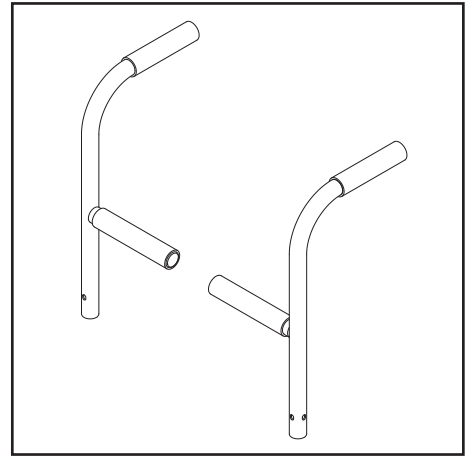


AeroPilates

LESS STRESS | MORE HEART

Precision Plank Bars

SAFETY INSTRUCTIONS



- ⚠ WARNING** Cancer and Reproductive Harm
www.P65Warnings.ca.gov
- ⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. Failure to follow all warnings and instructions could result in bodily injury and property damage.
- ⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates® Precision Plank Bars.

1. The **AeroPilates® Precision Plank Bars** can be added to the Stamina **AeroPilates® Precision Series Reformer**.
2. Save these instructions and ensure that other exercisers read this manual prior to using the **AeroPilates® Precision Plank Bars** for the first time.
3. The **AeroPilates® Precision Plank Bars** should only be used after a thorough review of this instruction sheet. Make sure that it is properly assembled and tightened before use.
4. When exercising with this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and to the product.
5. Keep children away from the **AeroPilates® Precision Plank Bars**. Do not allow children to use or play on the **AeroPilates® Precision Plank Bars**. Keep children and pets away from the **AeroPilates® Precision Plank Bars** when it is in use.
6. When using the **AeroPilates® Precision Plank Bars**, place your **AeroPilates® Precision Series Reformer** on a solid level surface. Do not position it on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around your **AeroPilates® Precision Series Reformer** when using the **AeroPilates® Precision Plank Bars**.
8. Before using, inspect the **AeroPilates® Precision Plank Bars** for worn or loose components, and tighten or replace any worn or loose components prior to use.
9. 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.
10. 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.
11. Do not wear loose or dangling clothing while using the **AeroPilates® Precision Plank Bars**.
12. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AeroPilates® Precision Plank Bars**, loss of balance may result in a fall and serious bodily injury.
13. The **AeroPilates® Precision Plank Bars** should be used by only one person at a time.

This Product is Distributed Exclusively by



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Customer Care

1 (800) 375-7520

customer.care@staminaproducts.com

www.staminaproducts.com

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

Model# 55-0016


MADE IN CHINA

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2020, 01

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1. Go to video.staminaproducts.com
2. Click 
3. Enter your product VIDEO CODE

