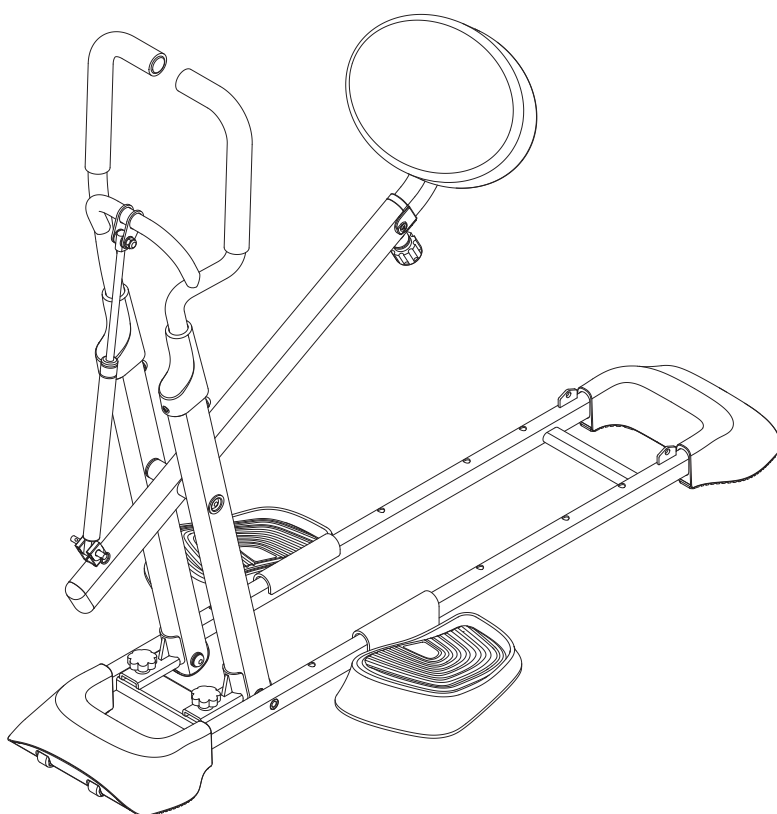




DeniseAustin

BOOTY SCULPTING SYSTEM

Better Squat Trainer



Product May Vary Slightly From Pictured.

CAUTION:

Weight on this product should not exceed 250 lbs.

Owner's Manual

⚠ 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.
- Serious bodily injury can occur if this equipment is not assembled and used in accordance with the owner's manual.
- Follow all safety instructions in this owner's manual.

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

Model#: 50-0900

S/N: _____

This Product is Distributed Exclusively by



2040 N Alliance Ave, Springfield, MO 65803

Customer Care

1 (800) 375-7520

www.staminaproducts.com

STAMINA PRODUCTS
MADE IN CHINA

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2023, 07

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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. 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 Better Squat Trainer.

- The Better Squat Trainer should only be used after a thorough review of the Owner's Manual by all exercisers and saved for future reference.
- Make sure that the product is properly assembled and tightened before use.
- We recommend that two people be available for assembly of this product.
- Keep children and pets away from the Better Squat Trainer at all times. This product is for adult use only.
- It is recommended that you place this product on an equipment mat.
- Set up and operate the Better Squat Trainer on a solid level surface. Do not position the product on loose or uneven surfaces.
- Make sure that adequate space of 4 feet wide x 6 feet long is available for access to and around the product.
- Keep fingers clear of all pinch points when folding and unfolding the Better Squat Trainer.
- Before using, always inspect the product for worn parts that should be replaced or loose parts that should be tightened.
- Do not attempt to adjust the seat while you are on the Better Squat Trainer.
- Make sure the Uprights (2) are locked properly by the Locking Knobs (18).
- Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them.
- Do not wear loose clothing while using the Better Squat Trainer.
- Always wear proper footwear such as running, walking, or cross training shoes.
- Be careful to maintain your balance while assembling, mounting, using and dismounting the Better Squat Trainer. Loss of balance may result in a fall or serious bodily injury.
- The Better Squat Trainer should not be used by persons weighing over 250 pounds.
- The Better Squat Trainer should be used by only one person at a time.
- The Better Squat Trainer 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 Better Squat Trainer. 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 Better Squat Trainer 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

