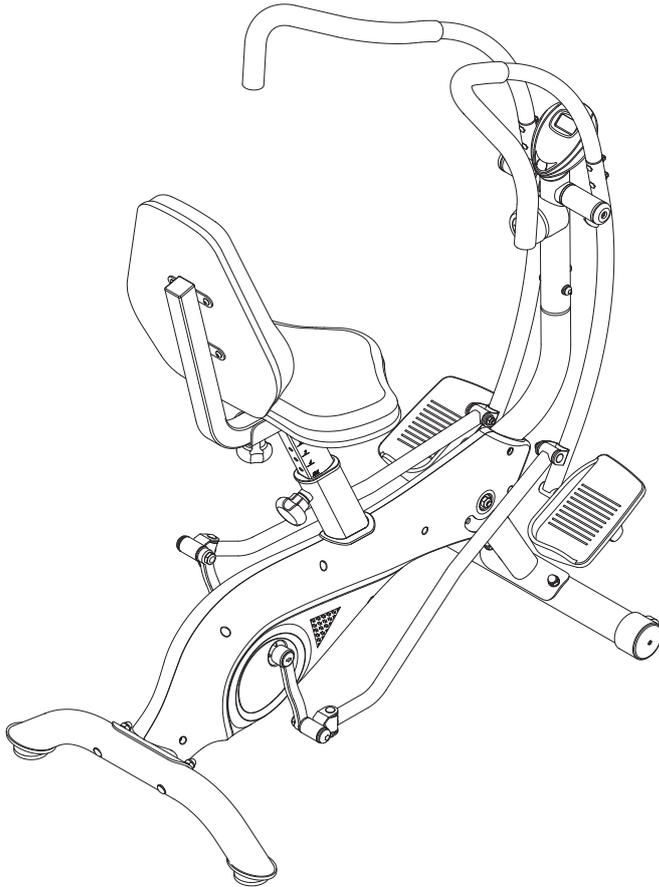


# **STAMINA<sup>®</sup>**

## *Active Aging EasyStep*

# 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#: 40-0200**

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

This Product is Distributed Exclusively by



2040 N Alliance Ave, Springfield, MO 65803

Customer Care

1 (800) 375-7520

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

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

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2020, 02



# ACCESS YOUR ONLINE INSTRUCTIONAL VIDEO!

## How to Access Your Video

1. Go to [video.staminaproducts.com](https://video.staminaproducts.com)
2. Click 
3. Enter COUPON CODE below:

Coupon Code\*

EasyStep

REDEEM

*Digital product only. No physical DVD will be shipped.*

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## SAFETY INSTRUCTIONS

**⚠ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the **Stamina® Active Aging EasyStep**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Stamina® Active Aging EasyStep** for the first time.
2. Read all warnings and cautions posted on the **Stamina® Active Aging EasyStep**.
3. The **Stamina® Active Aging EasyStep** 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® Active Aging EasyStep**. Do not allow children to use or play on the **Stamina® Active Aging EasyStep**. Keep children and pets away from the **Stamina® Active Aging EasyStep** at all times.
6. The **Stamina® Active Aging EasyStep** is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.
7. It is recommended that you place this product on an equipment mat.
8. Set up and operate the **Stamina® Active Aging EasyStep** on a solid level surface. Do not position the **Stamina® Active Aging EasyStep** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Stamina® Active Aging EasyStep**.
10. Before using, inspect the **Stamina® Active Aging EasyStep** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Before using, always make sure the SEAT(29) is securing tightened with the LOCKING KNOB(37) and ADJUSTMENT KNOB(41).
12. Each user should adjust the seat per instructions on page 13.
13. Consult your physician before using this product. If you feel faint, dizzy, or experience pain during use, stop immediately and consult with your physician.
14. 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.
15. Do not wear loose or dangling clothing while using the **Stamina® Active Aging EasyStep**.
16. 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.
17. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Stamina® Active Aging EasyStep**, loss of balance may result in a fall and serious bodily injury.
18. The **Stamina® Active Aging EasyStep** should not be used by persons weighing over 250 pounds.
19. The **Stamina® Active Aging EasyStep** should be used by only one person at a time.
20. The **Stamina® Active Aging EasyStep** 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® Active Aging EasyStep**. We take great pride in this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

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

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

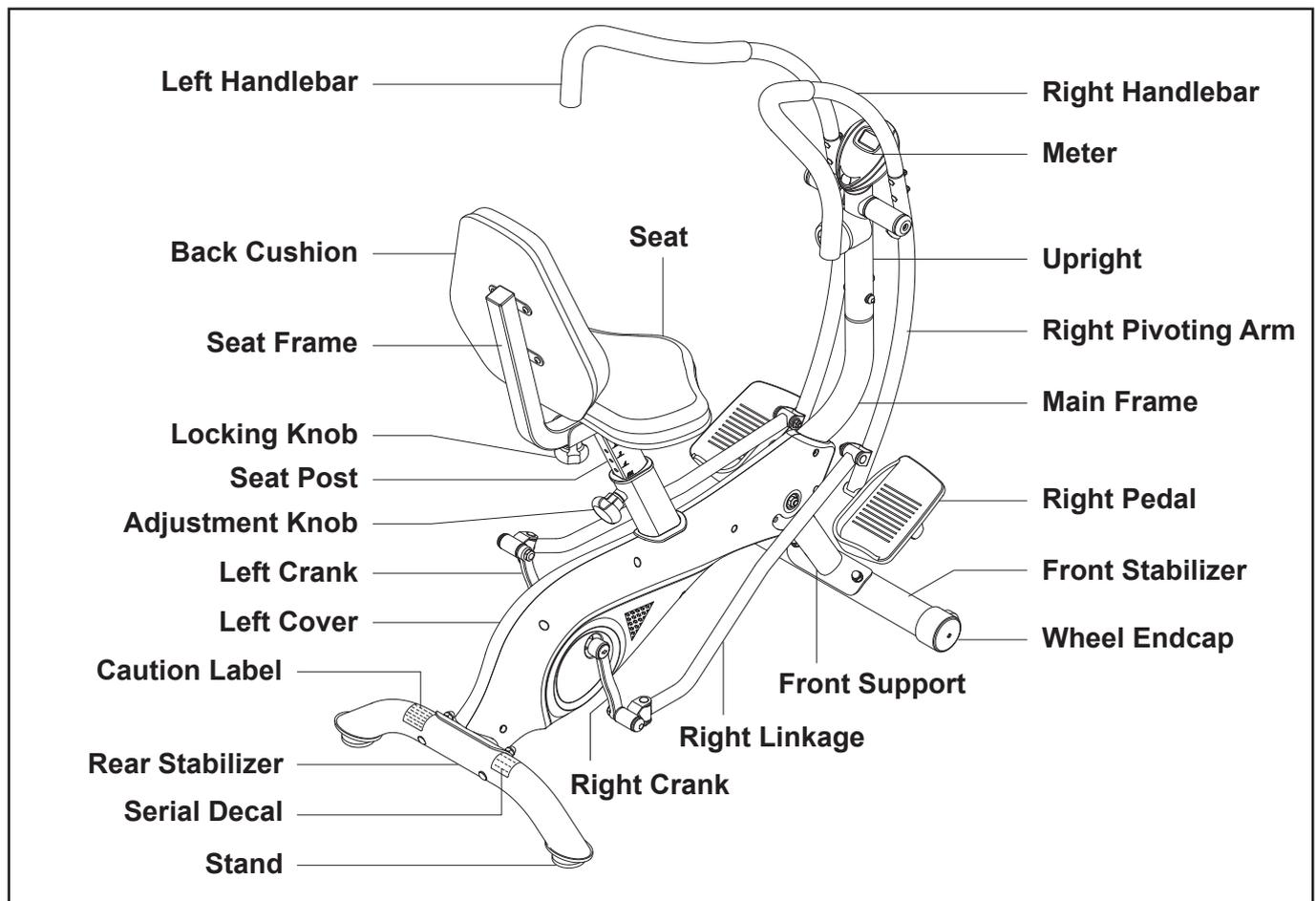
number and serial number are required when calling for assistance.

