. Make sure the center of **NUTS(3/8") (63)** are the same distance from the **TENSION BRACKET(70)** on both sides of **BIKE**.
- Tighten **NUTS(3/8") (63)**.



## 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.

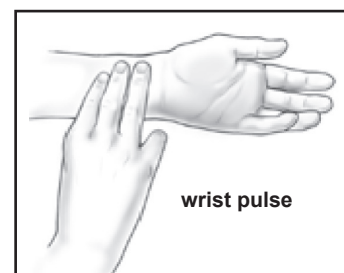
Remember to follow these essentials:

- 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

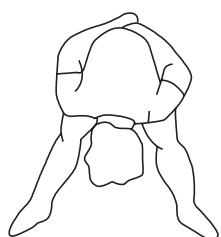
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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.

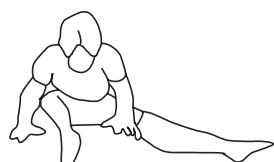


#### Floor Stretch

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 15-0876

### 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.

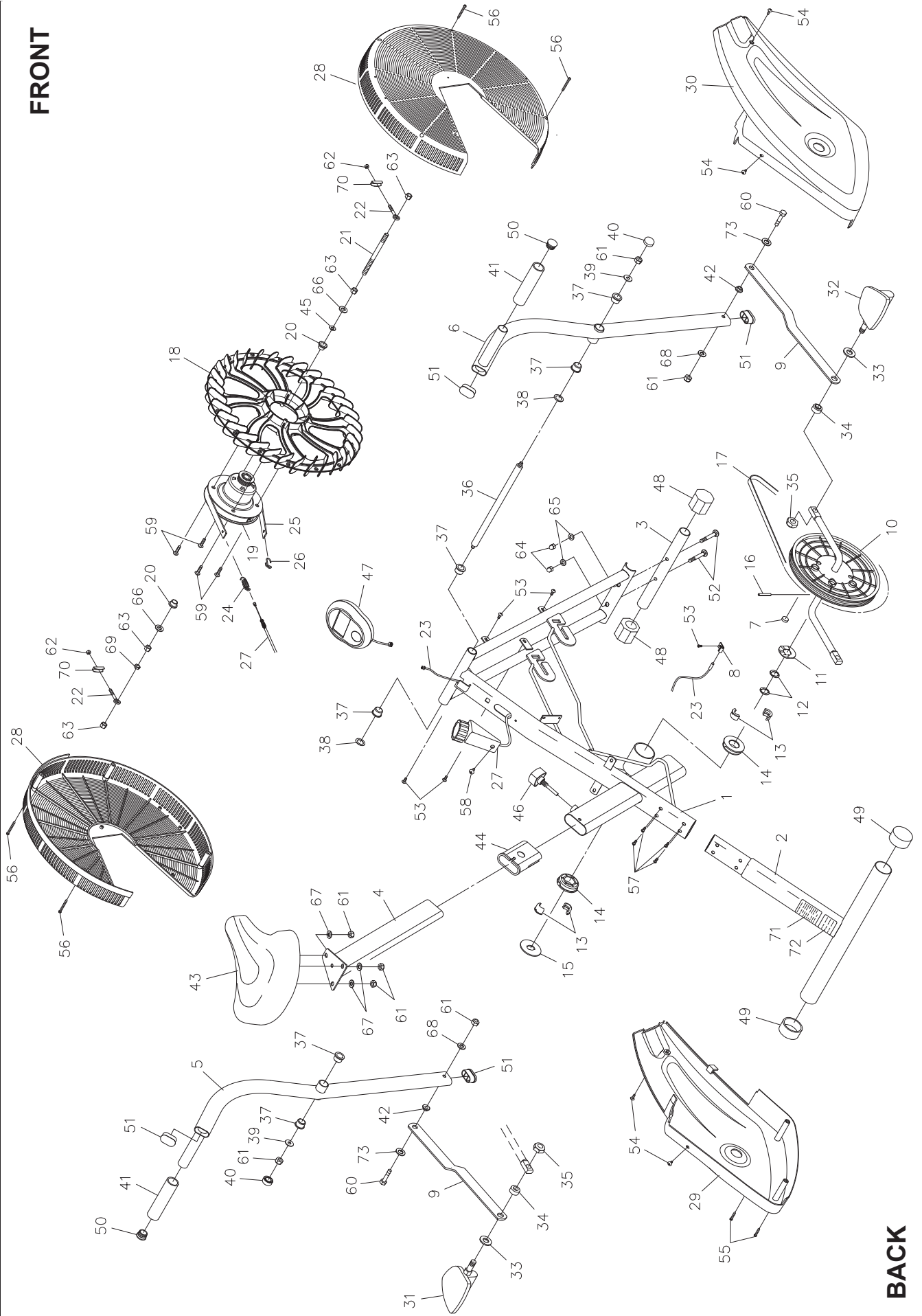
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# PRODUCT PARTS DRAWING

