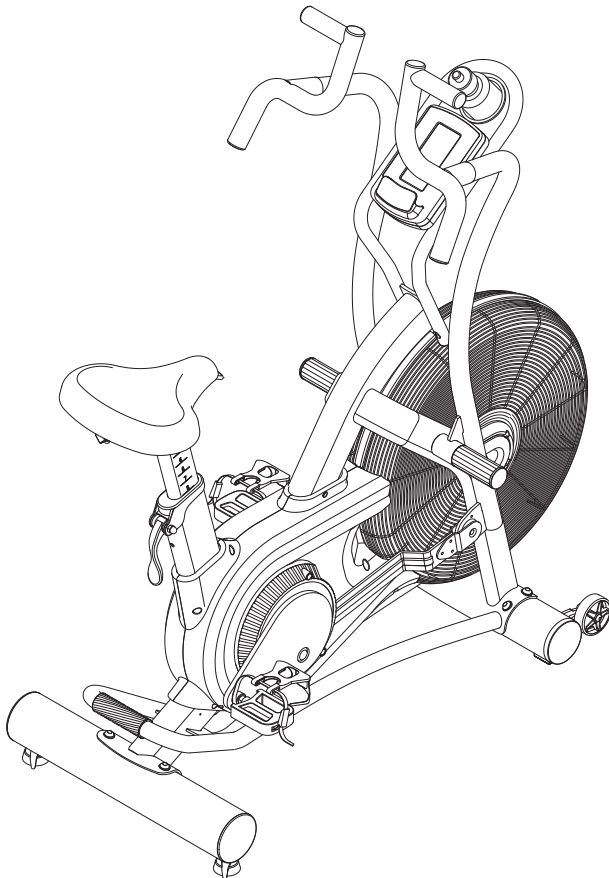


# STAMINA | X

## AIR BIKE

### Owner's Manual



Product May Vary Slightly From Pictured.

**CAUTION:**  
Weight on this product should not exceed 350 lbs.

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)

#### **⚠ 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#: 15-1175**

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

**STAMINA PRODUCTS  
MADE IN CHINA**

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2019, 05

## TABLE OF CONTENTS

Safety Instructions .....	2	Maintenance .....	19
Before You Begin .....	4	Conditioning Guidelines .....	20
Equipment Warning, Caution & Notice Labels ...	5	Warm-Up and Cool-Down .....	21
Hardware Identification Chart .....	6	Product Parts Drawing .....	22
Assembly Instructions .....	7	Parts List .....	23
Operational Instructions .....	11	Warranty .....	26
Computer Instructions .....	13	Fax/Mail Ordering Form .....	27
Storage .....	19		

## 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 | X Air Bike**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **STAMINA | X Air Bike** for the first time.
2. Read all warnings and cautions posted on the **STAMINA | X Air Bike**.
3. The **STAMINA | X Air Bike** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **STAMINA | X Air Bike**. Do not allow children to use or play on the **STAMINA | X Air Bike**. Keep children and pets away from the **STAMINA | X Air Bike** at all times.
6. The **STAMINA | X Air Bike** 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 product on an equipment mat.
8. Set up and operate the **STAMINA | X Air Bike** on a solid level surface. Do not position the **STAMINA | X Air Bike** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **STAMINA | X Air Bike**.
10. Adjust the STANDS(46) on the rear stabilizer so that the bike sits on the floor without rocking.
11. Before using, inspect the **STAMINA | X Air Bike** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
12. Before using, always make sure the SEAT(73) is securing tightened with the CAM HANDLE(76).
13. Each user should adjust the seat per instructions on page 12.
14. Do not attempt to adjust the seat while you are on the **STAMINA | X Air Bike**.
15. Consult your physician before using this product. If you feel faint, dizzy, or experience pain during use, stop immediately and consult with your physician.
16. Choose the intensity that fits your strength and flexibility level. Know your body's limits and use this product within them. Use common sense when using this product.
17. Do not wear loose or dangling clothing while using the **STAMINA | X Air Bike**.
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 | X Air Bike**, loss of balance may result in a fall and serious bodily injury.
20. The **STAMINA | X Air Bike** should not be used by persons weighing over 350 pounds.
21. The **STAMINA | X Air Bike** should be used by only one person at a time.
22. The **STAMINA | X Air Bike** is for consumer use only. It is not for use in public or semipublic facilities.

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



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

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

With your body in mind,  
***Stamina Customer Care***

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

**register.staminaproducts.com**

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



**ONLINE**

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



**TELEPHONE**

1 (800) 375-7520



**FAX**

(417) 889-8064



**MAIL**

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

 facebook.com/StaminaProducts  
facebook.com/AeroPilates

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

## BEFORE YOU BEGIN

Thank you for choosing the **STAMINA|X Air Bike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **STAMINA|X Air Bike** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

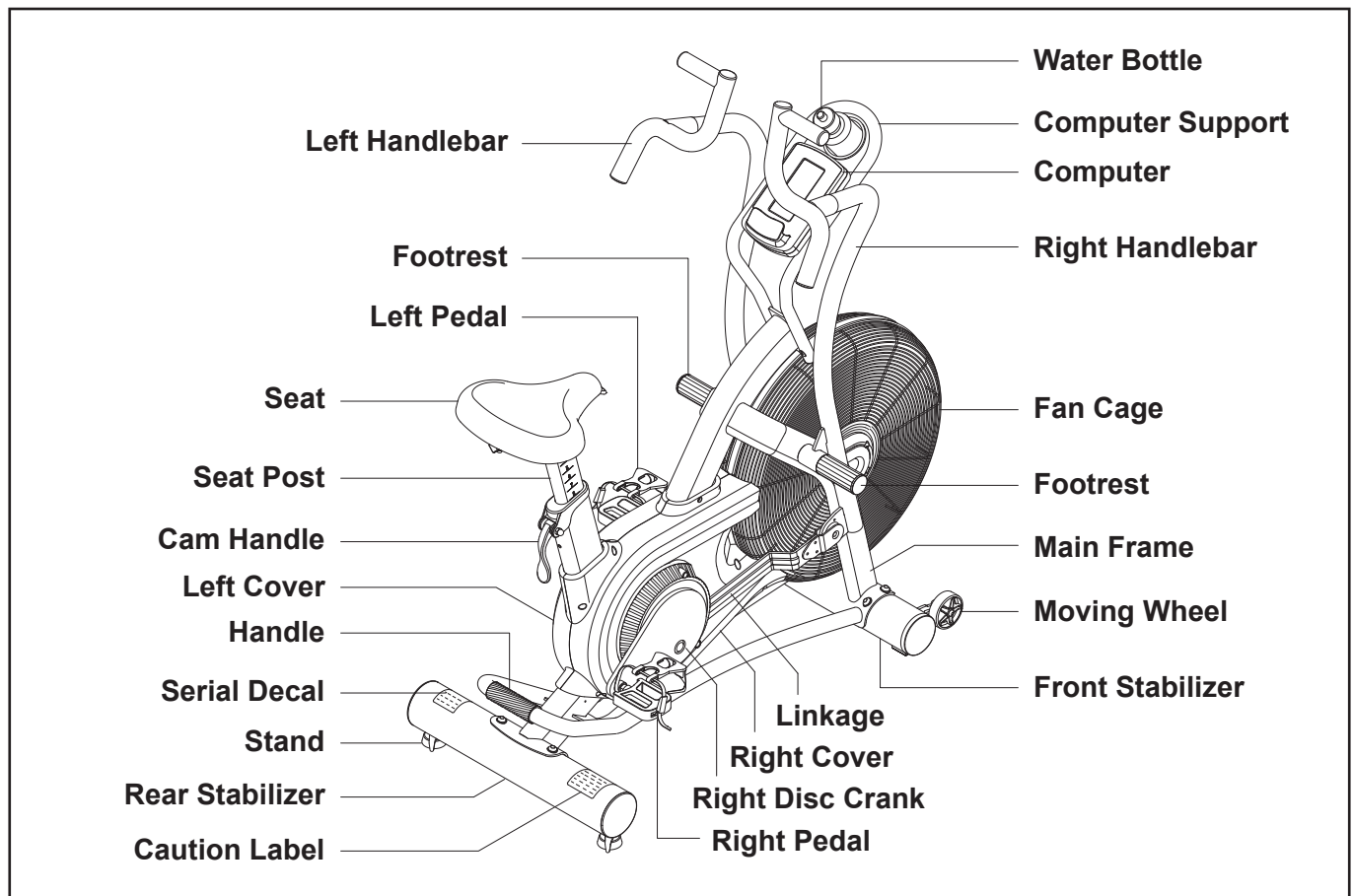
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See page 5 for an image of the serial decal. Model number and serial number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

Read this manual carefully before using the **STAMINA|X Air Bike**.

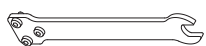
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **STAMINA|X Air Bike**, please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

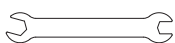
Be sure to have the name and model number of the product available when you contact us.



### THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



**Customized Wrench**



**Wrench (14/17 mm)**



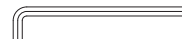
**Screwdriver**



**Allen Wrench (4mm)**



**Allen Wrench (5mm)**



**Allen Wrench (6mm)**

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **1405 Air Rower**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

### CAUTION LABEL(115)



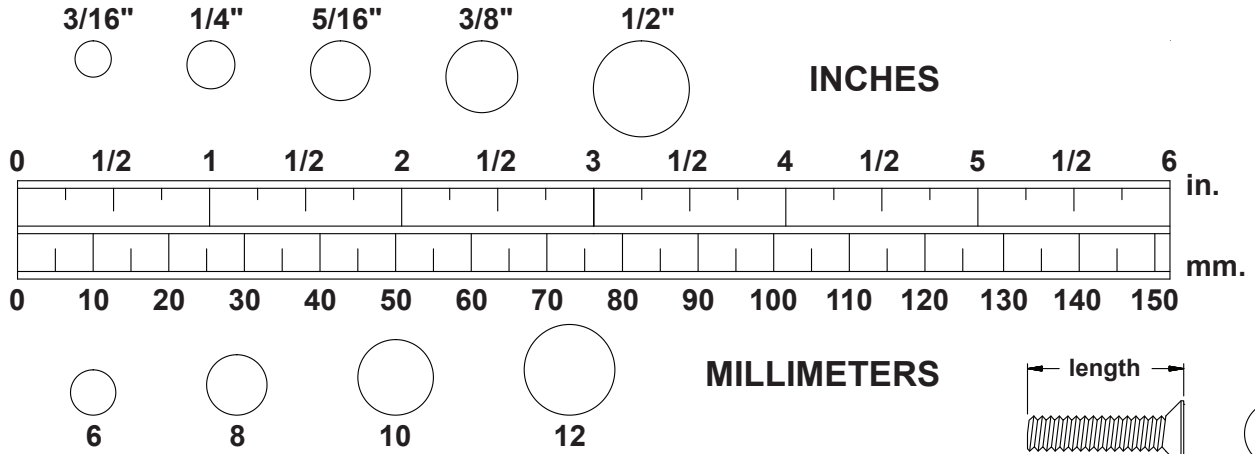
### SERIAL DECAL(116)



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.

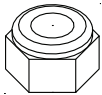
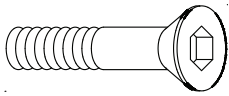
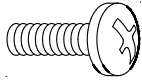
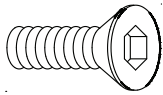
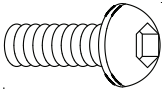
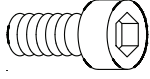

# HARDWARE IDENTIFICATION CHART

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
	93 Nylock Nut (M8 x 1.25)	2
	105 Bolt, Flat Socket Head (M8 x 1.25 x 30mm)	4
	106 Screw, Round Head (M5 x 0.8 x 12mm)	4
	107 Bolt, Flat Socket Head (M6 x 1 x 15mm)	6
	108 Bolt, Button Head (M10 x 1.5 x 20mm)	8
	109 Bolt, Socket Head (M6 x 1 x 10mm)	2
	112 Arc Washer (M10)	8



## 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.**

**NOTE:** There are some packing parts attached on the **STAMINA | X Air Bike**. Please follow the steps below to remove them before any assembly. These parts are only for packing, do not dispose of the packing materials until assembly is completed.

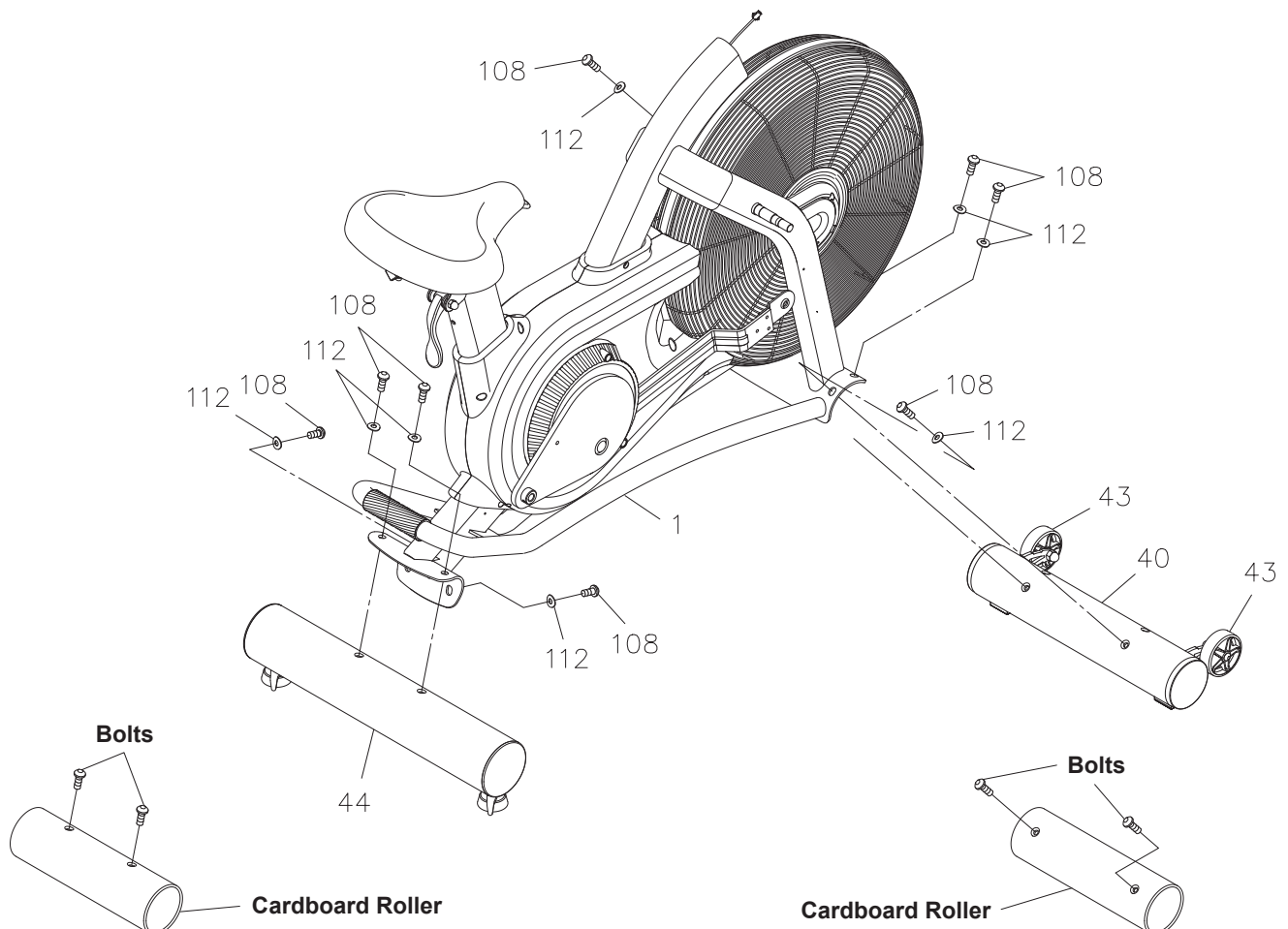
### STEP 1

Remove the **CARDBOARD ROLLER** from the front of the **MAIN FRAME(1)** by removing the **BOLTS**. Make the **MOVING WHEELS(43)** on the **FRONT STABILIZER(40)** face the front, then attach the **FRONT STABILIZER(40)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M10x1.5x20mm)(108)** and **ARC WASHERS(M10)(112)**.

### STEP 2

Remove the **CARDBOARD ROLLER** from the back of the **MAIN FRAME(1)** by removing the **BOLTS**. Attach the **REAR STABILIZER(44)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M10x1.5x20mm)(108)** and **ARC WASHERS(M10)(112)**.

**NOTE:** See page 11 for detailed leveling instructions to prevent rocking.



## ASSEMBLY INSTRUCTIONS

### STEP 3

Slide the **RIGHT HANDLEBAR(58)** onto the shaft on the **MAIN FRAME(1)**, then secure by screwing the **FOOTREST(83)** onto the shaft. Refer to the inset drawing. Use the customized wrench to securely tighten the **FOOTREST(83)**. Press one **DECORATIVE PLUG(84)** into the end of the **FOOTREST(83)**.