Read this manual carefully before using the **Stamina® Active Aging EasyStep**.

Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your **Stamina® Active Aging EasyStep**, 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.

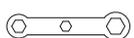
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Multi-opening Wrench



Wrench



Allen Wrench (8mm)



Allen Wrench (6mm)



Allen Wrench (4mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

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

### CAUTION LABEL(115)



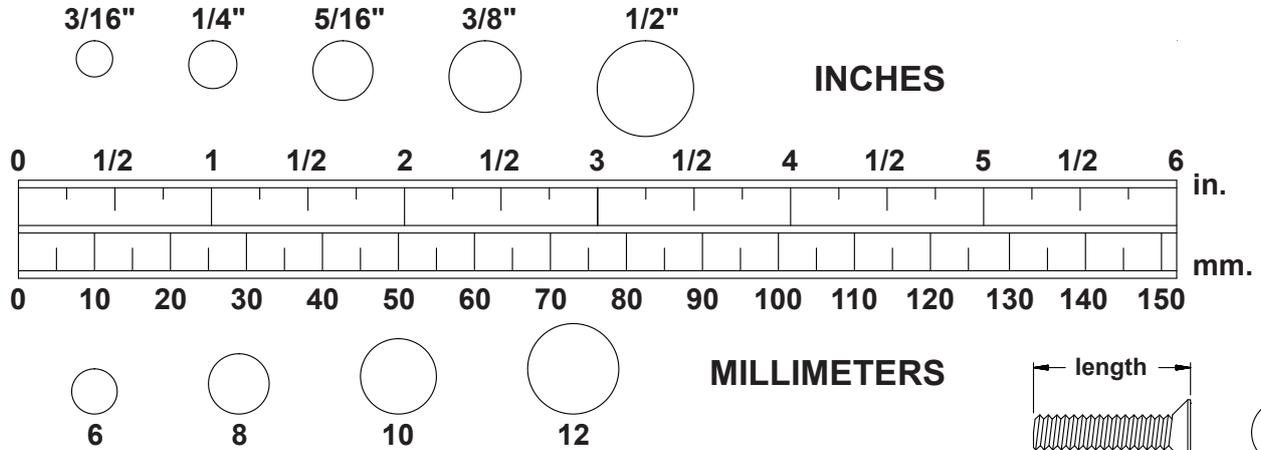
### SERIAL DECAL(65)



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.

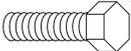
# HARDWARE IDENTIFICATION CHART

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
	18 Bolt, Hex Head (M6 x 1 x 35mm)	4
	31 Bolt, Button Head (M8 x 1.25 x 65mm)	1
	52 Bolt, Button Head (M10 x 1.5 x 72mm)	1
	35 Bolt, Button Head (M6 x 1 x 13mm)	8
	38 Bolt, Button Head w/ Washers (M8 x 1.25 x 16mm)	4
	94 Carriage Bolt (M10 x 1.5 x 70mm)	4
	16 Nylock Nut (M6 x 1)	4
	34 Nylock Nut (M8 x 1.25)	1
	68 Nylock Nut (M10 x 1.5)	1
	45 Left Thin Nylock Nut (1/2"-20, left threaded)	1
	111 Right Thin Nylock Nut (1/2" - 20)	1
	90 Acorn Nut (M10 x 1.5)	4
	17 Arc Washer (M6)	4
	91 Arc Washer (M10)	4
	44 Lock Washer (1/2")	2
	47 Wave Washer (M16)	2
	50 Left Pedal Shaft (1/2"- 20, left threaded)	1
	112 Right Pedal Shaft (1/2" - 20)	1

## 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.

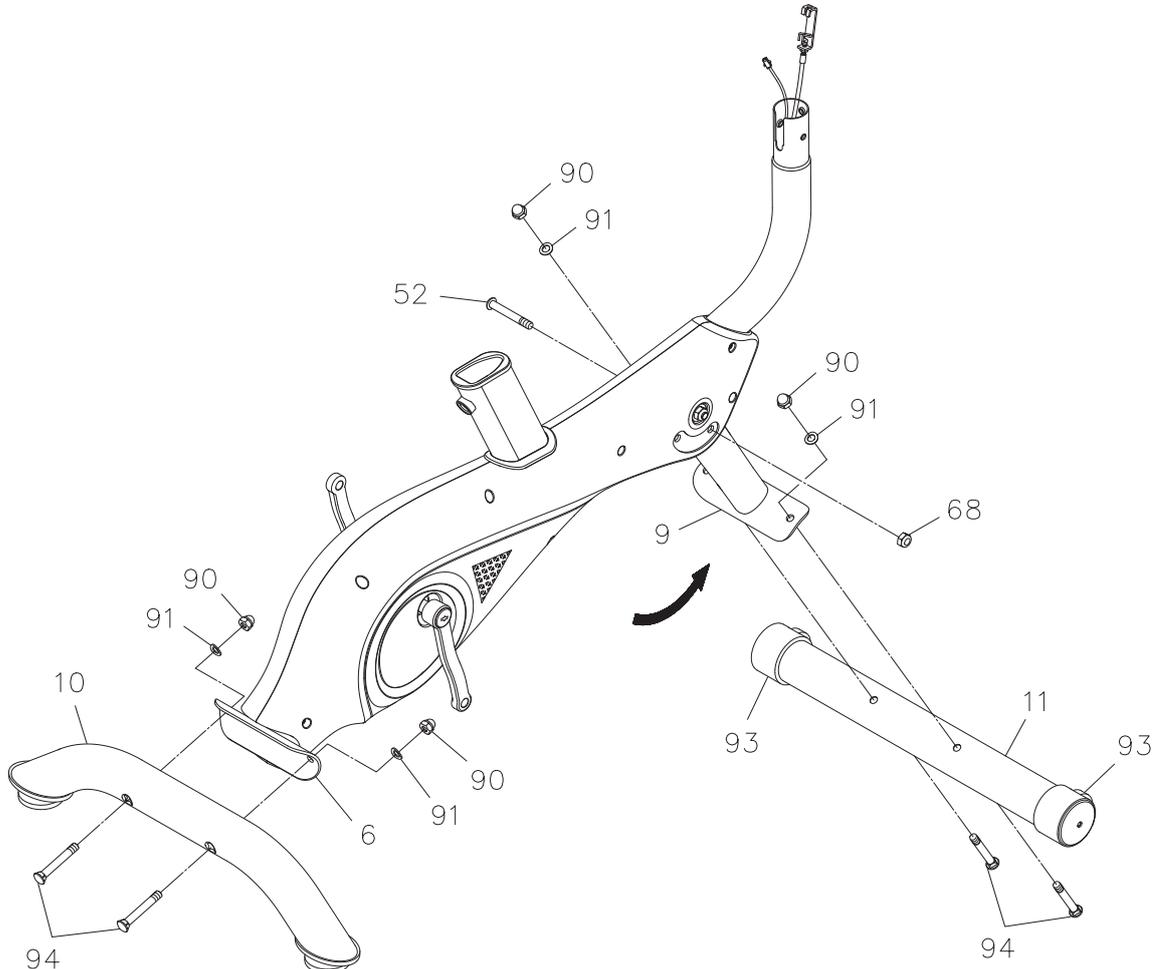
**Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.**

