

Product May Vary
Slightly From Pictured.

Folding Upper & Lower Body Cycle

Owner's Manual

Safety Instructions
Customer Service
Operation
Warranty

Safety Instructions

- ⚠ WARNING: Cancer and Reproductive Harm www.P65Warnings.ca.gov**
 - ⚠ CAUTION: 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 bodily injury and property damage.**
 - ⚠ WARNING: Weight limit is not applicable if product is used properly. This unit is not designed to support a user's weight. To reduce the risk of serious injury, please read all safety instructions before using the Folding Upper & Lower Body Cycle.**
1. Save these instructions and ensure that other exercisers read this manual prior to using the **Folding Upper & Lower Body Cycle** for the first time.
 2. The **Folding Upper & Lower Body Cycle** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
 3. Do not stand up on the **Folding Upper & Lower Body Cycle**.
 4. Keep children away from the **Folding Upper & Lower Body Cycle**. Do not allow children to use or play around the **Folding Upper & Lower Body Cycle**. Keep children and pets away from the **Folding Upper & Lower Body Cycle** when it is in use.
 5. Keep fingers clear of all pinch points when folding and unfolding the **Folding Upper & Lower Body Cycle**.
 6. Set up and operate the **Folding Upper & Lower Body Cycle** on a solid, level surface like a desk or table for upper body workouts, and on an equipment mat for lower body workouts. You must always be seated when pedaling with your feet. Do not position the **Folding Upper & Lower Body Cycle** on loose rugs or uneven surfaces.
 7. Before using, inspect the **Folding Upper & Lower Body Cycle** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
 8. The surface of the crank housing may become hot during use, so allow it to cool before moving.
 9. Consult a physician prior to commencing an exercise 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 **Folding Upper & Lower Body Cycle**.
 12. Never exercise with bare feet or socks. Always wear appropriate footwear.
 13. The **Folding Upper & Lower Body Cycle** 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

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www.staminaproducts.com

When calling for parts or
service, please specify the
following model number:
15-0101A

MADE IN CHINA

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Quickstart Guide

IMPORTANT

Smart Audio Workouts for Your Cycle



Go to the App Store on your device or scan the QR Code for quick access.



Download the app and get moving!

Assembly and Operational Instructions

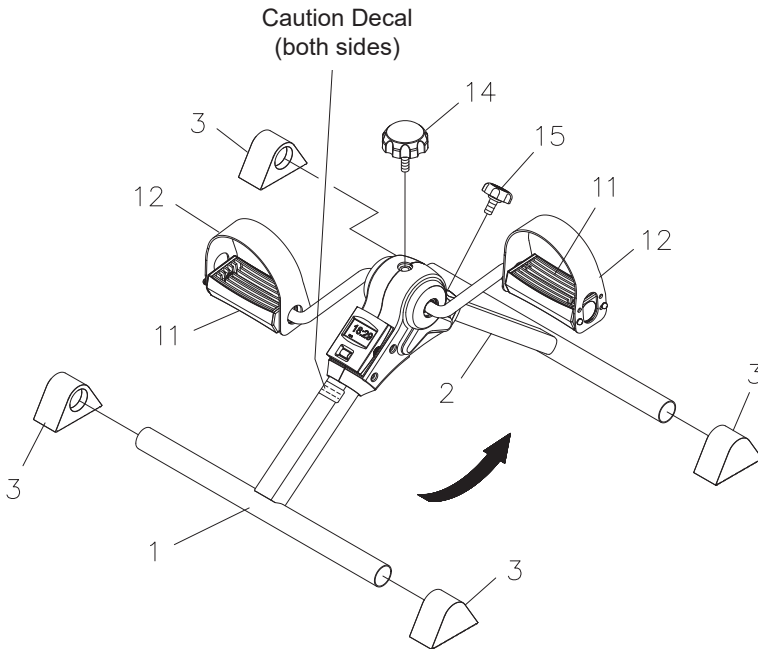
STEP 1: Unfold the FRONT FRAME(2) from the MAIN FRAME(1) and secure with the LOCKING KNOB(15). Press the STAND CAPS(3) onto the stabilizers on the MAIN FRAME(1) and the FRONT FRAME(2).

STEP 2: Bolt the ADJUSTMENT KNOB(14) into the hub on the MAIN FRAME(1).

NOTE: There are two adjustment holes on each side of the PEDAL STRAPS(12). Select the adjustment holes which allow your feet to be easily removed from the PEDALS(11).