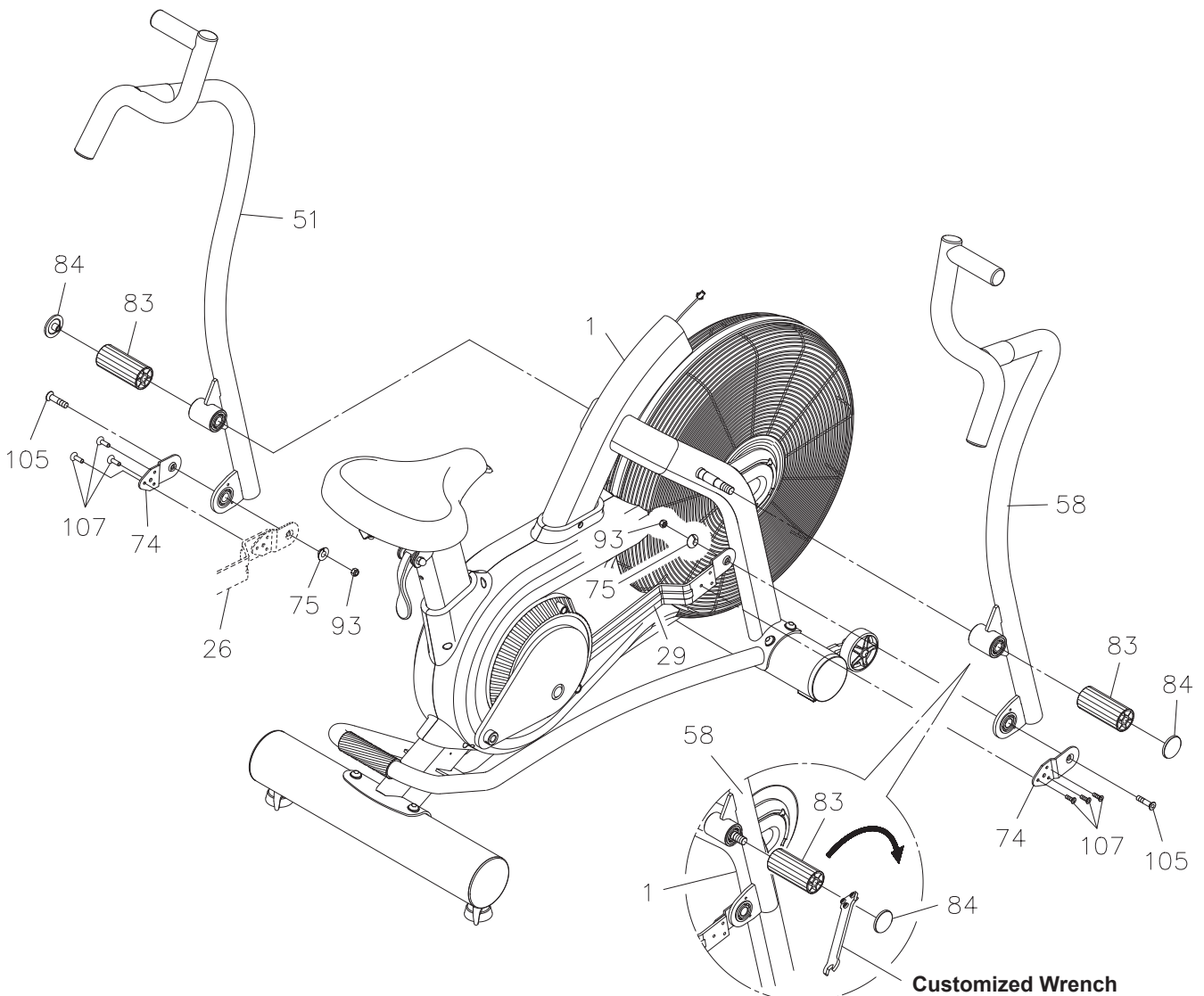
### STEP 4

Attach the **RIGHT LINKAGE(29)** to the lower end of the **RIGHT HANDLEBAR(58)** with the **FIXING PLATE(74)**, **DISC SPACER(75)**, **FLAT SOCKET HEAD BOLT(M8x1.25x30mm)(105)**, and **NYLOCK NUT(M8x1.25)(93)**. Do Not Securely Tighten The Bolt Until Step 5.

### STEP 5

Attach the **FIXING PLATE(74)** to the **RIGHT LINKAGE(29)** with **FLAT SOCKET HEAD BOLTS (M6x1x15mm)(107)**. Securely Tighten All Of The Bolts.

Do the same way from **Step 3** to **Step 5** to attach the **LEFT HANDLEBAR(51)**, and connect the **LEFT LINKAGE(26)**.





## ASSEMBLY INSTRUCTIONS

### STEP 6

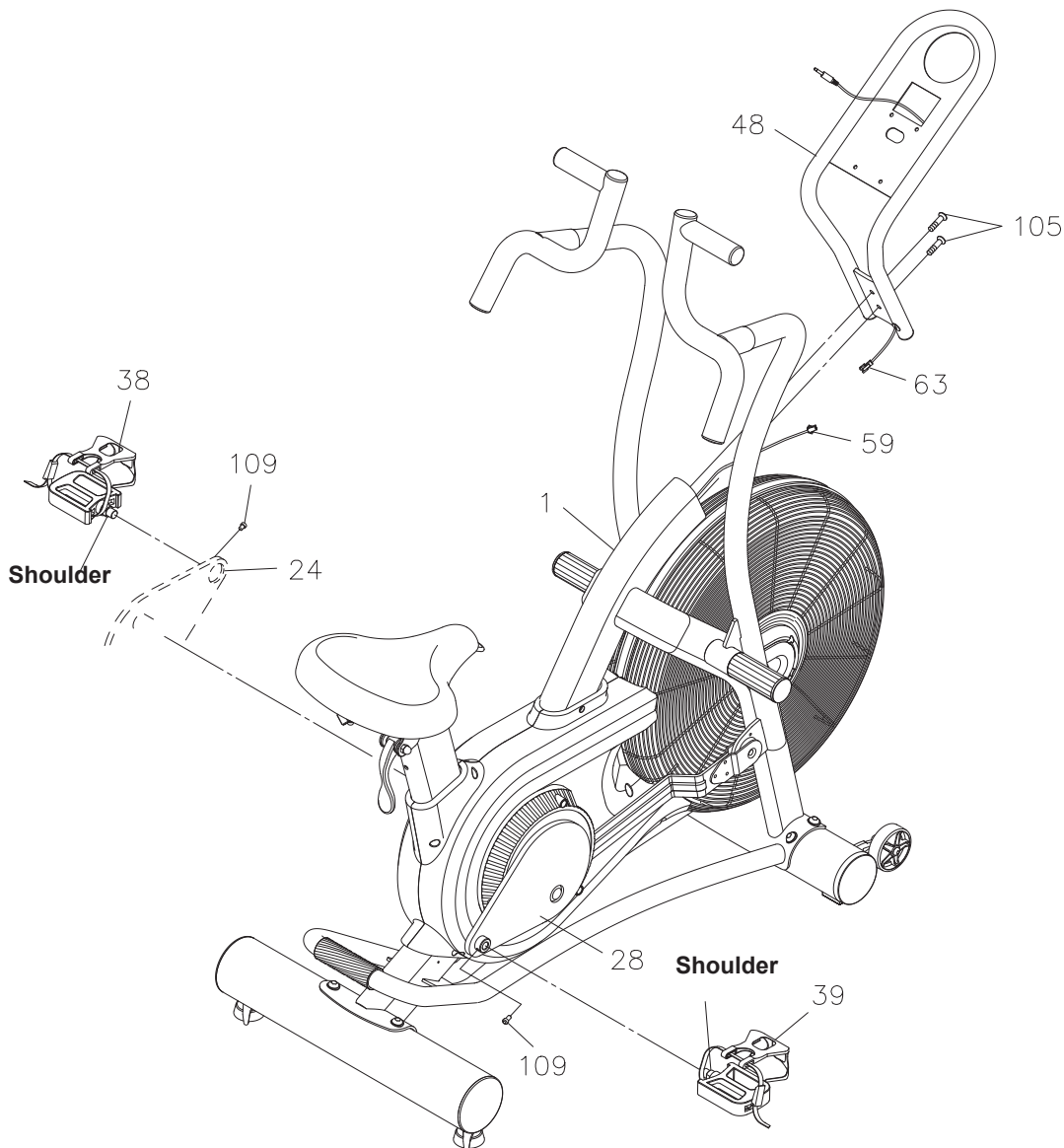
**NOTE:** The **RIGHT PEDAL(39)** has an **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL (39)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(38)** has an **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(38)** has left hand threads and is tightened by turning counterclockwise.

Loosen the **SOCKET HEAD BOLT(M6x1x10mm)(109)** fitted on the **RIGHT DISC CRANK(28)**. Thread the **RIGHT PEDAL(39)** to the **RIGHT DISC CRANK(28)** as shown. Tighten the pedal securely. The shoulder of the **PEDALS(38, 39)** should be in contact with the **DISC CRANKS(24, 28)** when securely tightened. For more security, tighten the **SOCKET HEAD BOLT(M6x1x10mm)(109)** into the **RIGHT DISC CRANK(28)**. Do the same to attach the **LEFT PEDAL(38)** to the **LEFT DISC CRANK(24)**.

