

Product May Vary
Slightly From Pictured.

STAMINA[®] **DOORWAY TRAINER PLUS**

Owner's Manual Safety Instructions Customer Care Warranty

Safety Instructions

- ▲ WARNING** Cancer and Reproductive Harm www.P65Warnings.ca.gov
- ▲ WARNING** This equipment is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.
- ▲ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the **Doorway Trainer Plus**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Doorway Trainer Plus** for the first time.
2. Read this Owner's Manual and follow it carefully before using the **Doorway Trainer Plus**.
3. Keep children away from the **Doorway Trainer Plus**. Do not allow children to use or play around the **Doorway Trainer Plus**. Keep children and pets away from the **Doorway Trainer Plus** when it is in use.
4. The equipment can be used only if it is examined regularly for damage and wear. Before using, inspect the **Doorway Trainer Plus** for worn or loose components, and securely tighten or replace any worn or loose components prior to use. Please replace defective components immediately and keep the equipment out of use until repair. Contact customer care (specific information is as below) for repair or component replacement.
5. Before use, carefully read and understand all of the directions of the **Doorway Trainer Plus** for proper installation. Also, make sure the door frame and moldings are secure and solid before installing **Doorway Trainer Plus**. A weak door frame and/or moldings can cause the unit to fail and dislodge from the doorway.
6. Before using the **Doorway Trainer Plus**, tug down on the Handlebars to make sure the unit is securely installed into the door frame.
7. As the **Doorway Trainer Plus** is not designed for permanent installation, remove it from the door frame and store away in a safe place until next use.
8. Injuries may result from incorrect or excessive training. 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.
9. 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.
10. Do not wear loose or dangling clothing while using the **Doorway Trainer Plus**.
11. The **Doorway Trainer Plus** should not be used by persons weighing over 250 pounds.
12. The **Doorway Trainer Plus** should only be used by one person at a time.
13. The **Doorway Trainer Plus** is for consumer use only. It is not for use in public or semipublic facilities.
14. The **Doorway Trainer Plus** has a total mass and dimension of: 37" x 15.25" x 12" weighing 7.0 lbs.

This Product is Distributed Exclusively by



2040 N Alliance Ave, Springfield, MO 65803

Customer Care

1 (800) 375-7520

customer.care@staminaproducts.com

www.staminaproducts.com

**When calling for parts or
service, please specify the
following model number:
50 - 0050C**

MADE IN CHINA

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2020, 11

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Quickstart Guide

IMPORTANT

Smart Audio Workouts for Your Door Gym



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



Download the app and get moving!
Assembly video included in app.

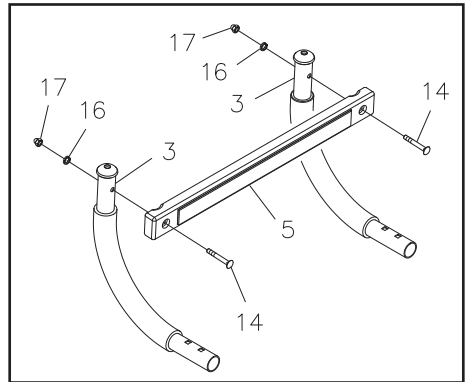
Assembly Instructions

NOTE:

Do not tighten any bolts until STEP 4.

STEP 1

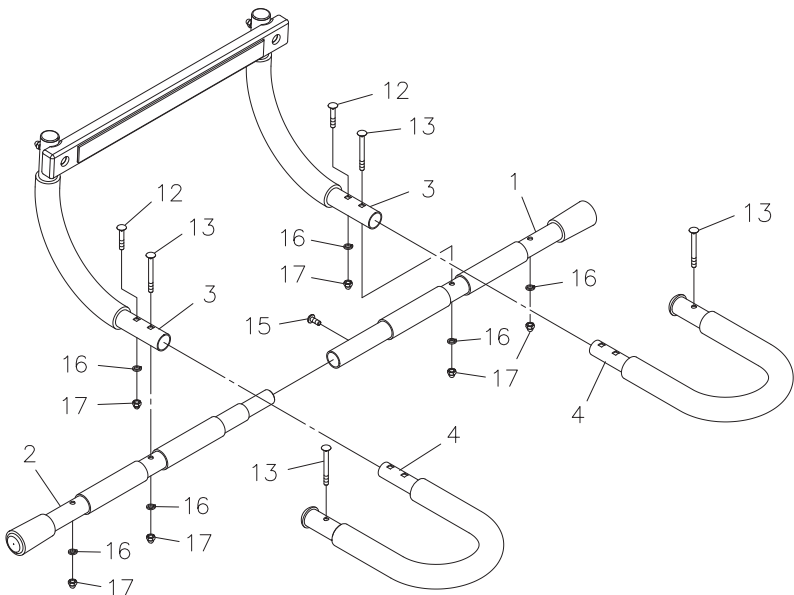
Attach the **ARCHED SUPPORTS(3)** to the **PLASTIC BAR(5)** with **CARRIAGE BOLTS(M6x1x45mm)(14)**, **LOCK WASHERS(M6)(16)**, and **ACORN NUTS(M6x1)(17)**.