### STEP 1

Unfold the **FRONT SUPPORT(9)** and secure with **BUTTON HEAD BOLTS(M10x1.5x72mm)(52)** and **NYLOCK NUT(M10x1.5)(68)**. Attach the **FRONT STABILIZER(11)**, the straight one with the **WHEEL ENDCAPS(93)**, to the **FRONT SUPPORT(9)** with **CARRIAGE BOLTS(M10x1.5x70mm)(94)**, **ARC WASHERS(M10)(91)**, and **ACORN NUTS(M10x1.5)(90)**.

### STEP 2

Attach the **REAR STABILIZER(10)** to the **MAIN FRAME(6)** with **CARRIAGE BOLTS(M10x1.5x70mm)(94)**, **ARC WASHERS(M10)(91)**, and **ACORN NUTS(M10x1.5)(90)**.

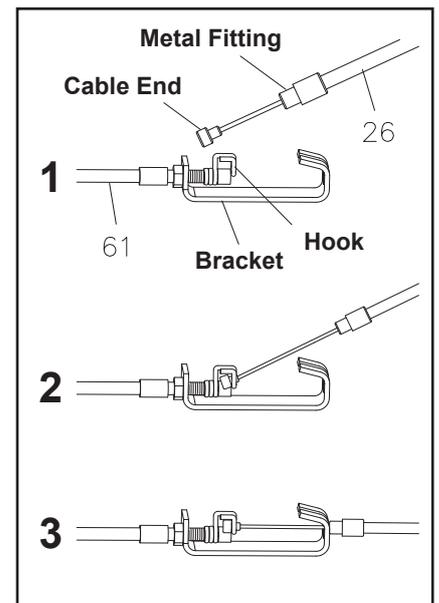
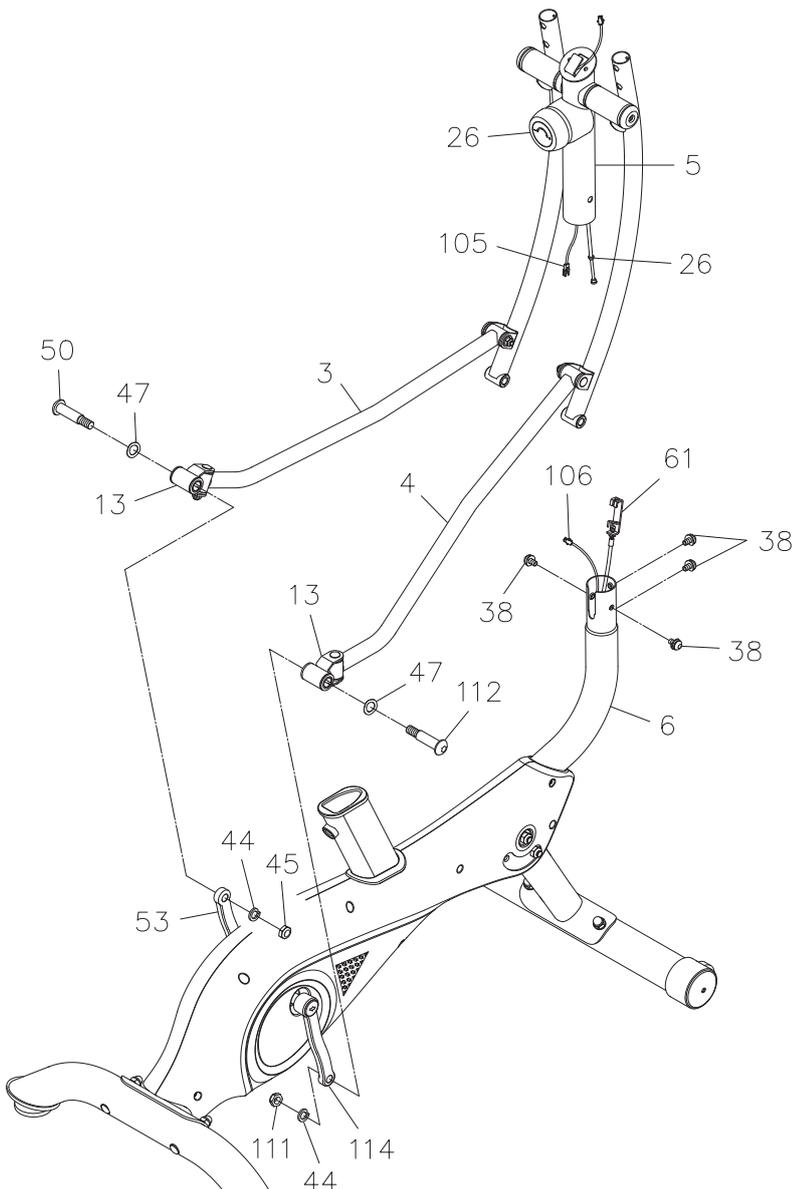


## ASSEMBLY INSTRUCTIONS

### STEP 3

Refer to the inset drawing and the illustration below to connect the **TENSION KNOB(26)** to the **TENSION CABLE(61)** and assemble the **UPRIGHT(5)** and the **LINKAGES(3, 4)**:

1. Turn the **TENSION KNOB(26)** counterclockwise to the lowest setting, so the **CABLE END** extends out of the **METAL FITTING** as far as possible. Connect the **CABLE END** of the **TENSION KNOB(26)** to the **HOOK** on the end of the **TENSION CABLE(61)**.
2. Pull on the Cable of the **TENSION KNOB(26)** firmly so that enough cable is available to allow the **METAL FITTING** to go through the slot in the top of the **BRACKET**.
3. Insert the **METAL FITTING** into the hole at the end of the slot in the **BRACKET**.
4. Adjust the **TENSION KNOB(26)** and verify that the **HOOK** moves when the **TENSION KNOB(26)** is adjusted.
5. Connect the **EXTENSION WIRE(106)** to the **CONNECTION WIRE(105)**.
6. Insert the **UPRIGHT(5)** onto the **MAIN FRAME(6)** and secure with **BUTTON HEAD BOLTS w/ WASHERS (M8x1.25x16mm)(38)**.
7. To assemble the **RIGHT LINKAGE(4)** by attaching the **LINKAGE CONNECTOR(13)** to the **RIGHT CRANK (114)** with **RIGHT PEDAL SHAFT(1/2"-20)(112)**, **WAVE WASHER(M16)(47)**, **LOCK WASHER(1/2") (44)**, and **RIGHT THIN NYLOCK NUT(1/2"-20)(111)**. Repeat on the left side.