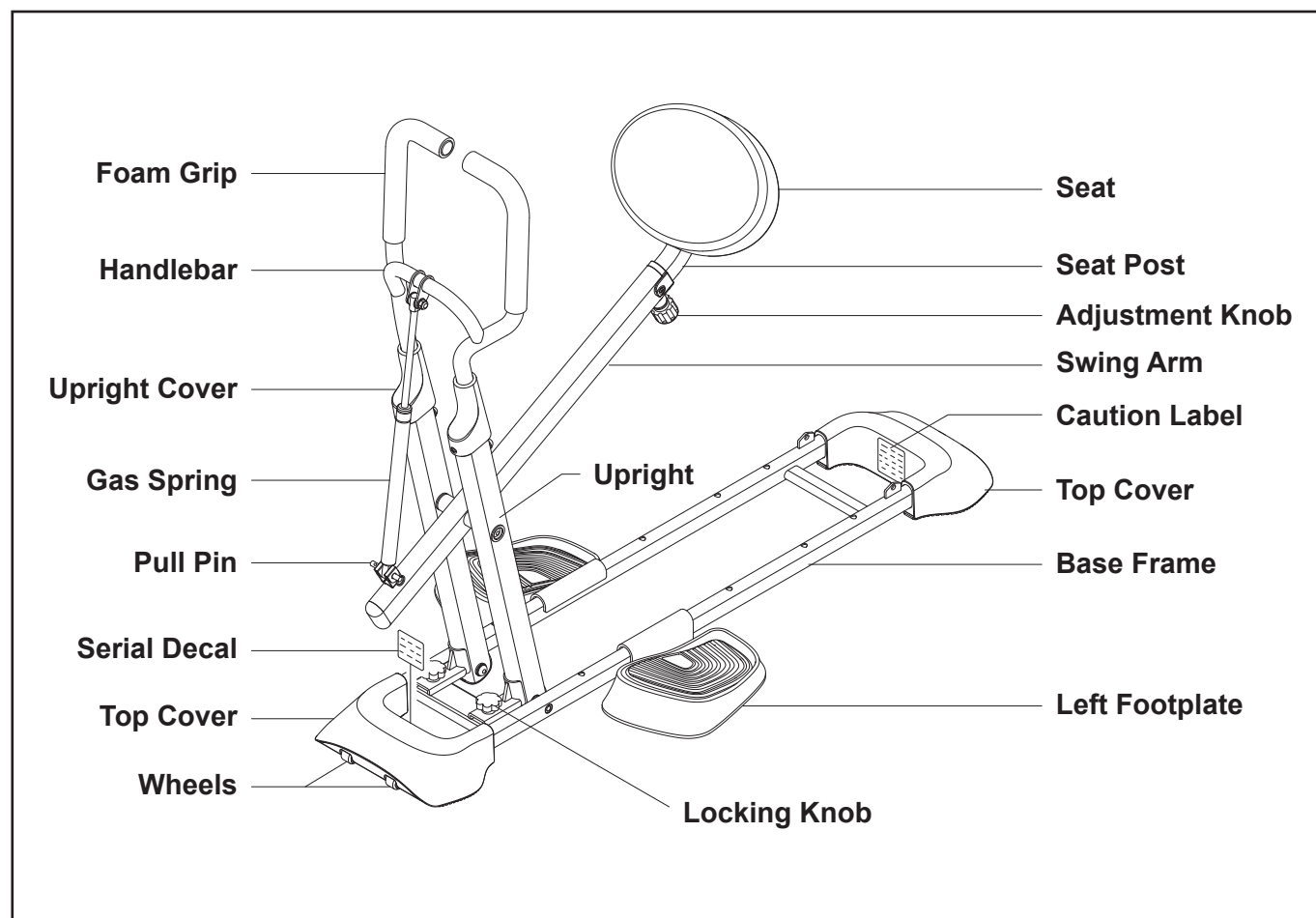
calling for assistance.

Read this manual carefully before using the Better Squat Trainer.

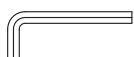
Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your Better Squat Trainer, please do not return the product. Contact us **FIRST!**

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. 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 :



Allen Wrench (5mm)



Combination Wrench

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the Better Squat Trainer. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

WARNING LABEL(50)



SHOCK CAUTION(52)



PINCH POINT DECAL(51)



