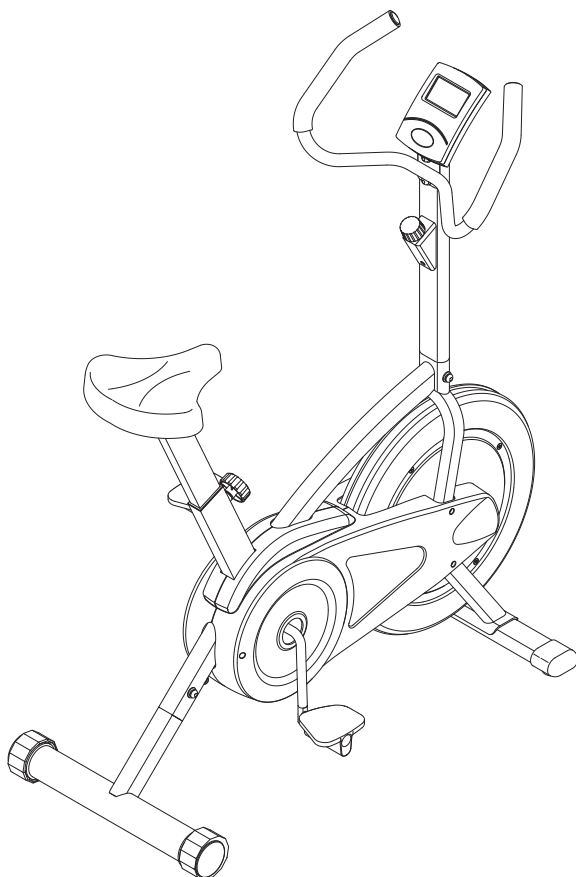


# **STAMINA®**

## **INDOOR CYCLE 1305**

### **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 number:

**Model#: 15-1305A**

**This Product is Produced Exclusively by**



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

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


**STAMINA PRODUCTS  
MADE IN CHINA**

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2010, 06


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## SAFETY INSTRUCTIONS

 **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the **1305 Indoor Cycle**.

1. Read all warnings posted on the **1305 Indoor Cycle**.
2. The **1305 Indoor Cycle** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **1305 Indoor Cycle**. Do not allow children to use or play on the **1305 Indoor Cycle**. Keep children and pets away from the **1305 Indoor Cycle** when it is in use.
5. The **1305 Indoor Cycle** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **1305 Indoor Cycle** on a solid level surface. Do not position the **1305 Indoor Cycle** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **1305 Indoor Cycle**.
9. Adjust the LEVELING CAPS(37) on the Rear Stabilizer so that the bike sits on the floor without rocking.
10. Before using, inspect **1305 Indoor Cycle** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Before getting on the **1305 Indoor Cycle**, always check the SEAT POST(4), PEDALS(27, 28), and HANDLEBAR(62) to be sure they are secure. The ADJUSTMENT KNOB(31) must be inserted into one of the holes in the SEAT POST(4) and securely tightened.
12. Each user should adjust the seat per instructions on page 13.
13. Do not attempt to adjust the seat while you are on the **1305 Indoor Cycle**.
14. 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.
15. Follow your physician's recommendations in developing your own personal fitness program.
16. 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.
17. Do not wear loose or dangling clothing while using the **1305 Indoor Cycle**.
18. 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.
19. Care should be taken in mounting or dismounting the **1305 Indoor Cycle**.
20. The **1305 Indoor Cycle** should not be used by persons weighing over 250 pounds.
21. The **1305 Indoor Cycle** should be used by only one person at a time.
22. The **1305 Indoor Cycle** is for consumer use only. It is not for use in public or semipublic facilities.

 **WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

# Call Us First



**Customer Service**  
**1 (800) 375-7520**  
**[www.staminaproducts.com](http://www.staminaproducts.com)**

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## THANK YOU FOR PURCHASING THE 1305 Indoor Cycle

To help you get started, we have pre-assembled most of your 1305 Indoor Cycle at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.  
Friday, 8:00 A.M. - 3:00 P.M., Central Time.