### STEP 7

Connect the **SENSOR WIRE(59)** to the **CONNECTION WIRE(63)**, then attach the **COMPUTER SUPPORT(48)** to the front of the **MAIN FRAME(1)** with **FLAT SOCKET HEAD BOLTS(M8x1.25x30mm)(105)**.

**NOTE:** Be careful not to damage the wires when attaching the **COMPUTER SUPPORT(48)**.



## ASSEMBLY INSTRUCTIONS

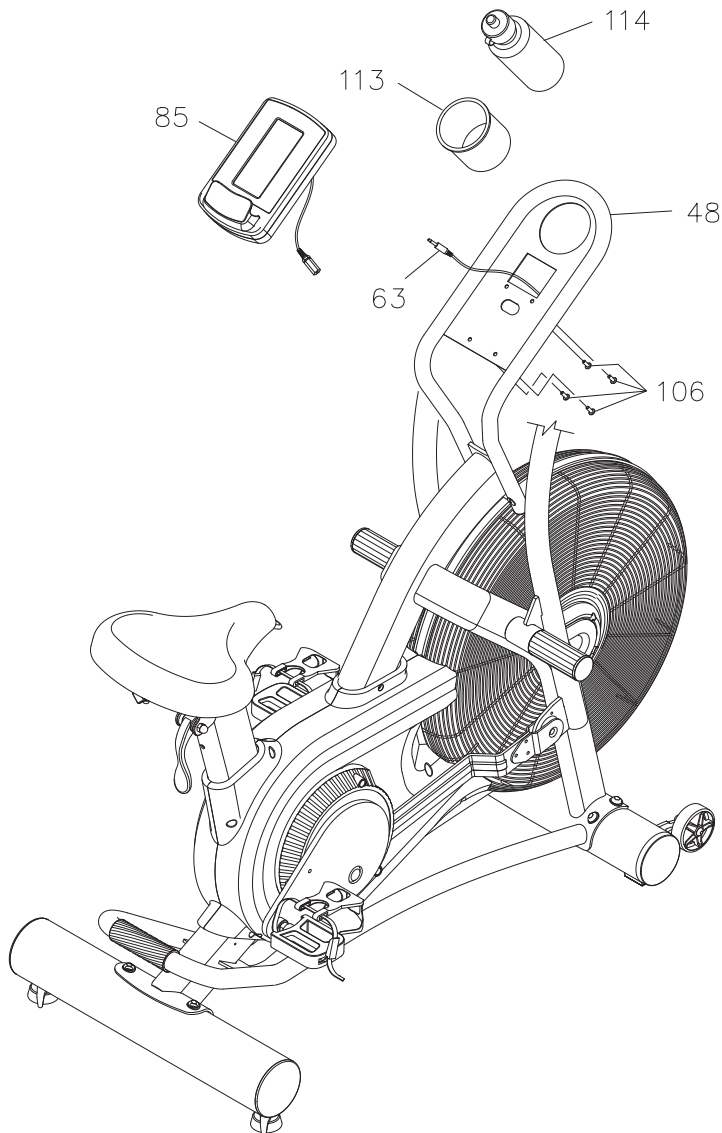
### STEP 8

Install two AA batteries into the **COMPUTER(85)**, the batteries are not included. See page 19 for detailed battery installation instructions. Plug the **CONNECTION WIRE(63)** to the **COMPUTER(85)**. Place the **COMPUTER(85)** onto the **COMPUTER SUPPORT(48)** and secure with **ROUND HEAD SCREWS (M5x0.8x12mm)(106)**.

**NOTE:** Be careful not to damage the wires when attaching the **COMPUTER(85)**.

### STEP 9

Press the **WATER BOTTLE HOLDER(113)** into the hole in the **COMPUTER SUPPORT(48)**. Place the **WATER BOTTLE(114)** in the **WATER BOTTLE HOLDER(113)**.

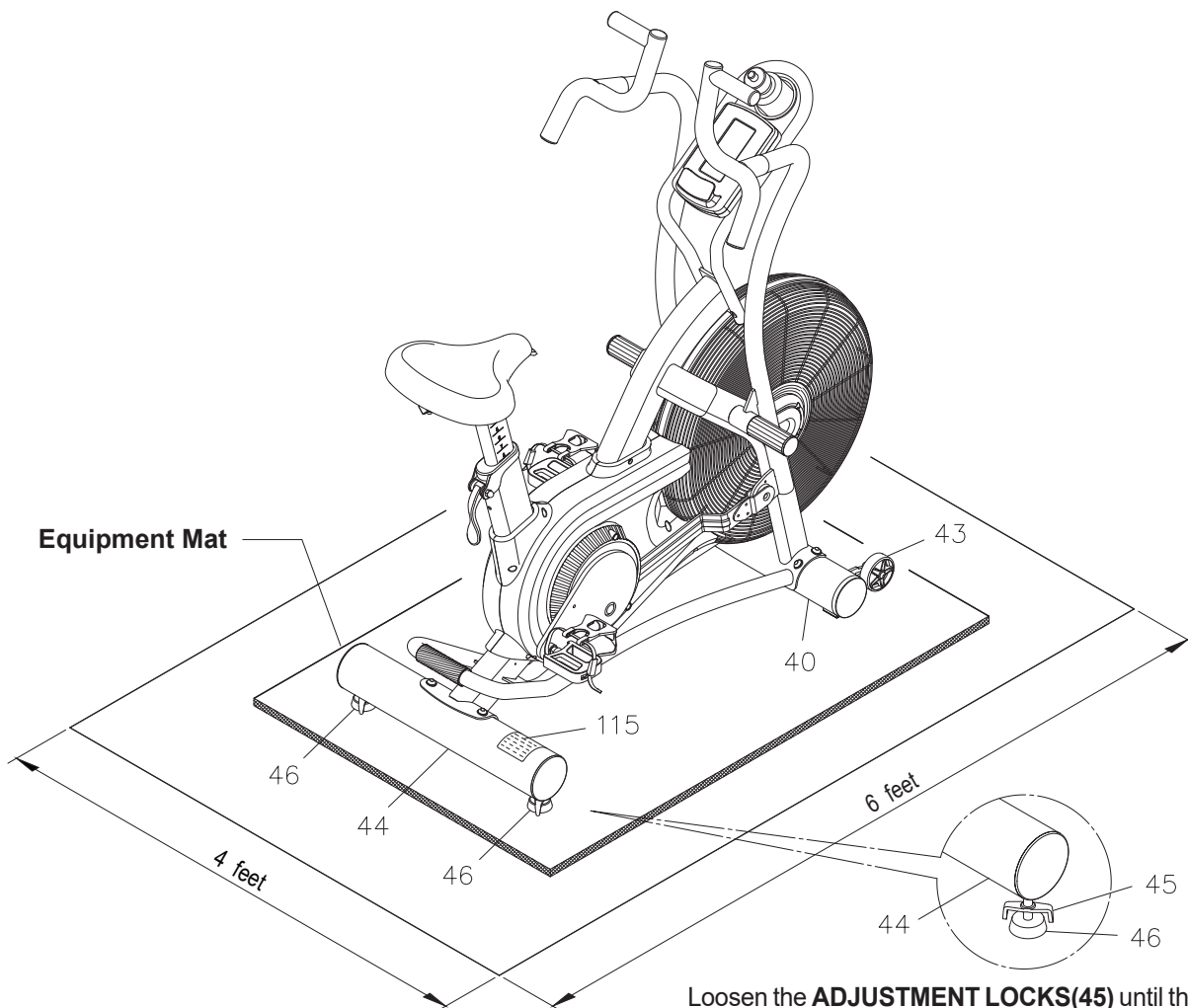


## SET UP INSTRUCTIONS

Place the **STAMINA | X Air Bike** in the area where it will be used. It is recommended that the **STAMINA | X Air Bike** be placed on an equipment mat. The **STAMINA | X Air Bike** is approximately 50.1 inches long (max.) x 24.8 inches wide x 50.7 inches tall. An area 4 feet wide x 6 feet long is required for safe operation of the **STAMINA | X Air Bike**. Make sure that adequate space is available for access to and passage around the **STAMINA | X Air Bike**.

**LEVELING:** Adjust the **STANDS(46)** under the **REAR STABILIZER(44)** so that the **STAMINA | X Air Bike** sits on the floor without rocking. Refer to the instructions below the illustration.

**MOVING:** The **STAMINA | X Air Bike** has a pair of **MOVING WHEELS(43)** on the **FRONT STABILIZER(40)**. Lift up from the handle at the back of the **STAMINA | X Air Bike** to move.



Loosen the **ADJUSTMENT LOCKS(45)** until they touch the **STANDS(46)**. Adjust the **STANDS(46)** for leveling. Tighten the **ADJUSTMENT LOCKS(45)** securely against the **REAR STABILIZER(44)** to lock the **STANDS(46)** in position.