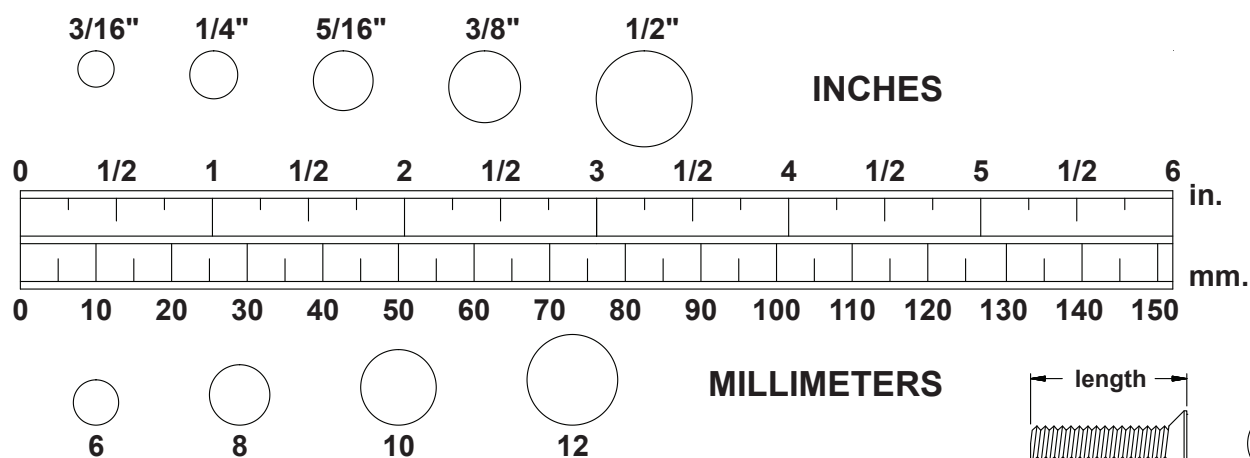
SERIAL DECAL(49)



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.

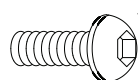
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware 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.



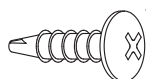
NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.