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

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

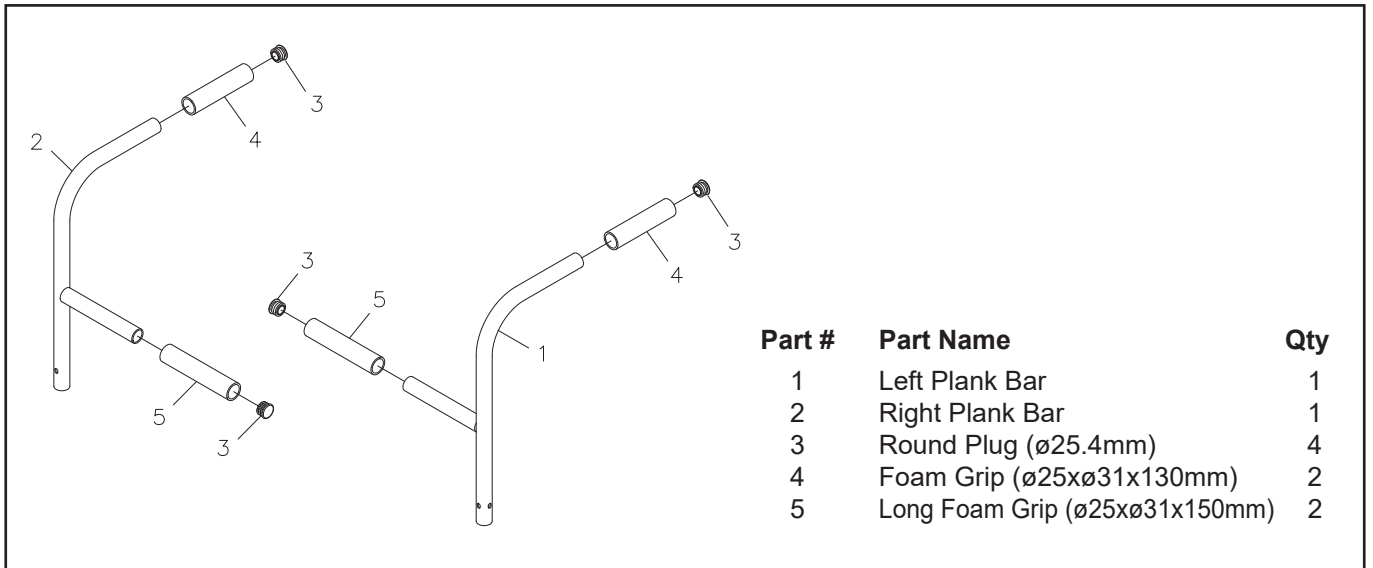


Coupon Code*

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REDEEM

Digital product only. No physical DVD will be shipped.

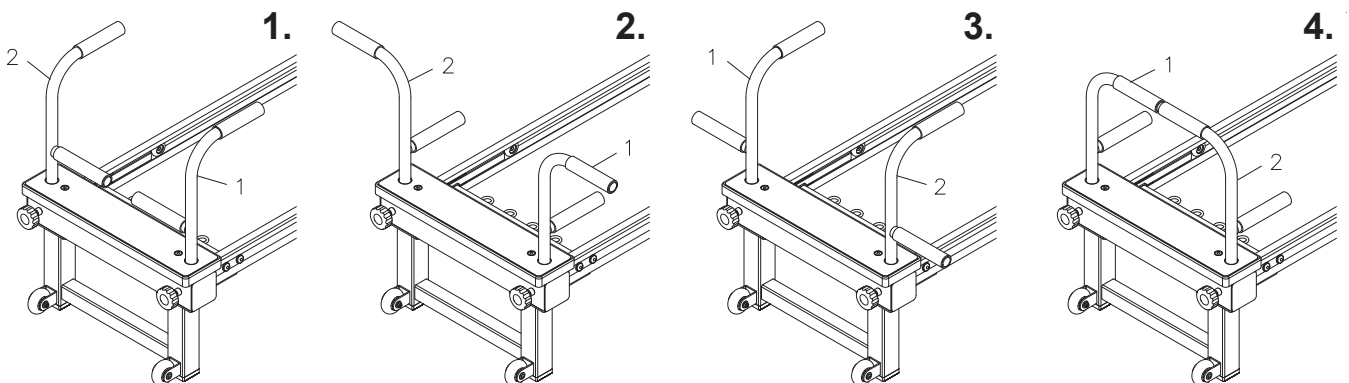
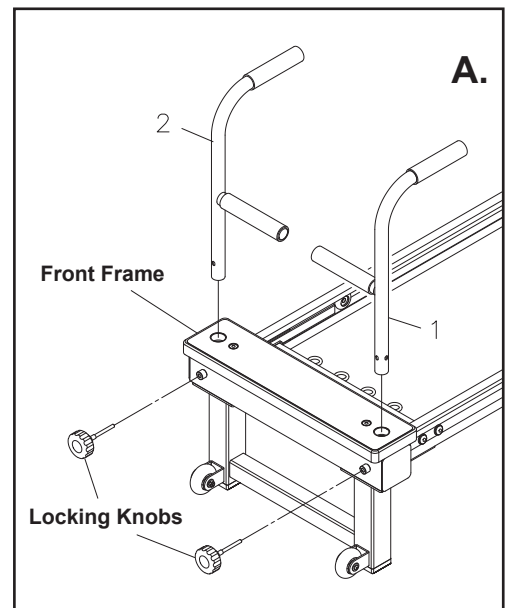


Using The AeroPilates® Precision Plank Bars

Remove the **FOOTBAR** on your **AeroPilates® Precision Series Reformer**.

Refer to illustration A. Fully insert the **LEFT** and **RIGHT PLANK BARS(1, 2)** into the mounting holes in the **FRONT FRAME**. Align the holes in the **LEFT** and **RIGHT PLANK BARS(1, 2)** with the holes in the **FRONT FRAME** and secure with the **LOCKING KNOBS**.

There are two holes in the **LEFT** and **RIGHT PLANK BARS(1, 2)** that allow you to set the **LEFT** and **RIGHT PLANK BARS(1, 2)** to different positions for different exercisers. Refer to the illustrations below.



LIMITED WARRANTY

MODEL 55-0016

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 ABUSE, MISUSE, ALTERATION OF ANY KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.**

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to Stamina Products, Inc. 2040 N Alliance Ave, Springfield, Missouri, USA, MO 65803, or email us at customer.care@staminaproducts.com, or call us at 1-800-375-7520. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option.

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