FRONT



BACK

## PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Seat Post	1
5	Left Handlebar	1
6	Right Handlebar	1
7	Magnet	1
8	Sensor Clip	1
9	Linkage	2
10	Crank and Pulley	1
11	Wavy Washer	1
12	Small Keyed Washer	2
13	Split Bearing	4
14	Crank Bearing Retainer	2
15	Large Keyed Washer	1
16	Roll Pin	1
17	V-Ribbed Belt (430J5)	1
18	Fan (32 blades)	1
19	Resistance Hub	1
20	Fan Bushing	2
21	Fan Axle	1
22	Eye Bolt (M6 x 1 x 55mm)	2
23	Sensor Wire	1
24	Tension Spring	1
25	Tension Strap	1
26	Hook	1
27	Tension Knob	1
28	Fan Cage	2
29	Left Cover	1
30	Right Cover	1
31	Left Pedal w/ Long Shaft	1
32	Right Pedal w/ Long Shaft	1
33	Pedal Washer (1/2")	2
34	Spacer	2
35	Thin Nut (1/2"-20)	2
36	Axle	1
37	Bushing	6
38	Bushing Washer (ø16.3 x ø25mm x 0.5mm)	2
39	Large Washer (M8)	2
40	Nut Cap	2
41	Foam Grip	2
42	Linkage Bushing	2
43	Seat	1
44	Sleeve	1
45	Wavy Washer (M10)	1
46	Locking Knob	1
47	Meter	1

## PARTS LIST

PART#	PART NAME	QTY
48	Leveling Cap (28.6mm)	2
49	Endcap (45mm)	2
50	Round Plug (25mm)	2
51	Oval Plug (20mm x 40mm)	4
52	Carriage Bolt (M8 x 1.25 x 38mm)	2
53	Screw, Round Head (M5 x 12mm)	5
54	Screw, Round Head (M5 x 15mm)	4
55	Screw, Round Head (M5 x 25mm)	2
56	Screw, Round Head (M5 x 75mm)	4
57	Bolt, Round Head (M6 x 1 x 15mm)	4
58	Screw, Flat Head (M5 x 0.8 x 15mm)	1
59	Screw, Round Head (M5 x 25mm)	4
60	Bolt, Hex Head (M8 x 1.25 x 40mm)	2
61	Nylock Nut (M8 x 1.25)	7
62	Nut (M6 x 1)	2
63	Nut (3/8" - 26 x 0.3" thick)	4
64	Acorn Nut (M8 x 1.25)	2
65	Arc Washer (M8)	2
66	Washer (3/8")	2
67	Washer (M8 x ø16mm x 1.5mm)	3
68	Washer (M8 x ø22mm x 1.5mm)	2
69	Thin Nut (3/8" - 26 x 0.16" thick)	1
70	Tension Bracket	2
71	Caution Label	1
72	Serial Decal	1
73	Large Washer (ø13 x ø24 x 2mm thick)	2
74	Wrench	1
75	Multi-opening Wrench	1
76	Allen Wrench	1
77	Manual	1



## 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](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.

### 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: ..... 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](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



### 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