36 Bolt, Button Head (M6 x 1 x 16mm)

4



39 Screw, Round Head Self-Tapping (M4 x 13mm)

6

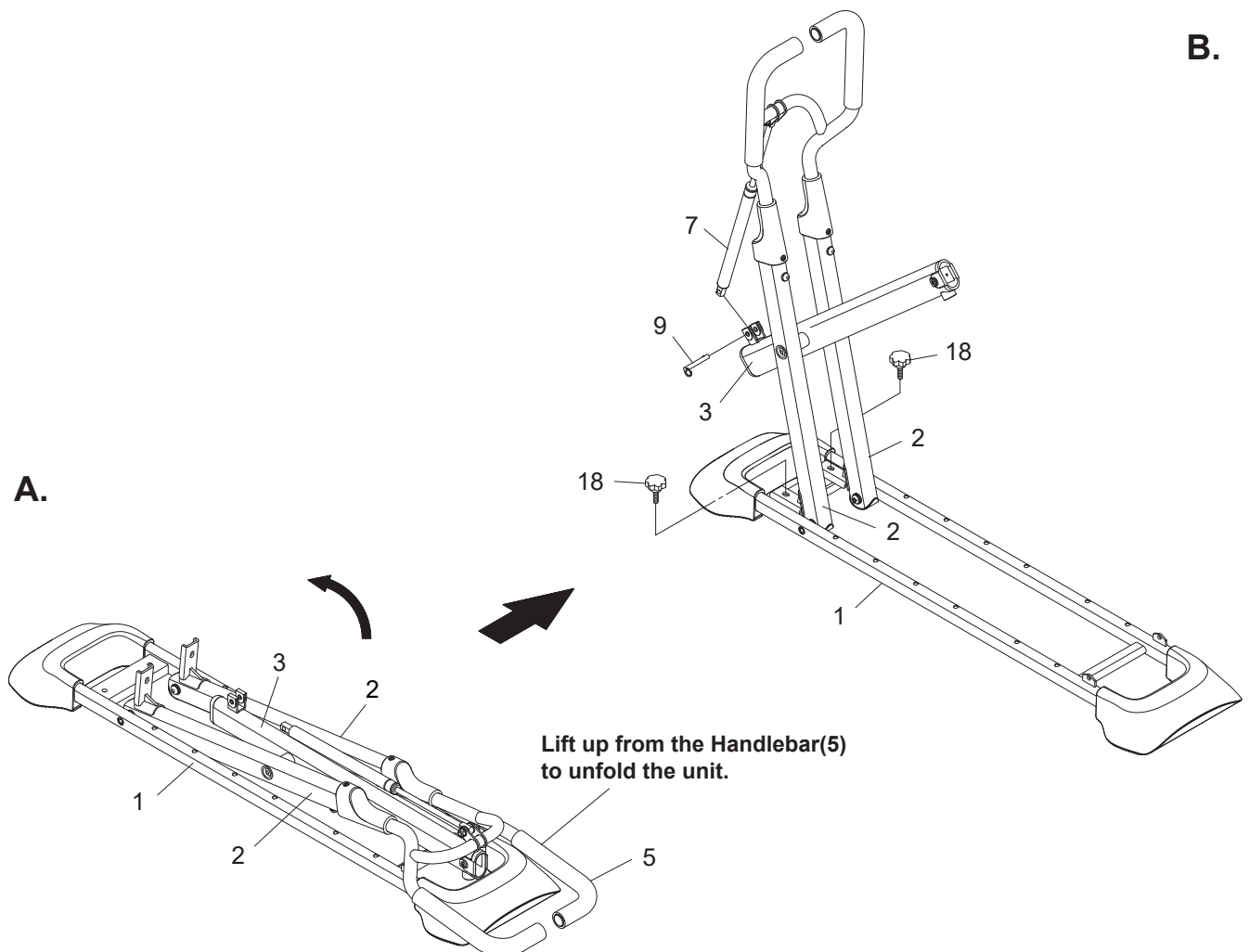
ASSEMBLY INSTRUCTIONS

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 under the Customer Care section and order the part needed, e-mail us at 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

Remove your Better Squat Trainer from its packaging, placing the product as shown in the illustration A. Lift up from the **HANDLEBAR(5)** to unfold the unit. Refer to illustration B. Lock the **UPRIGHTS(2)** to the **BASE FRAME(1)** with the **LOCKING KNOBS(18)**. Connect the **GAS SPRING(7)** to the bracket in the **SWING ARM(3)** and secure with the **PULL PIN(9)**.