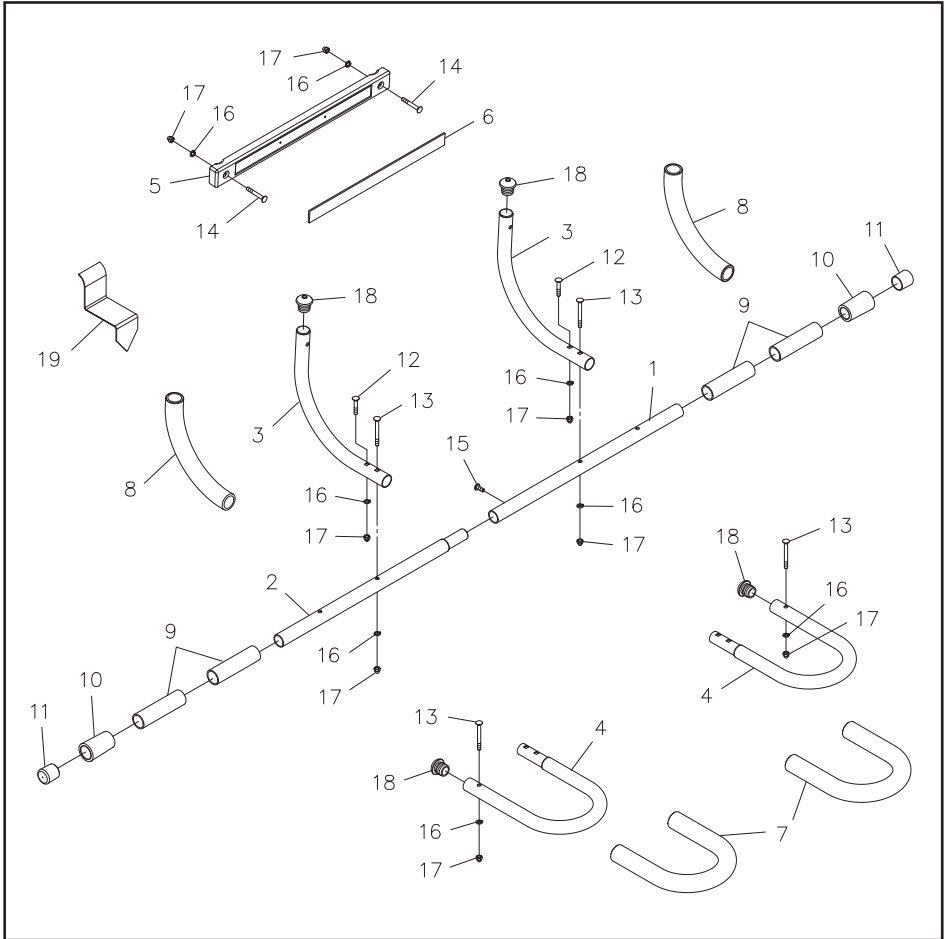
STEP 2: Insert the **INNER BAR(2)** into the **OUTER BAR(1)** and secure with **BUTTON HEAD BOLT(M6x1x15mm)(15)**.

STEP 3: Refer to the illustration below. Insert the **HANDLEBARS(4)** into the **ARCHED SUPPORTS(3)** and secure with **CARRIAGE BOLTS(M6x1x33mm)(12)**, **LOCK WASHERS(M6)(16)**, and **ACORN NUTS(M6x1)(17)**.

STEP 4: Bolt the **ARCHED SUPPORTS(3)**, **HANDLEBARS(4)**, **OUTER BAR(1)**, and **INNER BAR(2)** together with **CARRIAGE BOLTS(M6x1x58mm)(13)**, **LOCK WASHERS(M6)(16)**, and **ACORN NUTS(M6x1)(17)**. Tighten all bolts from STEP 1 to STEP 4.



Product Parts Drawing and Parts List



Part No. and Description	Qty	Part No. and Description	Qty
1 Outer Bar	1	12 Carriage Bolt (M6 x 1 x 33mm)	2
2 Inner Bar	1	13 Carriage Bolt (M6 x 1 x 58mm)	4
3 Arched Support	2	14 Carriage Bolt (M6 x 1 x 45mm)	2
4 Handlebar	2	15 Bolt, Button Head (M6 x 1 x 15mm)	1
5 Plastic Bar	1	16 Lock Washer (M6)	8
6 EVA Pad	1	17 Acorn Nut (M6 x 1)	8
7 Foam Tube	2	18 Round Plug (25.4mm)	4
8 Foam Grip	2	19 Safety Wedge	1
9 Hand Grip	4	20 Wrench	1
10 Foam Pad	2	21 Allen Wrench (5mm)	1
11 Endcap (25.4mm)	2	22 Owner's Manual	1

Limited Warranty

MODEL 50-0050C

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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