CAUTION: The surface of the crank housing may become hot during use, so allow it to cool before moving. Read the cautions posted on the **Folding Upper & Lower Body Cycle**.

CAUTION HOT SURFACE!
The surface may become hot during use, so allow it to cool before moving.



LOAD ADJUSTMENT

To increase the intensity of your workout, turn the ADJUSTMENT KNOB(14) clockwise. To decrease the resistance, turn the ADJUSTMENT KNOB(14) counterclockwise.

Assembly and Operational Instructions

USING THE ELECTRONIC TIMER

TIMER Function: The electronic timer displays minutes and seconds up to 99:59.

1. To time your workout, begin by pressing and holding the button on the face of the timer until zeros are displayed. Release the button.
2. Start the timer by pressing and releasing the button. Now you are ready to begin your workout.
3. To stop or pause the timer, press and release the timer button. This freezes the workout time. To resume your workout without losing the time displayed before stopping or pausing, press and release the button again.
4. When you complete your workout, press and release the timer button. The timer will automatically turn off after being in stop or pause mode for 4 minutes.

NOTE: Even after the timer automatically turns off, the time that was displayed prior to shut off will remain in memory. To resume your workout without losing the time displayed before stopping, press and release the timer button. To clear the time and start a new workout, start again at step 1.

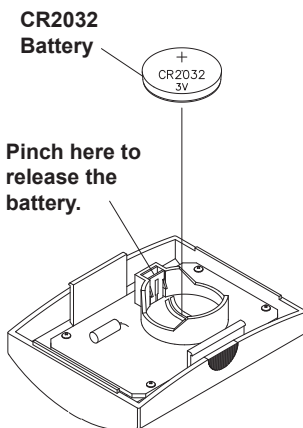
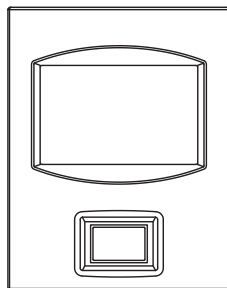
BATTERY: The electronic timer operates with a 3V CR2032 button cell battery, included. Replace the battery when you see inconsistencies in the display.

HOW TO INSTALL AND REPLACE BATTERY:

1. Remove the TIMER(20) from the **Folding Upper & Lower Body Cycle**. Place the TIMER(20) up-side down as shown in the illustration.
2. Refer to the illustration. Remove the old battery.
3. Install a new button cell battery. Assemble the TIMER(20) back to the **Folding Upper & Lower Body Cycle** Cycle.

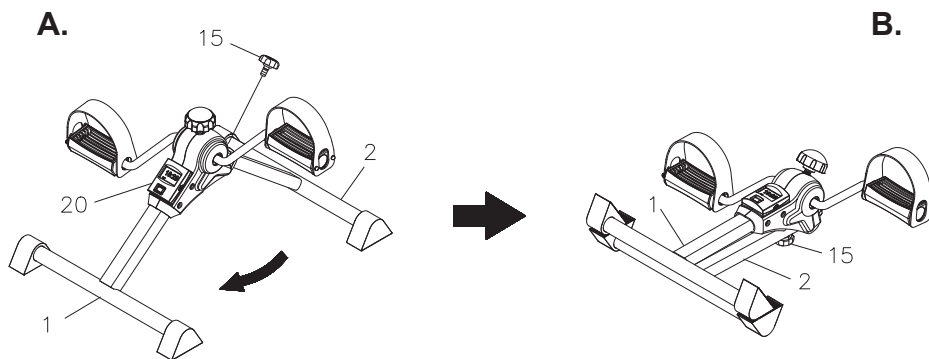
NOTE:

1. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
2. **Do not dispose of batteries in fire.**



Storage

1. To store the **Folding Upper & Lower Body Cycle**, simply keep it in a clean dry place.
2. The minimum folded dimensions of the **Folding Upper & Lower Body Cycle** are approximately 16.4" long x 14.4" wide x 5.6" tall. Please measure your **Folding Upper & Lower Body Cycle** if exact dimensions are needed.
3. To move the **Folding Upper & Lower Body Cycle**, lift the unit by the upright of the **MAIN FRAME(1)**.
Caution: Make sure that the hub on the **MAIN FRAME(1)** has cooled before moving.
4. To fold, refer to illustration A, remove the **LOCKING KNOB(15)**, and fold the **FRONT FRAME(2)** to the **MAIN FRAME(1)**. Reattach the **LOCKING KNOB(15)** to the **FRONT FRAME(2)**. The **Folding Upper & Lower Body Cycle** should appear as shown in illustration B after folded.