ASSEMBLY INSTRUCTIONS

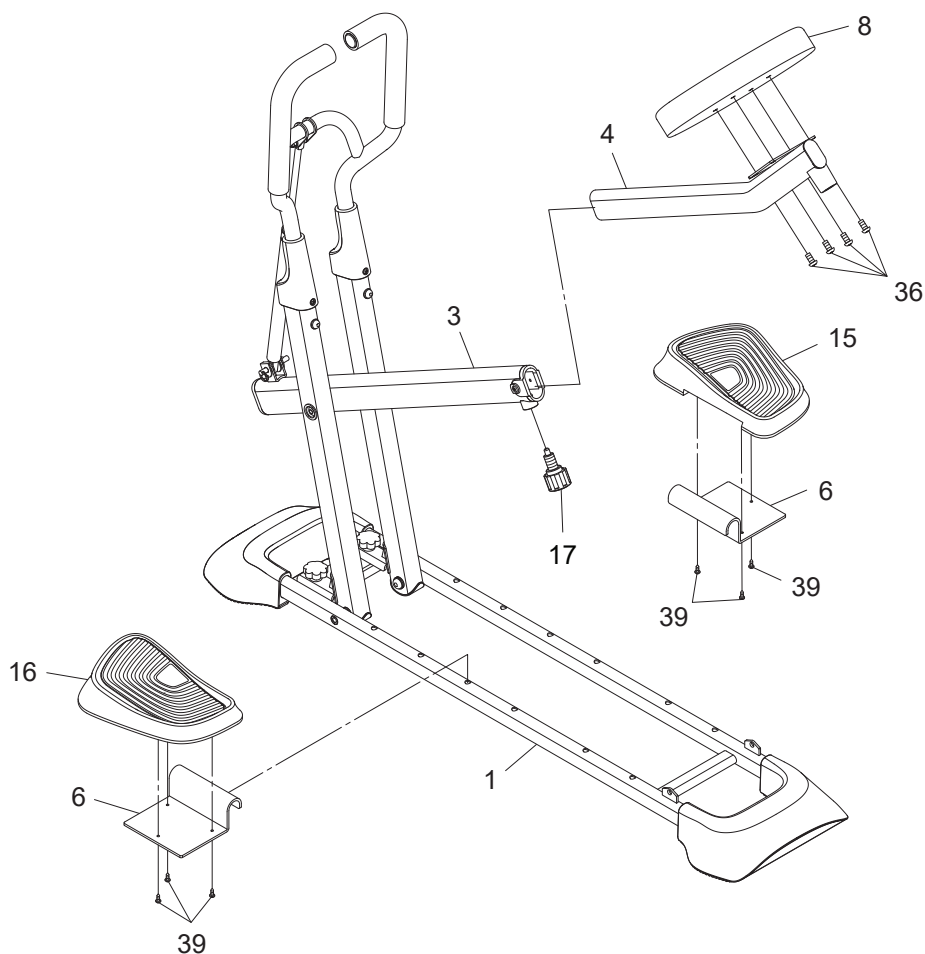
STEP 2

Attach the **LEFT** and **RIGHT FOOTPLATES(16, 15)** to the **FOOTPLATE SUPPORTS(6)** with **TAPPING SCREWS(M4x13mm)(39)**. Hook the **LEFT** and **RIGHT FOOTPLATES(16, 15)** to both sides of the **BASE FRAME(1)**. There are adjustment holes in the **BASE FRAME(1)** to allow the **FOOTPLATES(15, 16)** to be hooked onto different positions as you desire.

STEP 3

Attach the **SEAT(8)** to the **SEAT POST(4)** with **BUTTON HEAD BOLTS(M6x1x16mm)(36)**. Insert the **SEAT POST(4)** into the **SWING ARM(3)** and secure with the **ADJUSTMENT KNOB(17)**. There are adjustment holes in the **SEAT POST(4)** to allow the **SEAT(8)** to be adjusted to the best position for your height.

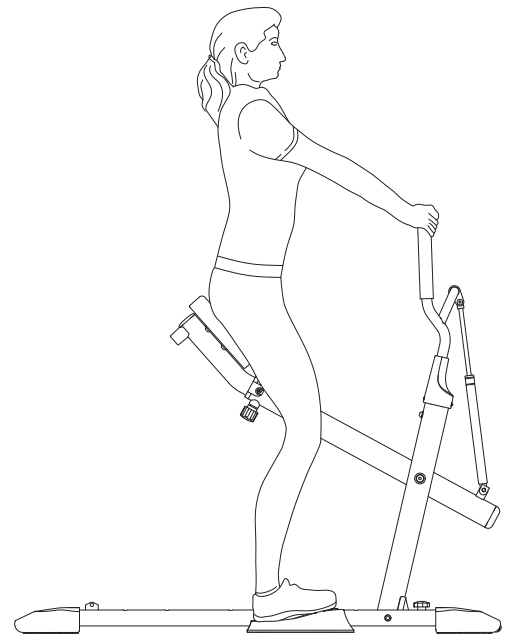
NOTE: To adjust the **SEAT(8)**, turn the **ADJUSTMENT KNOB(17)** counter clockwise to loosen, but do not remove, then pull the **ADJUSTMENT KNOB(17)** to release the pin. Slide the **SEAT POST(4)** to desired position. Release the **ADJUSTMENT KNOB(17)** making sure the pin catches in one of the holes of the **SEAT POST(4)** and securely tighten the **ADJUSTMENT KNOB(17)**.



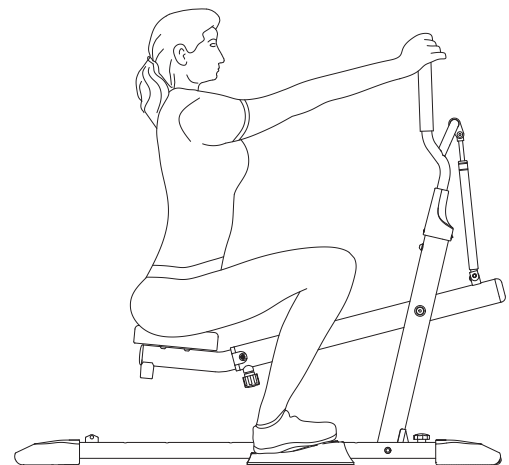
OPERATIONAL INSTRUCTIONS

Get Started with The Better Squat Trainer

1. Adjust the position of the seat so that when you straddle the swingarm, with your feet on the footplates, your butt rests on the seat.
2. When you've found the correct seat position, straddle the seat, and align your hips and torso with the swingarm.
3. Reach forward with arms extended to grab the handlebar with a light grip.
4. Place your feet on the footplates and keep your weight toward your heels.
5. With your core engaged and your shoulders pulled back down, engage your glutes and keep your knees over the middle of your feet.