**TELEPHONE**  
CUSTOMER SERVICE  
Tel: 1 (800) 375-7520



**FAX**  
CUSTOMER SERVICE  
Fax: (417) 889-8064



**ONLINE**  
CUSTOMER SERVICE  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



**MAIL**  
STAMINA PRODUCTS, INC.  
ATTN: Customer Service  
P.O. Box 1071  
Springfield, MO. 65801-1071

## BEFORE YOU BEGIN

Thank you for choosing the **1305 Indoor Cycle**. We take great pride in producing 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 **1305 Indoor Cycle** provides a convenient and simple method to begin your assault on 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.

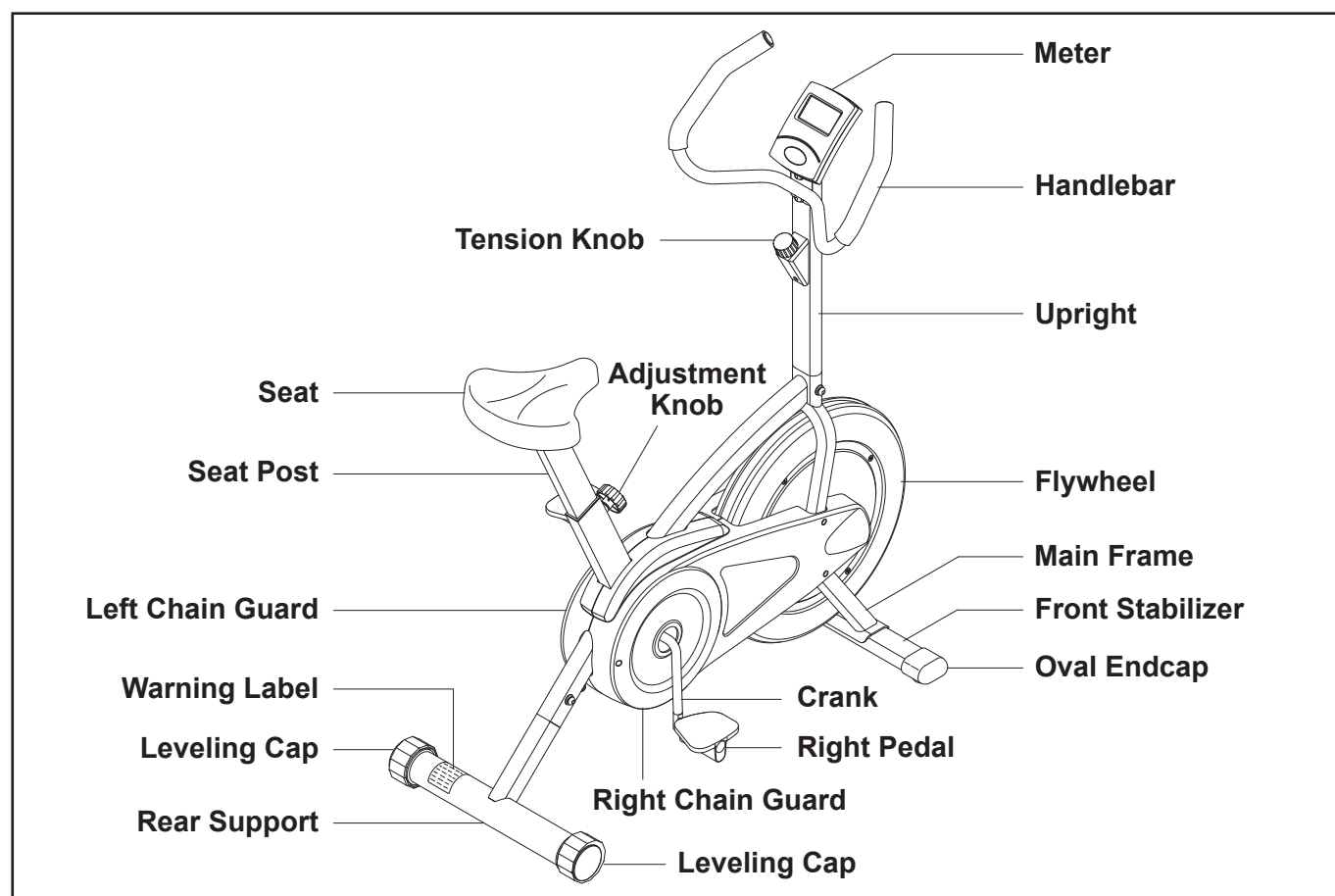
Read this manual carefully before using the **1305 Indoor Cycle**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **1305 Indoor Cycle**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service 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.