## ASSEMBLY INSTRUCTIONS

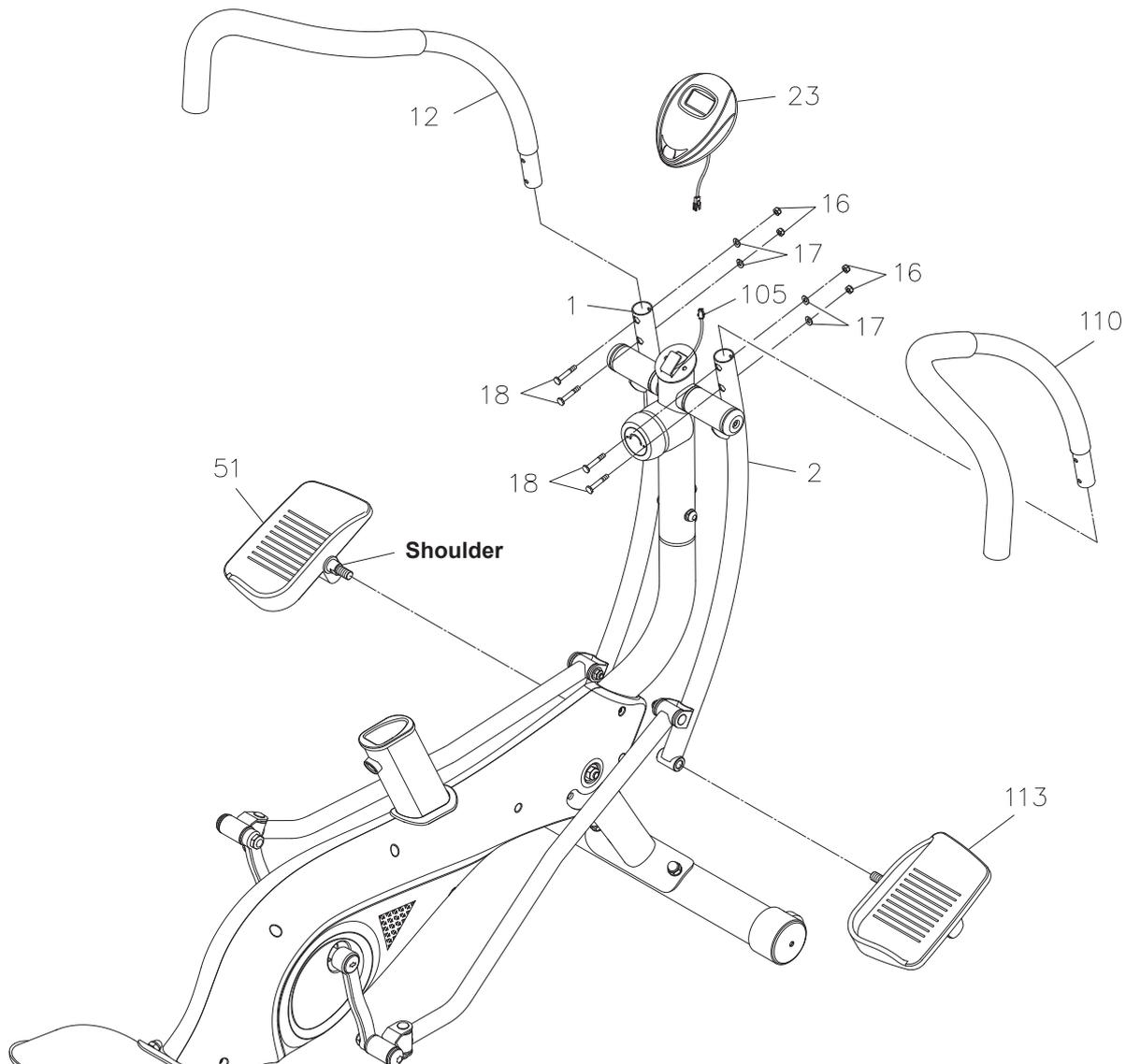
**STEP 4:** Insert the **LEFT HANDLEBAR(12)** into the **PIVOTING ARM(1)** and secure with **HEX BOLTS(M6x1x35mm)(18)**, **ARC WASHERS(M6)(17)**, and **NYLOCK NUTS(M6x1)(16)**. The **HEX BOLTS(M6x1x35mm)(18)** must fit inside the hex-shaped holes in the **PIVOTING ARM(1)** to properly secure the **LEFT HANDLEBAR(12)**. Repeat on the right side.

### STEP 5

**NOTE:** The **RIGHT PEDAL(113)** has an **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(113)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(51)** has an **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(51)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(113)** into the **RIGHT PIVOTING ARM(2)**. Tighten the pedal securely. The shoulder of the **PEDALS(51, 113)** should be in contact with the **PIVOTING ARMS(1, 2)** when securely tightened. Do the same to attach the **LEFT PEDAL(51)** to the **LEFT PIVOTING ARM(1)**.

**STEP 6:** Install two AAA batteries into the **METER(23)**, the batteries are not included. See page 15 for detailed battery installation instructions. Plug the **CONNECTION WIRE(105)** into the **METER(23)**, and push the excess wires back into the **UPRIGHT(5)**. Slide the **METER(23)** onto the plate on the **UPRIGHT(5)**. Be careful not to damage the wires when attaching the **METER(23)**.