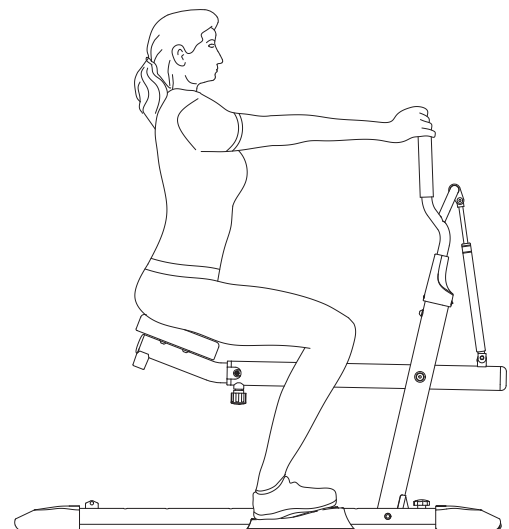


6. To descend into a squat, keep your grip on the handlebar, push your hips back like you're sitting in a chair, and bend at the knees. Lower down to a comfortable squat depth and slowly progress to deeper squats only as you gain strength and confidence.



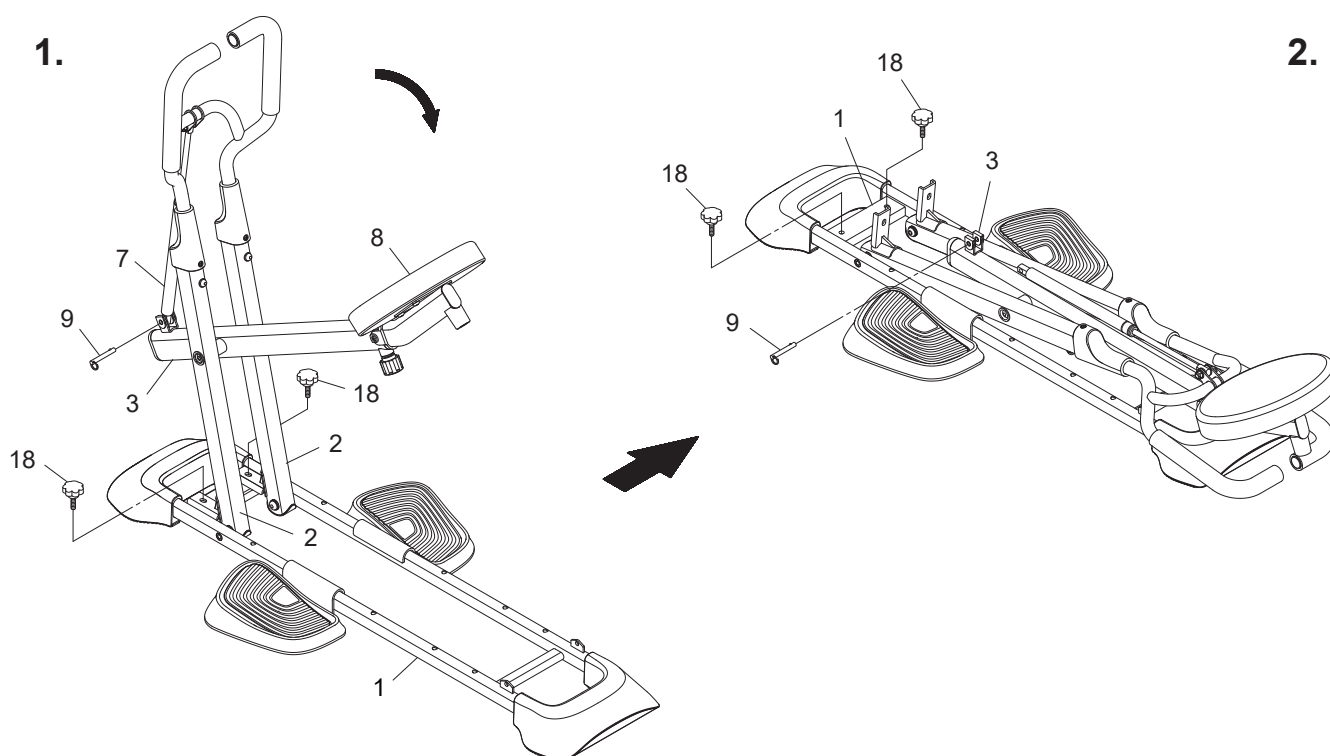
7. To come back up, keep your core and glutes engaged, then press down through your feet with most of the weight on your heels.
8. Squeeze your glutes at the top of the squat.

- You should not feel strain or pain in your back or knees during this exercise. If you feel strain in your knees or back, ensure you are using proper form as recommended and consider a shorter range of motion. If strain or pain persists, cease use and consult with your doctor before continuing use.