### FUNCTION INSPECTION:

Visually inspect the **STAMINA | X Air Bike** to verify that assembly is as shown in the above illustration. Check the function of the **STAMINA | X Air Bike** by turning the crank slowly through one complete revolution to verify that the drive train functions properly.

**CAUTION:** Locate and read the **CAUTION LABELS(115)** on the **STAMINA | X Air Bike**. Make sure that all users read the **CAUTION LABELS(115)** before using.

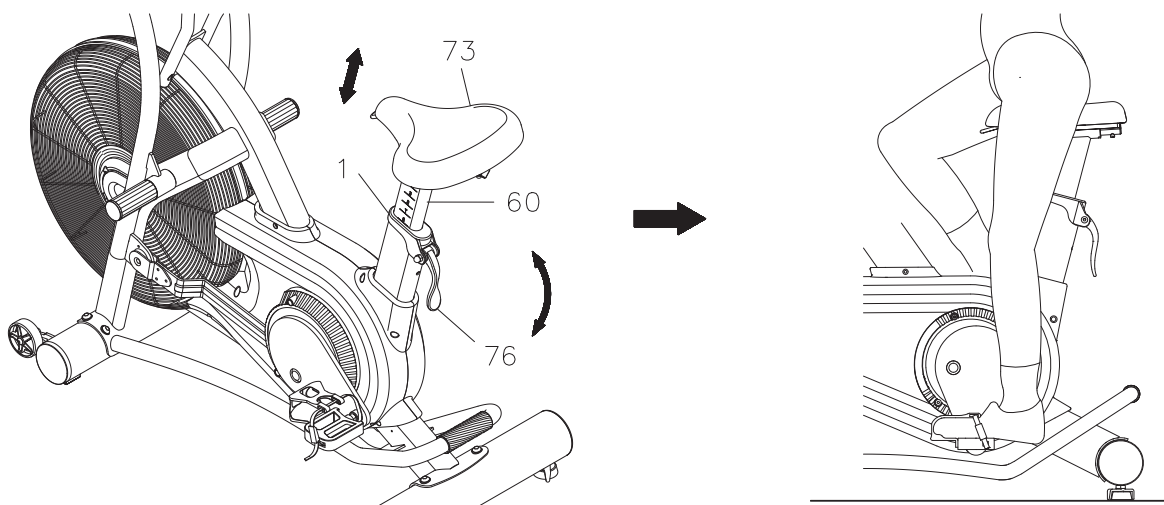
## OPERATIONAL INSTRUCTIONS

### 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. Pull up the **CAM HANDLE(76)** to release the **SEAT POST(60)**. Lower or raise the **SEAT(73)** to the desired height and secure by push down the **CAM HANDLE(76)**.

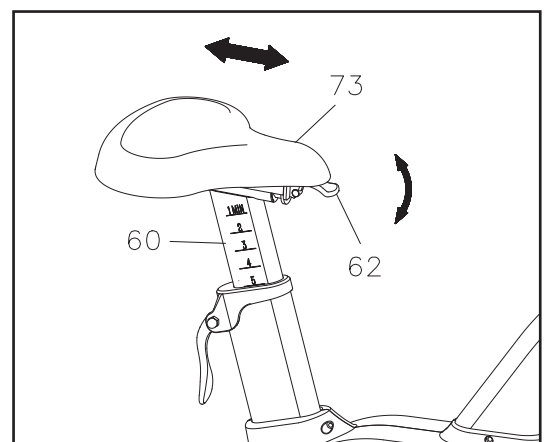
**NOTE:** Before using, always make sure the **SEAT(73)** is securing tightened with the **CAM HANDLE(76)**.



### FORWARD/AFT POSITION OF SEAT

Adjusting the **SEAT(73)** forward or backward helps you work on different lower body muscle groups.

Lift up the **ADJUSTMENT LEVER(62)**, then slide the **SEAT(73)** to the desired position, release the **ADJUSTMENT LEVER(62)** to secure the **SEAT(73)** in position.

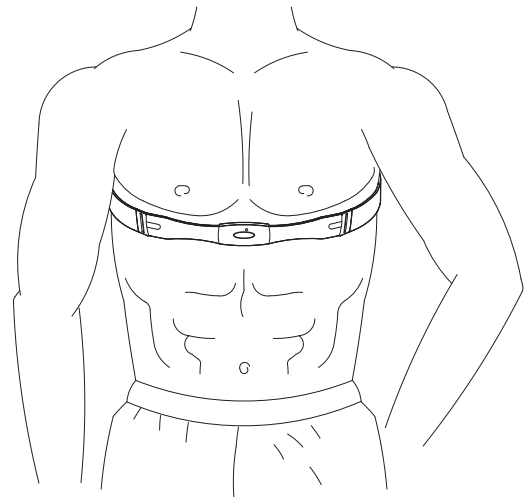


## OPERATIONAL INSTRUCTIONS

We recommend that you use your own Heart Rate Transmitter to workout with the **STAMINA|X Air Bike**. The Heart Rate Transmitter is not included in this air bike. The frequency of the receiver built into the **STAMINA|X Air Bike** is 5 kHz. All compatible Heart Rate Transmitters from other companies are allowed for using.

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

The **HEART RATE TRANSMITTER** worn around your chest sends your heart rate information to a receiver inside the **COMPUTER(85)** so your heart rate is tracked while you exercise. This is the most reliable way to measure your heart rate to make sure you are exercising within your target heart rate zone so you get the most out of your workout time.



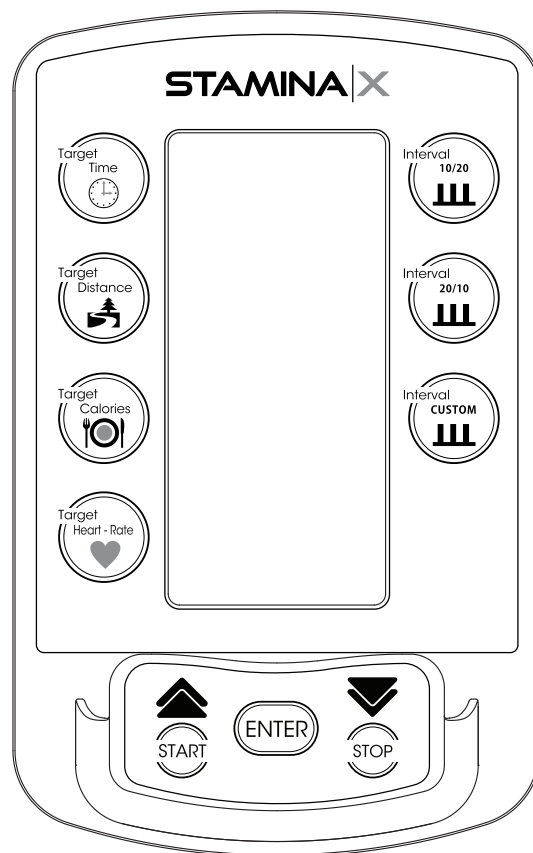
Follow use and care instructions from the **HEART RATE TRANSMITTER** manufacturer to pair with the **STAMINA|X Air Bike**.

## COMPUTER INSTRUCTIONS

Your **STAMINA | X Air Bike** utilizes an air fan system to create resistance for your workout. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.

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

**POWER OFF :** In Standby mode, automatically shuts off after 60 seconds of inactivity.  
During workout, except running an Interval Program, automatically shuts off after 90 seconds of inactivity.  
When running an Interval Program, except when you press **STOP** button, the program will keep going until finished, then it automatically shuts off after 90 seconds of inactivity.



### FUNCTION BUTTONS:

**ENTER:** Press to confirm the preset values, or enter the selected program.

**START:** Press to start the selected program, or resume the program in Stop mode.

**STOP:** Press to stop/pause the program.

Press and hold the button down for two seconds to reboot the computer, and go to the enter Age mode.

**▲ (UP):** Press to increase the preset values.

**▼ (DOWN):** Press to decrease the preset values.

**Target Time:** Press to select the Time program.

**Target Distance:** Press to select the Distance program.

**Target Calories:** Press to select the Calories program.

**Target Heart-Rate:** Press to select the Heart-Rate program.

**NOTE:** To use this function, You must wear the **HEART RATE TRANSMITTER** around your chest to measure your heart rate.

**Interval 10/20:** Press to enter and start the Interval 10/20 program.

**Interval 20/10:** Press to enter and start the Interval 20/10 program.

**Interval Custom:** Press to enter and start the Interval Custom program.



## OPERATIONAL INSTRUCTIONS

### LCD DISPLAY INSTRUCTIONS

**TIME:** Displays the time during exercise, from 1 second up to 1:59:59 hours.  
Displays flashing "0:00" for presetting the time for Target Time Program, from 1 second to 1:59:00 hours, and counts down from the preset value.

**DISTANCE:** Displays the distance you are traveling during exercise, from 0.1 mile up to 999.9 miles.  
Displays flashing "0.0" for presetting the distance for Target Distance Program, from 0.5 to 999.5 miles, and counts down from the preset value.