## ASSEMBLY INSTRUCTIONS

### STEP 7

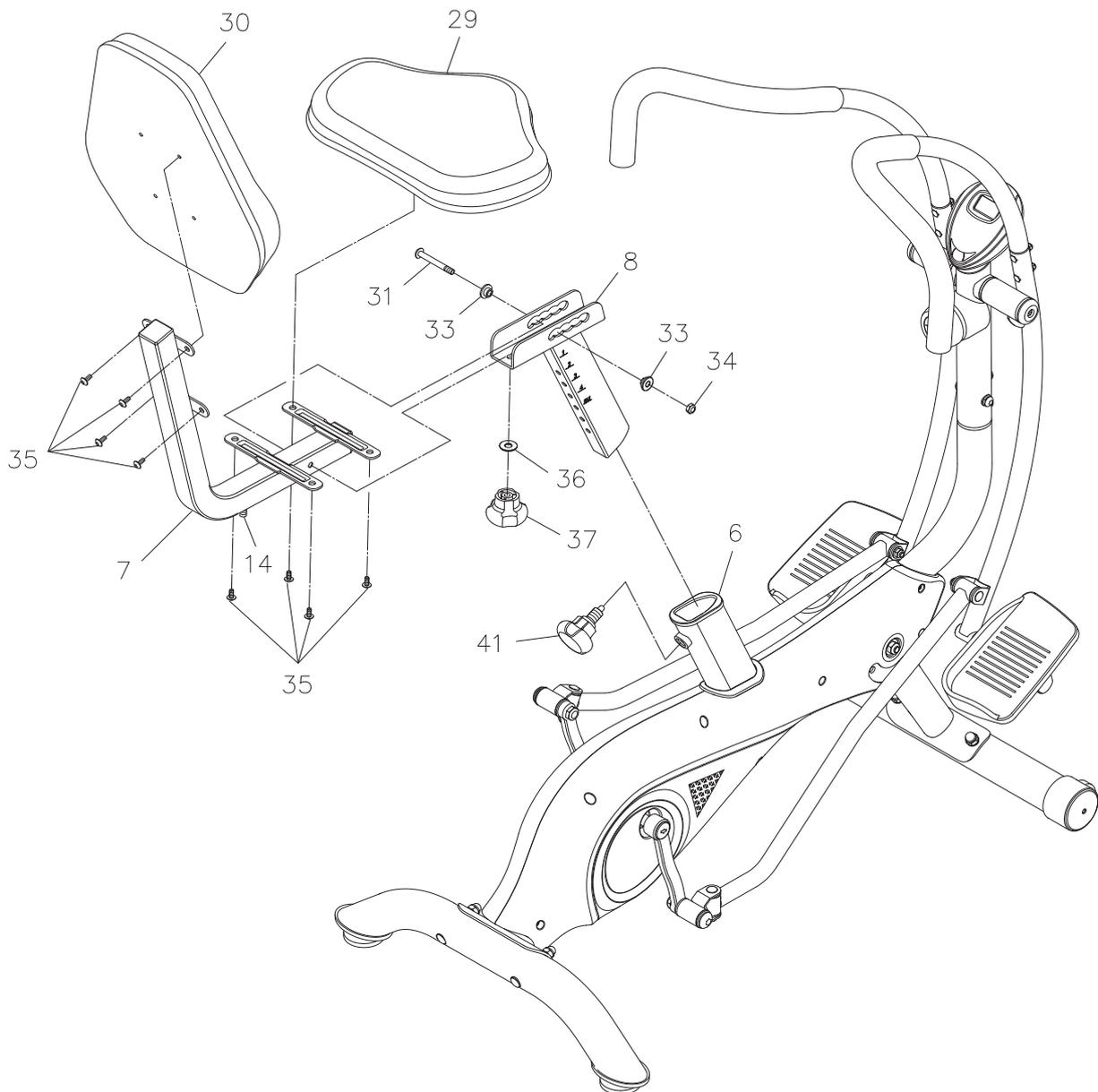
Insert the **SEAT POST(8)** into the **MAIN FRAME(6)** and lock in position with **ADJUSTMENT KNOB(41)**.

### STEP 8

Assemble the **SEAT FRAME(7)** by inserting the bolt of the **FIXING BRACKET(14)** which in inside of the **SEAT FRAME(7)** through the hole in the **SEAT POST(8)**, then secure with **SPACER BUSHINGS(33)**, **NYLOCK NUT(M8x1.25)(34)**, and **BUTTON HEAD BOLT(M8x1.25x65mm)(31)** at one of the adjustment positions. Lock the **SEAT FRAME(7)** in position by screwing the **LOCKING KNOB(37)** and **WASHER(M10)(36)** to the bolt of the **FIXING BRACKET(14)**.

### STEP 9

Attach the **SEAT(29)** and the **BACK CUSHION(30)** to the **SEAT FRAME(7)** with **BUTTON HEAD BOLTS (M6x1x13mm)(35)**.

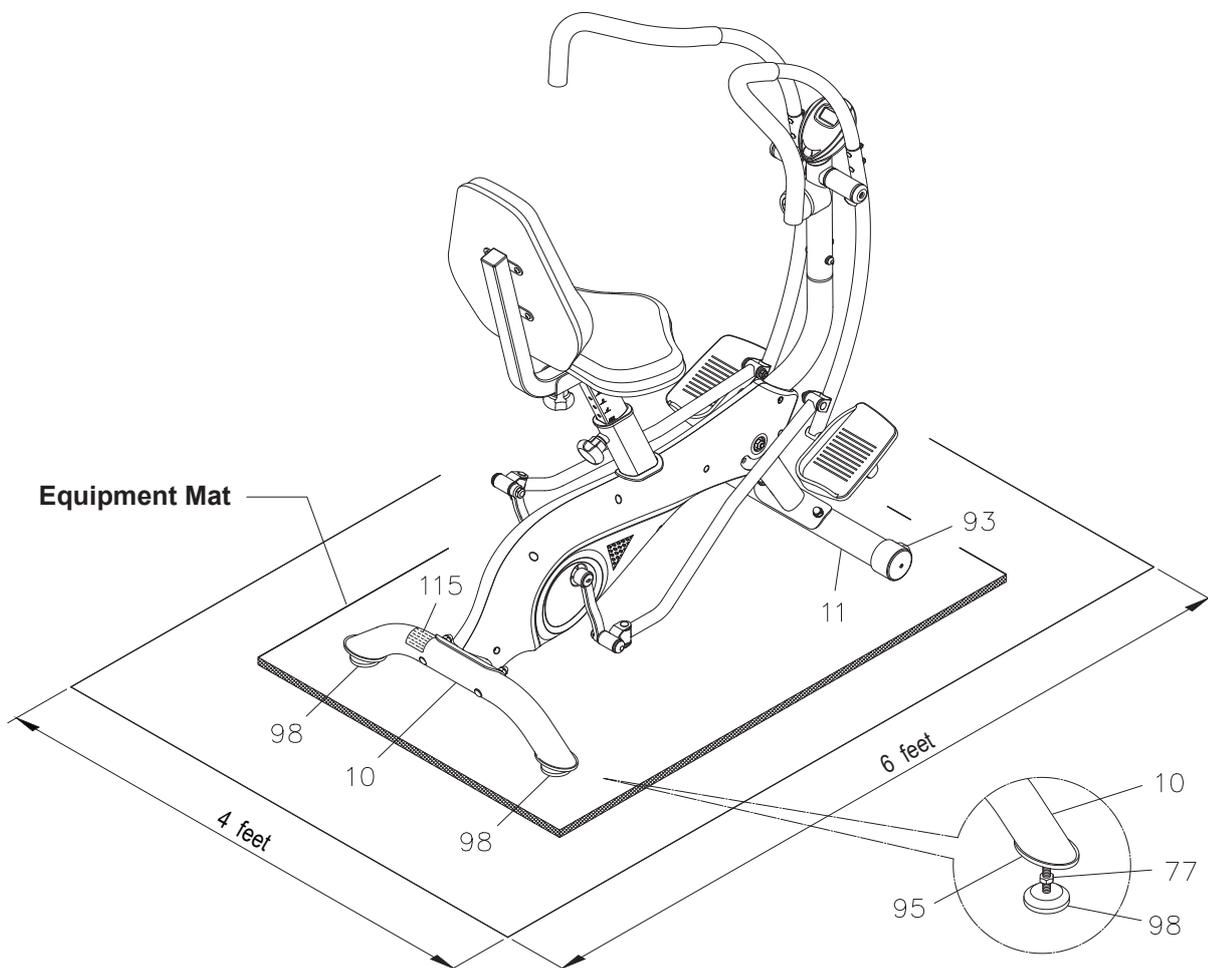


## SET UP INSTRUCTIONS

Place the **Stamina® Active Aging EasyStep** in the area where it will be used. It is recommended that the **Stamina® Active Aging EasyStep** be placed on an equipment mat. The **Stamina® Active Aging EasyStep** is approximately 48.5 inches long (max.) x 27.4 inches wide x 54 inches tall. An area 4 feet wide x 6 feet long is required for safe operation of the **Stamina® Active Aging EasyStep**. Make sure that adequate space is available for access to and passage around the **Stamina® Active Aging EasyStep**.