STORAGE

- To store the Better Squat Trainer, simply keep it in a clean dry place.
- To move the Better Squat Trainer, hold the back end of the Better Squat Trainer and tilt the Better Squat Trainer onto the wheels under the **FRONT LOWER COVER(11)** at the front.
- The minimum folded dimensions of the Better Squat Trainer are approximately 53.6 inches long x 22.3 inches wide x 9.1 inches tall. Please measure your Better Squat Trainer if exact dimensions are needed.
- Follow the illustrated process below to fold the Better Squat Trainer for storage.
 1. Adjust the **SEAT(8)** to the shortest position. Disconnect the **GAS SPRING(7)** and the **SWING ARM(3)** by pulling out the **PULL PIN(9)**. Remove the **LOCKING KNOBS(18)** from the **UPRIGHTS(2)**. Fold the **UPRIGHTS(2)** backward.
 2. Screw the **LOCKING KNOBS(18)** into the **BASE FRAME(1)** after folding. Insert the **PULL PIN(9)** back into the bracket in the **SWING ARM(3)**.



MAINTENANCE

The safety and integrity designed into the Better Squat Trainer can only be maintained when the Better Squat Trainer is regularly examined for damage and wear. Special attention should be given to the following:

- Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
- Verify that the **CAUTION LABEL(50)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **CAUTION LABEL(50)** if it is missing or damaged.
- It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
- Worn or damaged parts must be replaced immediately or the Better Squat Trainer removed from service until repair is made.
- Only Stamina Products supplied components should be used to maintain/repair the Better Squat Trainer.
- Keep your Better Squat Trainer 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.

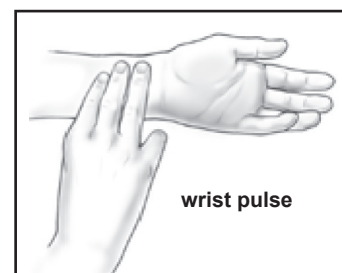
Remember to follow these essentials:

- 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.

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 be completed after each strength training session.

LIMITED WARRANTY

MODEL 50-0900

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 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.

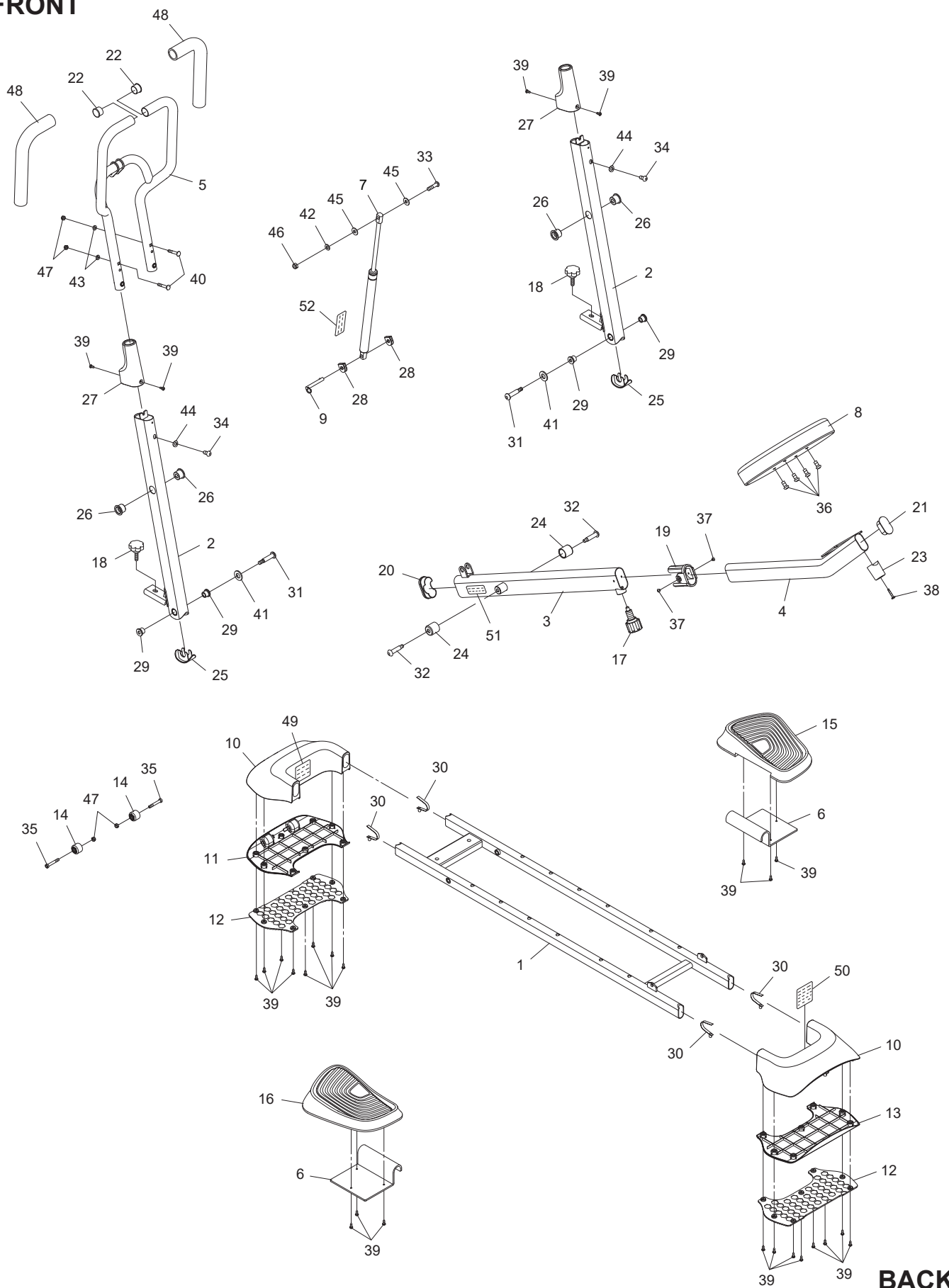
Stamina **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