If you would like to contact us online, go to our website at [www.staminaproducts.com](http://www.staminaproducts.com) and access the Customer Service section.

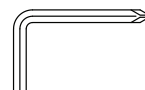
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



Wrench



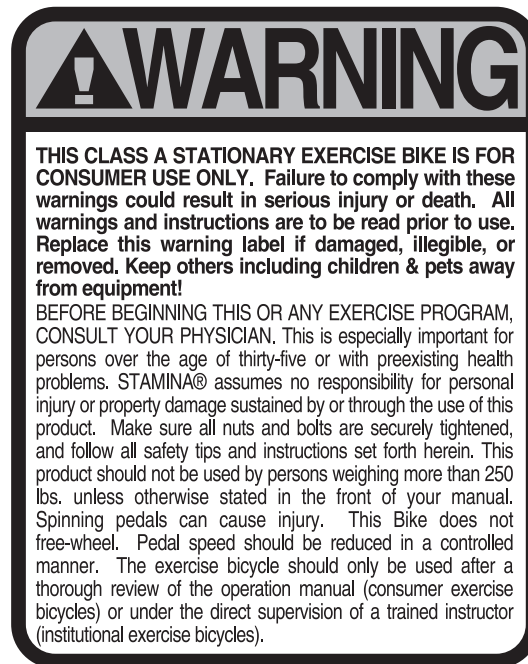
Allen Wrench (6mm)

## EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning and notice labels on the **1305 Indoor Cycle**. Please take a moment to familiarize yourself with all of the warning and notice labels.

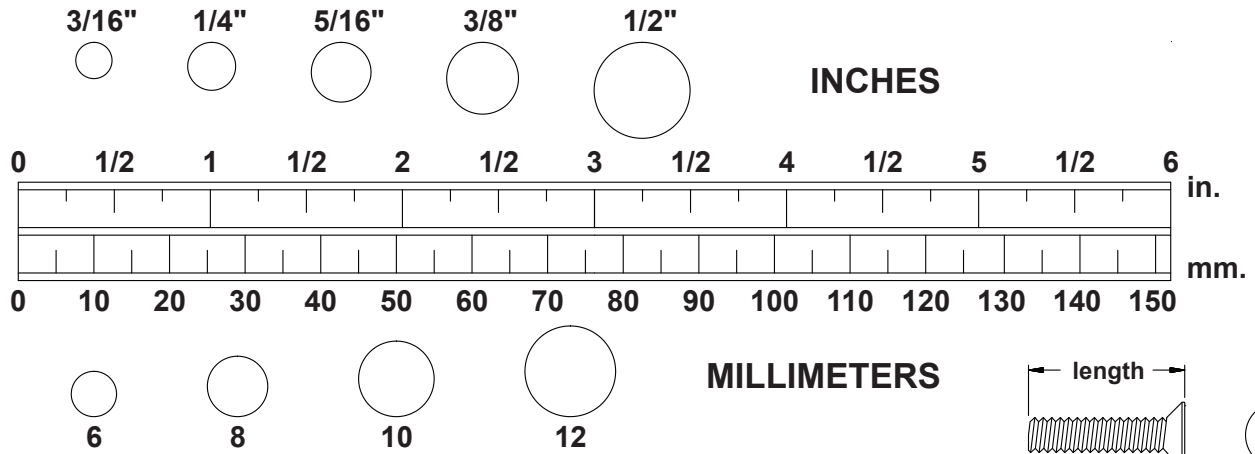
Label is larger than actual size

### **W1** WARNING LABEL(55)



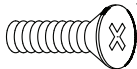
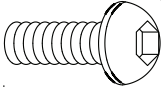
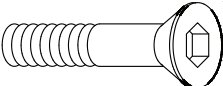
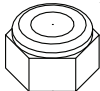



## HARDWARE IDENTIFICATION CHART

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.