**LEVELING:** Adjust the **STANDS(98)** under the **REAR STABILIZER(10)** so that the **Stamina® Active Aging EasyStep** sits on the floor without rocking. Refer to the instructions below the illustration.

**MOVING:** The **Stamina® Active Aging EasyStep** has a pair of wheels in the **WHEEL ENDCAPS(93)** on the **FRONT STABILIZER(11)**. Lift up from the **REAR STABILIZER(10)** to move.



Loosen the **NUTS(M10x1.5)(77)** until they touch the **STANDS(98)**. Adjust the **STANDS(98)** for leveling. Tighten the **NUTS(M10x1.5)(77)** securely against the **REAR STABILIZER CAPS(95)** to lock the **STANDS(98)** in position.

### FUNCTION INSPECTION:

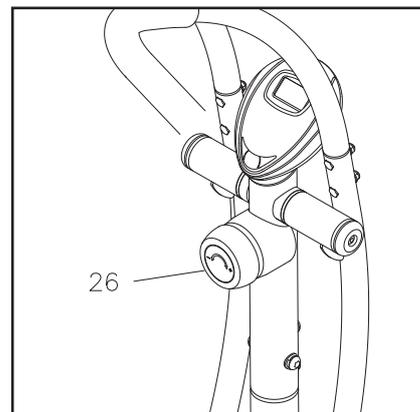
Visually inspect the **Stamina® Active Aging EasyStep** to verify that assembly is as shown in the above illustration. Check the function of the **Stamina® Active Aging EasyStep** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(26)** and verify that it functions properly and the resistance changes.

**CAUTION:** Locate and read the **CAUTION LABEL(115)** on the **Stamina® Active Aging EasyStep**. Make sure that all users read the **CAUTION LABEL(115)** before using.

## OPERATIONAL INSTRUCTIONS

### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(26)** clockwise.  
To decrease the load, turn the **TENSION KNOB(26)** counterclockwise.

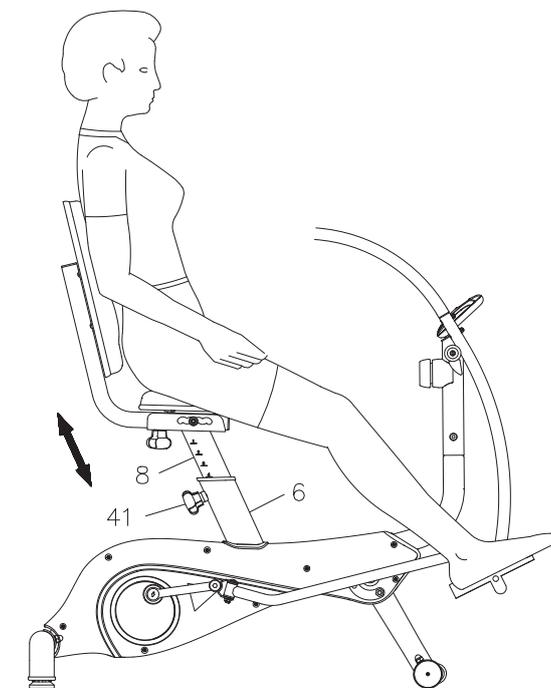


### SEAT ADJUSTMENT

Proper seat adjustment is important.

1. Turn the **ADJUSTMENT KNOB(41)** counterclockwise to loosen, but not remove, then pull the **ADJUSTMENT KNOB(41)** to release the pin. Slide the **SEAT POST(8)** until the **SEAT(29)** is at the proper height. Release the **ADJUSTMENT KNOB(41)** making sure the pin catches in one of the adjustment holes of the **SEAT POST(8)** and tighten the **ADJUSTMENT KNOB(41)**.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustration.

- CAUTION:**
1. Do not attempt to adjust the seat while you are on the **Stamina® Active Aging EasyStep**.
  2. Always tighten the **ADJUSTMENT KNOB(41)** after adjusting the seat to a new position.

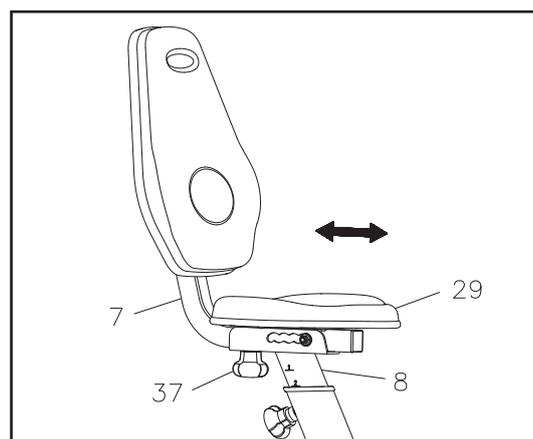


### FORWARD/AFT POSITION OF SEAT

Adjusting the **SEAT(29)** forward or backward helps you work on different lower body muscle groups.

Turn the **LOCKING KNOB(37)** counterclockwise to loosen, but not remove, then slide the **SEAT FRAME(7)** to the desired position, and secure with the **LOCKING KNOB(37)**.

**NOTE:** The **LOCKING KNOB(37)** should be screwed in tight to make the **SEAT FRAME(7)** fit securely in the **SEAT POST(8)**.



## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

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

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

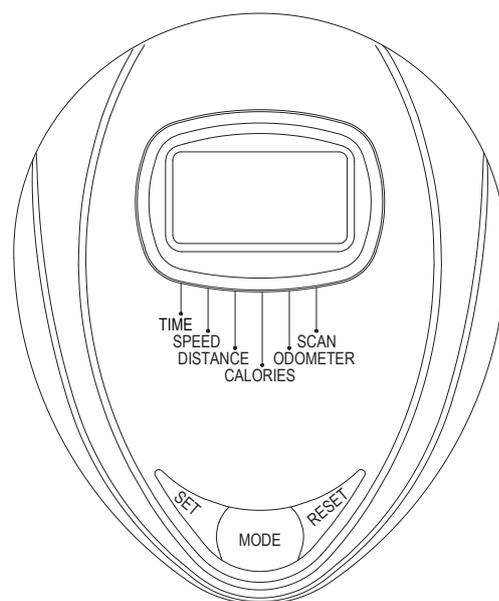
### FUNCTION BUTTONS :

**MODE :** In the **STOP** mode, press and release to select each function for preset target values for **TIME, DISTANCE, and CALORIES.**

Press and release to select functions for display for **TIME, SPEED, DISTANCE, ODOMETER, and CALORIES.**

**SET :** In the **STOP** mode, press to set target values. Press the button and hold it down for three seconds, the meter will continue to add the values even without pressing the **SET** button. Press any button to stop.