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.

PRODUCT PARTS DRAWING

FRONT



BACK

PARTS LIST

PART#	PART NAME	QTY
1	Base Frame	1
2	Upright	2
3	Swing Arm	1
4	Seat Post	1
5	Handlebar	1
6	Footplate Support	2
7	Gas Spring	1
8	Seat	1
9	Pull Pin	1
10	Top Cover	2
11	Front Lower Cover	1
12	Cover Pad	2
13	Rear Lower Cover	1
14	Wheel	2
15	Right Footplate	1
16	Left Footplate	1
17	Adjustment Knob	1
18	Locking Knob	2
19	Seat Bushing	1
20	Oval Plug (30 x 60mm)	1
21	Oval Plug (25 x 50mm)	1
22	Round Plug (ø25mm)	2
23	Seat Bumper	1
24	Spacer	2
25	Upright Endcap	2
26	Plastic Bushing	4
27	Upright Cover	2
28	Gas Spring Spacer	2
29	Oilless Bearing	4
30	Button Pin	4
31	Shoulder Bolt, Button Head (M8 x 1.25, ø10 x 35mm)	2
32	Shoulder Bolt, Button Head (M8 x 1.25, ø10 x 35mm)	2
33	Bolt, Button Head (M8 x 1.25 x 32mm)	1
34	Bolt, Button Head (M8 x 1.25 x 16mm)	2
35	Bolt, Button Head (M6 x 1 x 40mm)	2
36	Bolt, Button Head (M6 x 1 x 16mm)	4
37	Screw, Round Head (M4 x 4.5mm)	2
38	Screw, Round Head Self-Tapping (M4 x 25mm)	1
39	Screw, Round Head Self-Tapping (M4 x 13mm)	26
40	Carriage Bolt (M6 x 1 x 40mm)	2
41	Washer (M10)	2
42	Washer (M8)	1
43	Washer (M6)	2
44	Arc Washer (M8)	2
45	Plastic Washer (M8)	2
46	Nylock Nut (M8 x 1.25)	1
47	Nylock Nut (M6 x 1)	4

PARTS LIST

PART#	PART NAME	QTY
48	Foam Grip	2
49	Serial Decal	1
50	Caution Label	1
51	Pinch Point Decal	1
52	Shock Caution	1
53	Allen Wrench (5mm)	1
54	Combination Wrench	1
55	Manual	1

TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at **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

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to 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.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
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: Zip Code:
Email Address: Phone #: ()
Would you like to receive email information or special offers from Stamina Products?* ☐ Yes ☐ 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 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



PARTS ORDER FORM

Stamina Products, Inc.
2040 N Alliance Ave, Springfield, MO 65803

Mr./Ms:
Address: Apt. #:
City: State: Zip Code:
IMPORTANT : We require your phone number to process the order!
Phone #: () Work Phone #: ()
Date of Purchase:
Model #:
Purchased From:

**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!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1