**CALORIES:** Displays the calories burned from zero up to 999 Kcals.

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

Displays flashing "0" for presetting the calories for Target Calories Program, from 10 to 990 Kcals, and counts down from the preset value.

**RPM:** Display the rotation per minute from zero to 199.

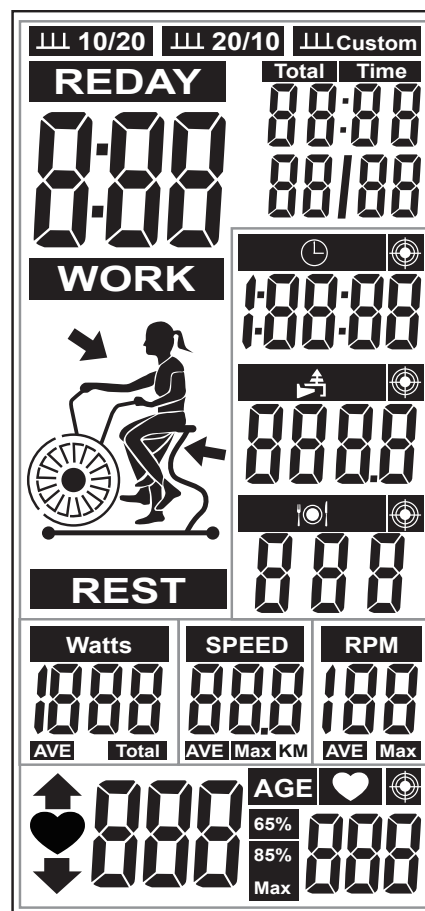
**SPEED:** Displays the current speed from zero to 99.9 miles per hour.

**WATTS:** Displays the amount of power being exerted from zero to 1999 watts.

**HEART RATE:** Displays the heart rate, from 40 to 220 beats per minute during exercise.

To use this function, you must wear the **HEART RATE TRANSMITTER** around your chest so the receiver, which is built into the computer, registers your heart rate from the **HEART RATE TRANSMITTER** for display. If you do not wear the **HEART RATE TRANSMITTER** around your chest correctly the display window will be empty.

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

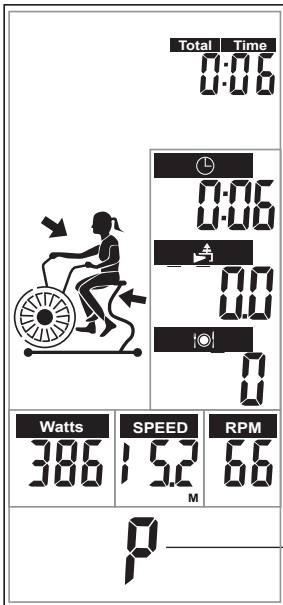


# OPERATIONAL INSTRUCTIONS

## PROGRAM OPERATION

This computer contains the programs: Normal Program, Time, Distance, Calories, Heart-Rate, 10/20 Interval Program, 20/10 Interval Program, and Customer Setting Interval Program. Refer to the following for the operation of these programs.

### 1. NORMAL PROGRAM:



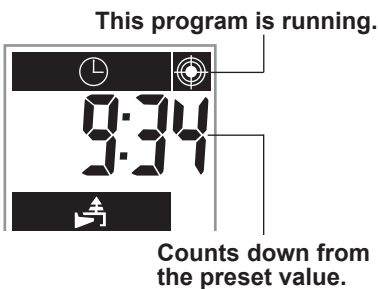
You can pedal to power on the computer. The LCD display will display flashing "30" to enter your age, from 1 to 99. Use "▲/▼" buttons to input the value, and press **ENTER** button to confirm. Then the computer will go to Standby mode. Press the **START** button, or pedal and exercise with this program directly. All function values will count up. Press the **STOP** button to end the program. Or the computer will go to Standby mode after 30 seconds of inactivity. The computer will shut off after 60 seconds of inactivity

**NOTE:** In Standby mode, the LCD will display the INTERVAL 10/20, INTERVAL 20/10, INTERVAL CUSTOM, READY, WORK, REST, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM, and HEART RATE in sequence with a change every one second.

You must wear the **HEART RATE TRANSMITTER** around your chest to measure your heart rate. Otherwise, it will show a "P" in the heart rate window for no signal.

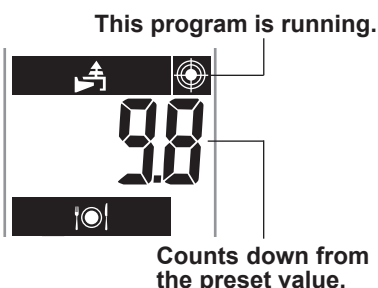
For the preset function value programs and interval programs, except in the enter AGE mode, computer will allow you to press any program button to preset one of the target values for TIME, DISTANCE, CALORIES, or HEART RATE. Or, enter one of the selected interval programs. Refer to the following for the operation of these programs.

### 2. TIME PROGRAM:



Press the **Target Time** button, the LCD display will display flashing "0:00" for presetting the target time value, from 1:00 minute to 1:59:00 hours. Use "▲/▼" buttons to input the value, and press **ENTER** button to confirm. Then the program has started. During exercise, the TIME readout will count down from the preset value, all other function values will count up. When you complete the TIME PROGRAM, the computer will go to Stop mode for 30 seconds, then automatically shuts off after 60 seconds of inactivity.

### 3. DISTANCE PROGRAM:

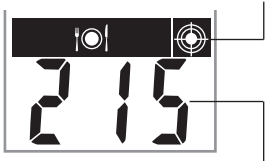


Press the **Target Distance** button, the LCD display will display flashing "0.0" for presetting the target distance value, from 0.5 to 999.5 miles. Use "▲/▼" buttons to input the value, and press **ENTER** button to confirm. Then the program has started. During exercise, the DISTANCE readout will count down from the preset value, all other function values will count up. When you complete the DISTANCE PROGRAM, the computer will go to Stop mode for 30 seconds, then automatically shuts off after 60 seconds of inactivity.

## OPERATIONAL INSTRUCTIONS

### 4. CALORIES PROGRAM:

This program is running.



Counts down from the preset value.

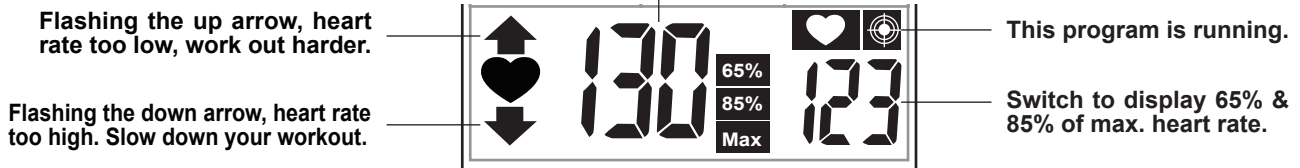
Press the **Target Calories** button, the LCD display will display flashing "0" for presetting the target calorie value, from 10 to 990 Kcals. Use "**▲/▼**" buttons to input the value, and press **ENTER** button to confirm. Then the program has started. During exercise, the CALORIES readout will count down from the preset value, all other function values will count up. When you complete the CALORIES PROGRAM, the computer will go to Stop mode for 30 seconds, then automatically shuts off after 60 seconds of inactivity.

### 5. HEART RATE PROGRAM:

Heart Rate Program is a preset automatic program. The program will monitor your pulse, and will remind you with a audible alarm, and **▲** or **▼** if your pulse is out of the range (65% to 85% of your maximum heart rate) to prompt you to workout in the zone. You must input your age and wear the **HEART RATE TRANSMITTER** around your chest to measure your heart rate when using the heart rate program.

Press the **TARGET HEART-RATE** button, the LCD display will display flashing "30" to enter your age, from 1 to 99. Use "**▲/▼**" buttons to input the value, and press **ENTER** button to confirm. Then the program has started. The computer will calculate and display the corresponding values for 65% and 85% of your maximum heart rate based on your age for the workout. During exercise, the heart rate window will display as shown below, all other function values will count up. Press the **STOP** button to end the program.

Your current heart rate.



Flashing the up arrow, heart rate too low, work out harder.

Flashing the down arrow, heart rate too high. Slow down your workout.

This program is running.

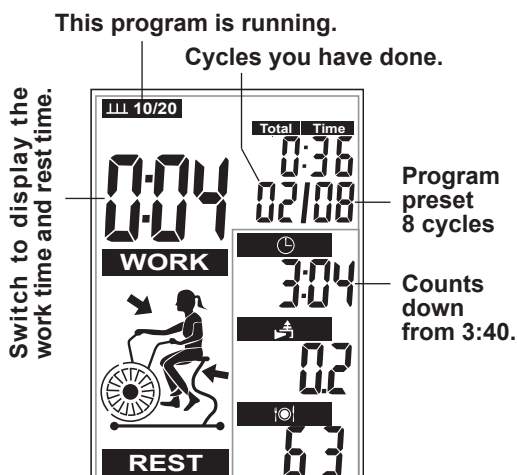
Switch to display 65% & 85% of max. heart rate.