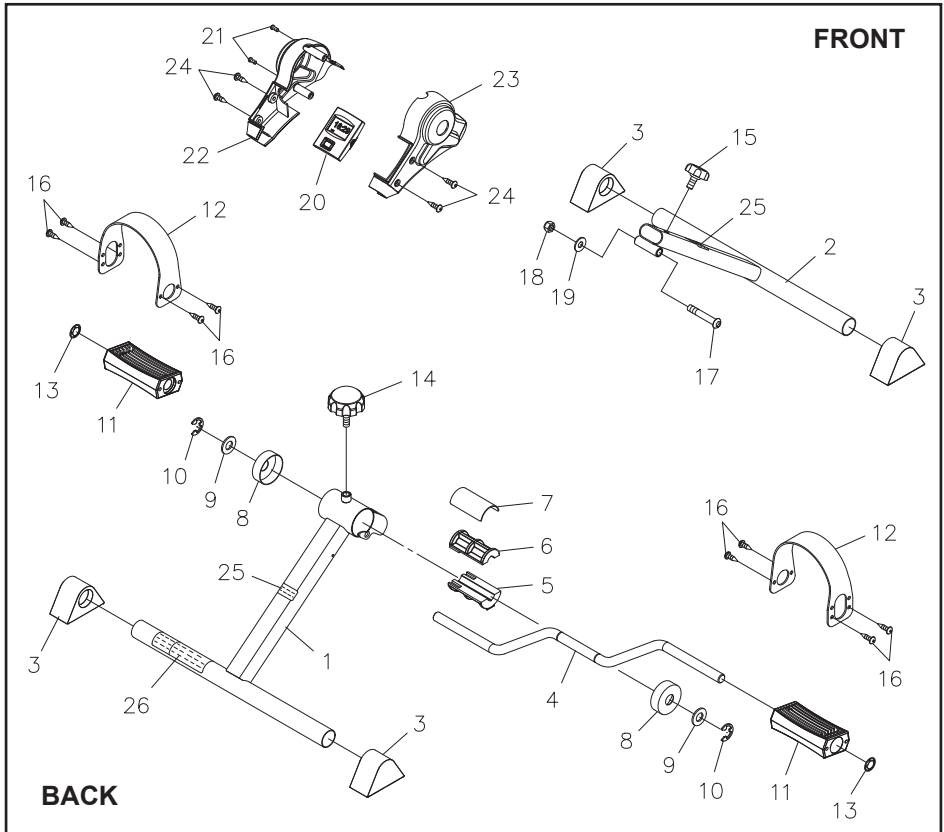


Maintenance

The safety and integrity designed into the **Folding Upper & Lower Body Cycle** can only be maintained when the **Folding Upper & Lower Body Cycle** is regularly examined for damage and wear. Special attention should be given to the following:

1. A light oil is applied to the pedals of your **Folding Upper & Lower Body Cycle** before shipping. Reapply oil if the pedals begin squeaking.
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(26)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(26)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components must be replaced immediately or the **Folding Upper & Lower Body Cycle** removed from service until repair is made.
6. Only Stamina Products supplied components should be used to maintain/repair the **Folding Upper & Lower Body Cycle**.
7. Keep your **Folding Upper & Lower Body Cycle** clean by wiping it off with an absorbent cloth after use.

Product Parts Drawing and Parts List



Part No. and Description

Qty

Part No. and Description

Qty

1	Main Frame	1
2	Front Frame	1
3	Stand Cap (25.4mm)	4
4	Crank	1
5	Bottom Brake Block	1
6	Top Brake Block	1
7	Press Plate	1
8	Hub Cap	2
9	Nylon Washer (1/2")	2
10	E Clip (1/2")	2
11	Pedal	2
12	Pedal Strap	2
13	Push Nut (1/2")	2
14	Adjustment Knob	1

15	Locking Knob	1
16	Screw, Round Head (M4 x 12mm)	8
17	Bolt, Bottom Head (M8 x 1.25 x 56mm)	1
18	Nylock Nut (M8 x 1.25)	1
19	Washer (M8)	1
20	Timer	1
21	Screw, Round Head (M3 x 15mm)	2
22	Left Cover	1
23	Right Cover	1
24	Screw, Round Head (M4 x 13mm)	4
25	Caution Decal - Hot Surface	2
26	Caution Label	1
27	Owner's Manual	1

Limited Warranty

MODEL 15-0101A

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

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

NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER. These warranties are not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY.** If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

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