**RESET :** In the **STOP** mode, press the button to reset the setting values to zero. Press the button and hold it down for three seconds to reset all functions to zero.



### FUNCTIONS:

**SCAN:** Automatically scans each function of **TIME, SPEED, DISTANCE, ODOMETER, and CALORIES** in sequence changing every six seconds. Press and release the **MODE** button until the arrow appears on the display and points to the **SCAN**.

**TIME:** Displays the time from 1 sec. up to 99:59 minutes. Counts down from preset value.

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

**DISTANCE:** Displays distance from zero to 99.99 Miles. Counts down from preset value.

**ODOMETER:** Displays the total accumulated distance you have taken from zero to 999.9 miles.

The **ODOMETER** value is retained when the meter is turned off, until the batteries are removed.

**CALORIES:** Displays the calories burned from zero to 999.9 Kcal. Counts down from preset value.

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

### PRESET VALUES OPERATION:

You can move the pedals to power on the meter and workout with the meter directly. Or, you can preset the function values for counting down. Press the **MODE** button to stop **SCAN** mode. Stop pedaling for four seconds, the meter will enter the **STOP** mode. The meter will go through the input items as follows and allow you to set the function values. Use the **SET** and **RESET** buttons to input the values, and press the **MODE** button to confirm. Or, just press the **MODE** button to skip the setting and move on to the next function. After all the desired settings are chosen, begin pedaling to start the workout.

**Time (1:00 to 99:00) → Distance (0.5 to 99.5 mile) → Calories (1.0 to 999 Kcal)**

### NOTE:

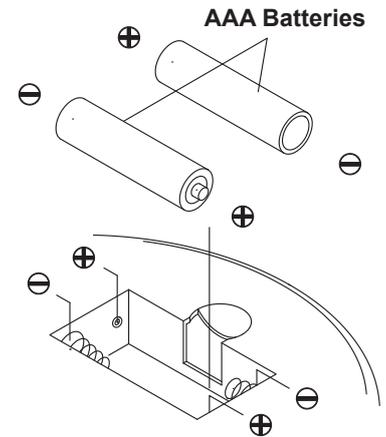
1. You may preset values for several functions. The preset function values will start to count down. When you complete one of the preset functions, then the value of this completed function will start to count up, while the other preset functions will continue to count down.
2. The Meter will shut off automatically after 4 minutes of inactivity. All function values will be kept. You can continue to workout with these function values, or press the **RESET** button and hold it down for three seconds to reset all functions to zero.

## OPERATIONAL INSTRUCTIONS

### HOW TO INSTALL AND REPLACE BATTERIES:

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

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



## STORAGE

1. To store the **Stamina® Active Aging EasyStep**, simply keep it in a clean dry place.
2. Move the **Stamina® Active Aging EasyStep** with the wheels in the **WHEEL ENDCAP(93)** on the **FRONT STABILIZER(11)**. Lift the **REAR STABILIZER(10)** to move the **Stamina® Active Aging EasyStep**.
3. To avoid damage to the electronics, remove the batteries from the **METER(23)** before storing the **Stamina® Active Aging EasyStep** for one year or more.

## MAINTENANCE

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

1. Adjust the **TENSION KNOB(26)** and verify that it functions properly and the resistance changes.
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 **Stamina® Active Aging EasyStep**. This can cause the plastic cover to crack.
6. Worn or damaged components must be replaced immediately or the **Stamina® Active Aging EasyStep** removed from service until repair is made.
7. Only Stamina Products supplied components should be used to maintain/repair the **Stamina® Active Aging EasyStep**.
8. Keep your **Stamina® Active Aging EasyStep** 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.

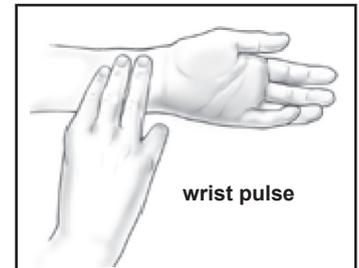
Remember to follow these essentials:

- 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

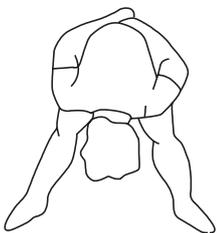
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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.

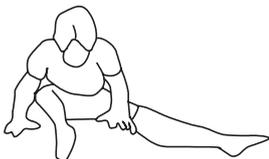


#### Floor Stretch

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.

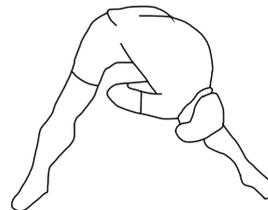
**DO NOT BOUNCE!**

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

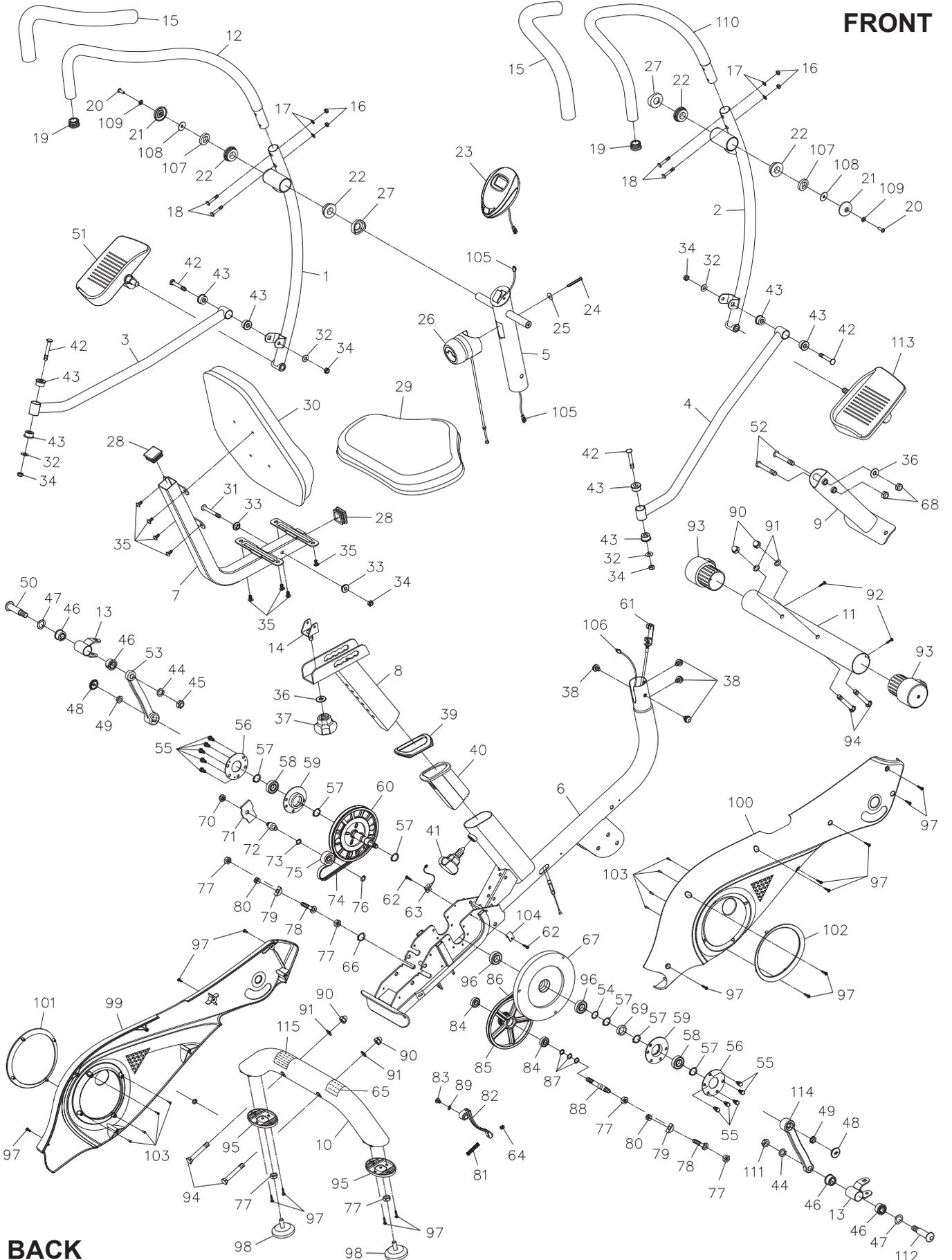
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!**