- \* When user's heart rate drops below 65%, **▲** and **65%**, and its preset heart rate value will flash. Buzzer will sound every 10 seconds until user achieves heart rate above 65%.
- \* When user's heart rate exceeds 85%, **▼** and **85%**, and its preset heart rate value will flash. Buzzer will sound every 10 seconds until user's heart rate goes below 85%.
- \* When user's heart rate stays between 65% to 85%, only **♥** and user's current heart rate value will flash.

For example: If your age is 30 : The maximum heart rate is  $220-30=190$ .

65% of maximum heart rate:  $190 \times .65=123$       85% of maximum heart rate:  $190 \times .85=161$

The program will monitor your pulse and prompt you to keep your pulse within the heart rate zone (123 to 161) during your workout.



This program is running.

Cycles you have done.

Switch to display the work time and rest time.

Program preset 8 cycles

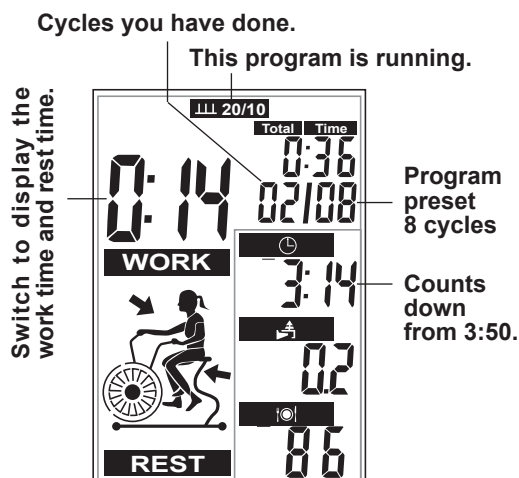
Counts down from 3:40.

### 6. 10/20 INTERVAL PROGRAM:

This program will allow the user to workout for 10 seconds, then rest for 20 seconds, and will cycle through the preset cycles.

Press **10/20 Interval** button, then the program will start. After three seconds you can start the workout. The readout of the TIME will count down from 3:40 minutes, (10 second work x 8) + (20 second rest x 7) = 220 seconds = 3:40 Minutes. All other function values will count up. When running the Interval Program, except when you press **STOP** button, the program will keep going until finished, then goes to Stop mode for 30 seconds. The computer will automatically shut off after 60 seconds of inactivity.

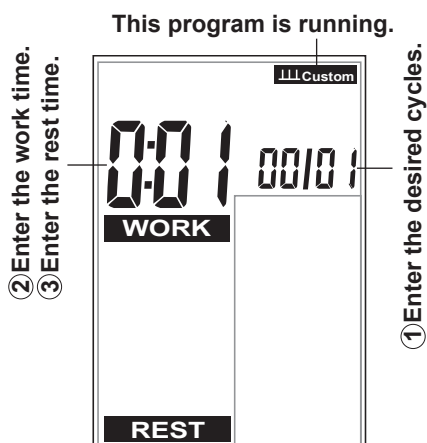
## COMPUTER INSTRUCTIONS



### 7. 20/10 INTERVAL PROGRAM:

This program will allow the user to workout for 20 seconds, then rest for 10 seconds, and will cycle through the preset cycles.

Press **20/10 Interval** button, then the program will start. After three seconds you can start the workout. The readout of the TIME will count down from 3:50 minutes, (20 second work x 8) + (10 second rest x 7) = 230 seconds = 3:50 Minutes. All other function values will count up. When running the Interval Program, except when you press **STOP** button, the program will keep going until finished, then goes to Stop mode for 30 seconds. The computer will automatically shut off after 60 seconds of inactivity.



### 8. CUSTOM INTERVAL PROGRAM:

This program will allow the user to manually preset the workout time and rest time from 1 second to 9:59 minutes, and preset the cycle from 1 to 99 cycles. The user will exercise for the preset workout time, then rest for the preset rest time, and will cycle this way for the preset cycles.

Press **CUSTOM Interval** button, the LCD display will display flashing "00/01" for presetting the cycle value, from 1 to 99 cycles. Use "**▲/▼**" and **ENTER** buttons to input the values of how many cycles you want to exercise. Then enter workout time and rest time, from 1 second to 9:59 minutes. After you press the **ENTER** to confirm the preset value of the rest time, then the program will start. After three seconds you can start the workout. The readout of the TIME will count down from the preset values, all other function values will count up. When running the Interval Program, except when you press **STOP** button, the program will keep going until finished, then goes to Stop mode for 30 seconds. The computer will automatically shut off after 60 seconds of inactivity.

## OPERATION DESCRIPTIONS

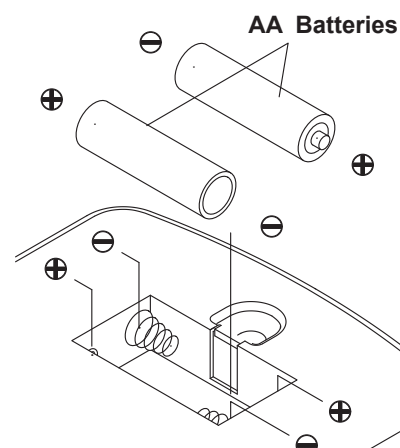
1. To end a running program, press the **STOP** button.
2. When running a program, the computer will go to Standby mode after 30 seconds of inactivity. The computer will shut off after another 60 seconds of inactivity, total is 90 seconds of inactivity.
3. When running a program, press **START** button will pause the program. Buzzer will sound every 30 seconds, all values are displayed on LCD and flash every 2 seconds. Press **START** button to resume the program. Or the computer will go to Standby mode after 5 minutes of inactivity. The computer will shut off after another 60 seconds of inactivity.
4. If you want to restart with a new program, press and hold the **STOP** button down for two seconds to reset all of the function values to zero and restart the computer.
5. The units of DISTANCE can be switched between mile to kilometer. Press the **START** and **ENTER** buttons at the same time. The LCD display will display flashing "**KM**" or "**M**". Press the **▲** or **▼** button to change to KM or MILE, and press **ENTER** button to confirm.

## COMPUTER INSTRUCTIONS

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the COMPUTER(85).
2. The COMPUTER(85) 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.**



## STORAGE

1. To store the **STAMINA | X Air Bike**, simply keep it in a clean dry place.
2. To move the **STAMINA | X Air Bike**, lift the handle at the back of the **STAMINA | X Air Bike** and use the **MOVING WHEELS(43)** on the **FRONT STABILIZER(40)**.
3. To avoid damage to the electronics, remove the batteries from the **COMPUTER(85)** before storing the **Stamina® Mini Exercise Bike** for one year or more.

## MAINTENANCE

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

1. Loosen the Socket Head Bolts(M6x1x10mm)(109) fitted on the Disc Cranks(24, 28). Use a wrench to verify that the PEDALS(38, 39) are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise. Tighten the Socket Head Bolts(M6x1x10mm)(109).
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **CAUTION LABEL(115)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(115)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Do not step on any portion of the plastic cover when getting on or off the Bike. This can cause the plastic cover to crack.
6. Worn or damaged components must be replaced immediately or the **STAMINA | X Air Bike** removed from service until repair is made.
7. Only Stamina Products supplied components should be used to maintain/repair the **STAMINA | X Air Bike**.
8. Keep your **STAMINA | X Air Bike** clean by wiping it off with an absorbent cloth after use.



## CONDITIONING GUIDELINES

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

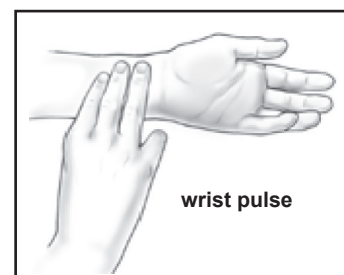
Remember to follow these essentials:

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

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

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

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



Target Heart Rate Zone Estimated by Age\*

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

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

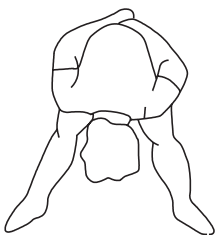


## WARM-UP and COOL-DOWN

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

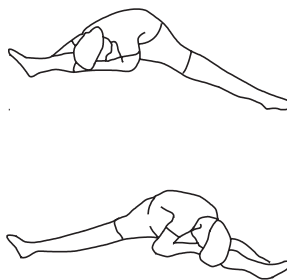
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



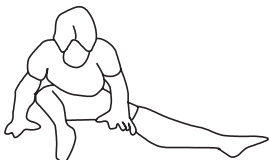
#### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



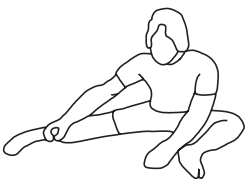
#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



#### Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



#### Bent Over Leg Stretch

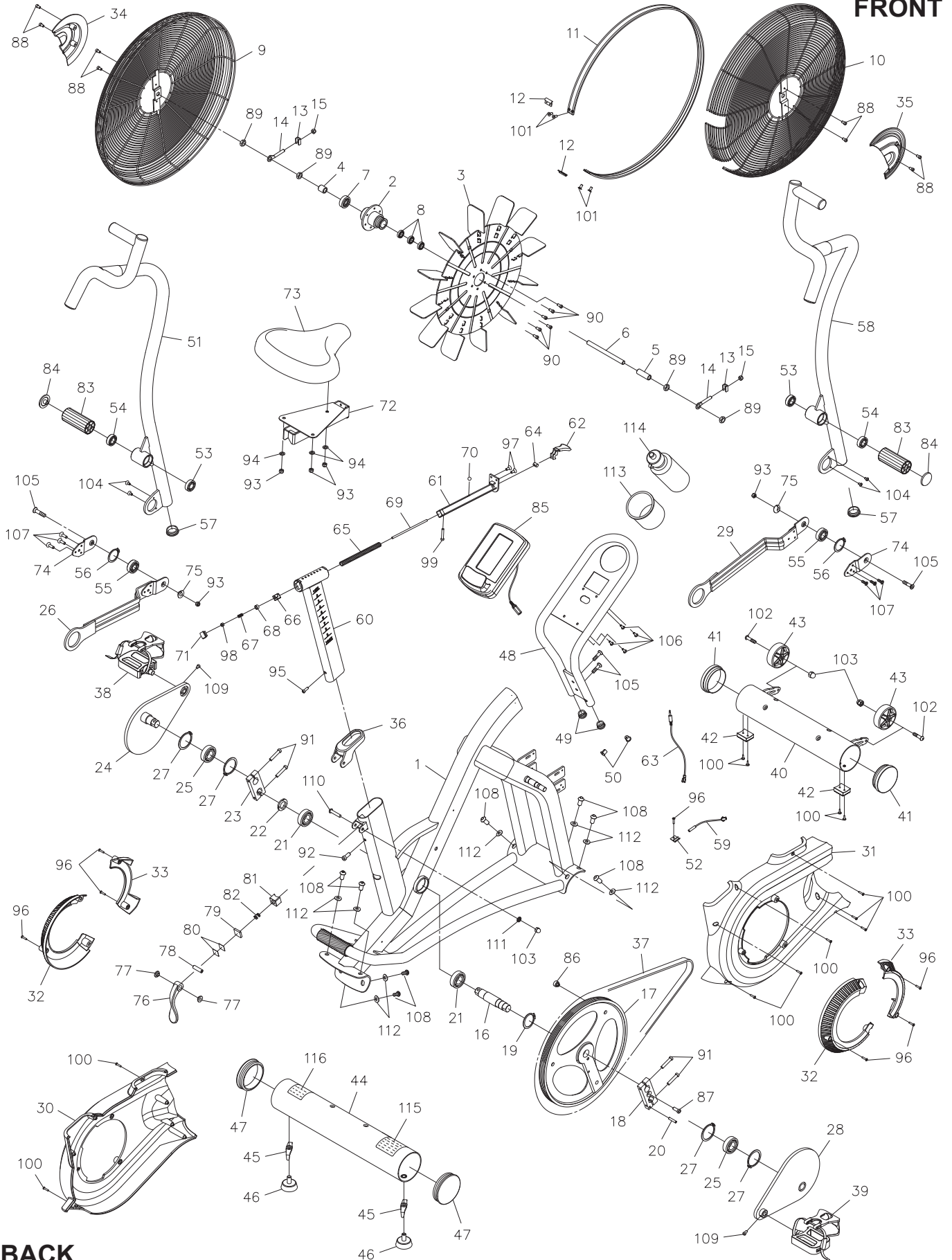
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times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

**Remember to always check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

# PRODUCT PARTS DRAWING

FRONT



BACK

## PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Fan Hub	1
3	Fan	1
4	Fan Hub Spacer	1
5	Fan Hub Sleeve	1
6	Fan Shaft	1
7	Bearing (6301Z)	1
8	Bearing (6901Z)	3
9	Left Fan Cage	1
10	Right Fan Cage	1
11	Plastic Strip	1
12	Strip Holder	2
13	Tension Bracket	2
14	Eyelet Bolt (M8 x 1.25 x 45mm)	2
15	Nut (M8 x 1.25)	2
16	Crank Shaft	1
17	Pulley	1
18	Right Crank	1
19	C Ring (S25)	1
20	Spring Pin	1
21	Bearing (6005)	2
22	Bearing Nut	1
23	Left Crank	1
24	Left Disc Crank	1
25	Bearing (2205ZZ)	2
26	Left Linkage	1
27	C Ring (S52)	4
28	Right Disc Crank	1
29	Right Linkage	1
30	Left Cover	1
31	Right Cover	1
32	Crank Cover	2
33	Small Crank Cover	2
34	Left Fan Cage Cover	1
35	Right Fan Cage Cover	1
36	Seat Post Hollow Cap	1
37	V-Ribbed Belt (690-J6)	1
38	Left Pedal	1
39	Right Pedal	1
40	Front Stabilizer	1
41	Endcap (ø90 mm)	2
42	Square Foot Pad	2
43	Moving Wheel	2
44	Rear Stabilizer	1
45	Adjustment Lock	2
46	Stand	2
47	Endcap (ø101.6 mm)	2
48	Computer Support	1
49	Round Plug (ø25 mm)	2

## PARTS LIST

PART#	PART NAME	QTY
50	Grommet Plug	2
51	Left Handlebar	1
52	Sensor Clip	1
53	Bearing (6003Z)	2
54	Bearing (6202Z)	2
55	Bearing (6203Z)	2
56	C Ring (S40 mm)	2
57	Round Plug (ø38 mm)	2
58	Right Handlebar	1
59	Sensor Wire	1
60	Seat Post	1
61	Sliding Post	1
62	Adjustment Lever	1
63	Connection Wire	1
64	Pivot Axis	1
65	Long Spring	1
66	Set Block	1
67	Short Spring	1
68	Bushing (ø8 x ø12 x 7mm)	1
69	Linkage Rod	1
70	Ball (ø10 mm)	1
71	Square Plug	1
72	Seat Holder	1
73	Seat	1
74	Fixing Plate	2
75	Disc Spacer	2
76	Cam Handle	1
77	Handle Spacer	2
78	Handle Sleeve (ø8.2 x ø10 x 43.2mm)	1
79	Gasket	1
80	Pressure Plate	2
81	Compression Block	1
82	Reset Spring	1
83	Footrest	2
84	Decorative Plug	2
85	Computer	1
86	Magnet	1
87	Bolt, Socket Head (M8 x 1.25 x 20mm)	1
88	Bolt, Socket Head (M5 x 0.8 x 12mm)	8
89	Nut (M12 x 1.25)	4
90	Bolt, Socket Head (M6 x 1 x 12mm)	6
91	Bolt, Socket Head (M10 x 1.5 x 40mm)	4
92	Bolt, Socket Head (M6 x 1 x 20mm)	1
93	Nylock Nut (M8 x 1.25)	5
94	Washer (M8)	3
95	Bolt, Socket Head (M6 x 1 x 16mm)	1
96	Screw, Round Head (ST4 x 10mm)	7
97	Bolt, Flat Socket Head (M6 x 1 x 15mm)	2
98	Nylock Nut (M6 x 1)	1

## **PARTS LIST**

<b>PART#</b>	<b>PART NAME</b>	<b>QTY</b>
99	Bolt, Socket Head (M6 x 1 x 35mm)	1
100	Screw, Round Head (ST4 x 15mm)	12
101	Screw, Flat Socket Head (M4 x 0.7 x 10mm)	4
102	Bolt, Button Head (M8 x 1.25 x 40mm)	2
103	Acorn Nut (M8 x 1.25)	3
104	Screw, Round Head (M5 x 0.8 x 8mm)	4
105	Bolt, Flat Socket Head (M8 x 1.25 x 30mm)	4
106	Screw, Round Head (M5 x 0.8 x 12mm)	4
107	Bolt, Flat Socket Head (M6 x 1 x 15mm)	6
108	Bolt, Button Head (M10 x 1.5 x 20mm)	8
109	Bolt, Socket Head (M6 x 1 x 10mm)	2
110	Bolt, Button Head (M8 x 1.25 x 50mm)	1
111	Lock Washer (M8)	1
112	Arc Washer (M10)	8
113	Water Bottle Holder	1
114	Water Bottle	1
115	Caution Label	1
116	Serial Decal	1
117	Allen Wrench (4mm)	1
118	Allen Wrench (5mm)	1
119	Allen Wrench (6mm)	1
120	Wrench (14/17mm)	1
121	Wrench	1
122	Screwdriver	1
123	Manual	1

## LIMITED WARRANTY

MODEL 15-1175

### WARRANTY

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

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to Stamina Products, Inc. 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.



## 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	