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



## PARTS LIST

PART#	PART NAME	QTY
1	Left Pivoting Arm	1
2	Right Pivoting Arm	1
3	Left Linkage	1
4	Right Linkage	1
5	Upright	1
6	Main Frame	1
7	Seat Frame	1
8	Seat Post	1
9	Front Support	1
10	Rear Stabilizer	1
11	Front Stabilizer	1
12	Left Handlebar	1
13	Linkage Connector	2
14	Fixing Bracket	1
15	Foam Tube (ø26 x ø32 x 490mm)	2
16	Nylock Nut (M6 x 1)	4
17	Arc Washer (M6)	4
18	Bolt, Hex Head (M6 x 1 x 35mm)	4
19	Round Plug (28.6mm)	2
20	Bolt, Button Head (M6 x 1 x 20mm)	2
21	Securing Cap	2
22	Pivoting Arm Bushing	4
23	Meter	1
24	Screw, Round Head (M5 x 0.8 x 45mm)	1
25	Arc Washer (M5)	1
26	Tension Knob	1
27	Spacer	2
28	Square Plug (38 x 38mm)	2
29	Seat	1
30	Back Cushion	1
31	Bolt, Button Head (M8 x 1.25 x 65mm)	1
32	Washer (M8)	4
33	Spacer Bushing	2
34	Nylock Nut (M8 x 1.25)	5
35	Bolt, Button Head (M6 x 1 x 13mm)	8
36	Washer (M10)	2
37	Locking Knob	1
38	Bolt w/ Washers, Button Head (M8 x 1.25 x 16mm)	4
39	Cover Spacer Ring	1
40	Sleeve	1
41	Adjustment Knob	1
42	Carriage Bolt (M8 x 1.25 x 55mm)	4
43	Linkage Bushing	8
44	Lock Washer (1/2")	2
45	Left Thin Nylock Nut (1/2" - 20, left threaded)	1
46	Linkage Connector Bushing	4
47	Wave Washer (M16)	2
48	Crank Cap	2

## PARTS LIST

PART#	PART NAME	QTY
49	Flange Nut (M10 x 1.25)	2
50	Left Pedal Shaft (1/2" - 20, left threaded)	1
51	Left Pedal	1
52	Bolt, Button Head (M10 x 1.5 x 72mm)	2
53	Left Crank	1
54	Wave Washer (M20)	1
55	Bolt w/ Washers, Hex Head (M6 x 1 x 16mm)	10
56	Bearing Housing Cover	2
57	C Ring (20mm)	6
58	Ball Bearing (6904ZZ)	2
59	Bearing Housing	2
60	Pulley w/ Shaft	1
61	Tension Cable	1
62	Screw, Larger Round Head (M4 x 10mm)	2
63	Sensor Wire	1
64	Retaining Plug	1
65	Serial Decal	1
66	C Ring (10mm)	1
67	Flywheel	1
68	Nylock Nut (M10 x 1.5, 9.5mm thick)	2
69	Spacer (ø20.1 x ø27 x 10.5mm)	1
70	Thin Nylock Nut (M10 x 1.5, 7mm thick)	1
71	Idler Support Plate	1
72	Idler Shaft	1
73	Wave Washer (M15)	1
74	V-Ribbed Belt (240J5)	1
75	Ball Bearing (6202RS)	1
76	C Ring (15mm)	1
77	Nut (M10 x 1.5 x 7.5mm thick)	6
78	Eye Bolt (M8 x 1.25 X 60MM)	2
79	Tension Bracket	2
80	Nut (M8 x 1.25)	2
81	Spring	1
82	Magnetic Brake	1
83	Bolt, Round Head (M6 x 1 x 10mm)	1
84	Ball Bearing (6000ZZ)	2
85	Pulley	1
86	V-Ribbed Belt (230J3)	1
87	Wave Washer (M10)	3
88	Pulley Shaft	1
89	Plastic Washer (M8)	1
90	Acorn Nut (M10 x 1.5)	4
91	Arc Washer (M10)	4
92	Screw, Round Head (M4 x 10mm)	2
93	Wheel Endcap	2
94	Carriage Bolt (M10 x 1.5 x 70mm)	4
95	Rear Stabilizer Cap	2
96	Ball Bearing (6004ZZ)	2

## PARTS LIST

PART#	PART NAME	QTY
97	Screw, Round Head (M4 x 20mm)	15
98	Stand	2
99	Left Cover	1
100	Right Cover	1
101	Left Decoration Ring	1
102	Right Decoration Ring	1
103	Screw, Round Head (M3 x 11mm)	8
104	Plastic Clip	1
105	Connection Wire	1
106	Extension Wire	1
107	Washer, D Shaped Hole (ø19.2 x ø31.8 x 5mm thick)	2
108	Washer (ø6.5 x ø25 x 1.3mm thick)	2
109	Washer (ø6.2 x ø16 x 1.5mm thick)	2
110	Right Handlebar	1
111	Right Thin Nylock Nut (1/2" - 20)	1
112	Right Pedal Shaft (1/2" - 20)	1
113	Right Pedal	1
114	Right Crank	1
115	Caution Label	1
116	Allen Wrench (8mm)	1
117	Allen Wrench (6mm)	1
118	Allen Wrench (4mm)	1
119	Multi-opening Wrench	1
120	Wrench	1
121	Manual	1

## LIMITED WARRANTY

MODEL 40-0200

### 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 three 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	