	Part Number and Description	Qty
	45 Screw, Flat Head (M5 x 0.8 x 15mm)	1
	46 Bolt, Button Head (M8 x 1.25 x 15mm)	10
	47 Bolt, Flat Head (M8 x 1.25 x 40mm)	2
	51 Nylock Nut (M8 x 1.25)	3
	52 Lock Washer (M8)	10
	53 Arc Washer (M8)	4
	54 Washer (M8)	9

## ASSEMBLY INSTRUCTIONS

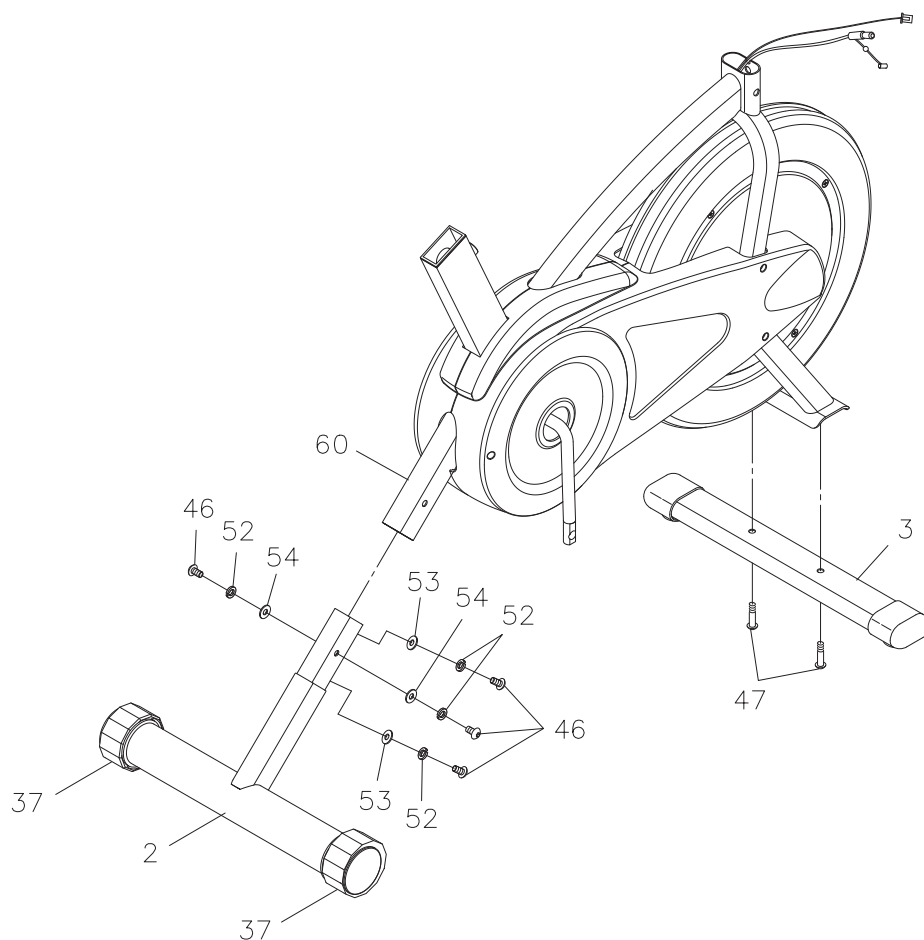
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1-800-375-7520** or e-mail us at **customerservice@staminaproducts.com**.

### STEP 1

Insert **REAR SUPPORT(2)** into the **MAIN FRAME(60)** and tighten securely with **BUTTON HEAD BOLTS(M8x1.25x15mm)(46)**, **LOCK WASHERS(M8)(52)**, **ARC WASHERS(M8)(53)**, and **WASHERS(M8)(54)**.

### STEP 2

Attach **FRONT STABILIZER(3)** to the **MAIN FRAME(60)** with **FLAT HEAD BOLTS(M8x1.25x40mm)(47)**.  
**NOTE:** You can adjust the **LEVELING CAPS(37)** on the **REAR SUPPORT(2)** to keep the Bike stable.



## ASSEMBLY INSTRUCTIONS

### STEP 3

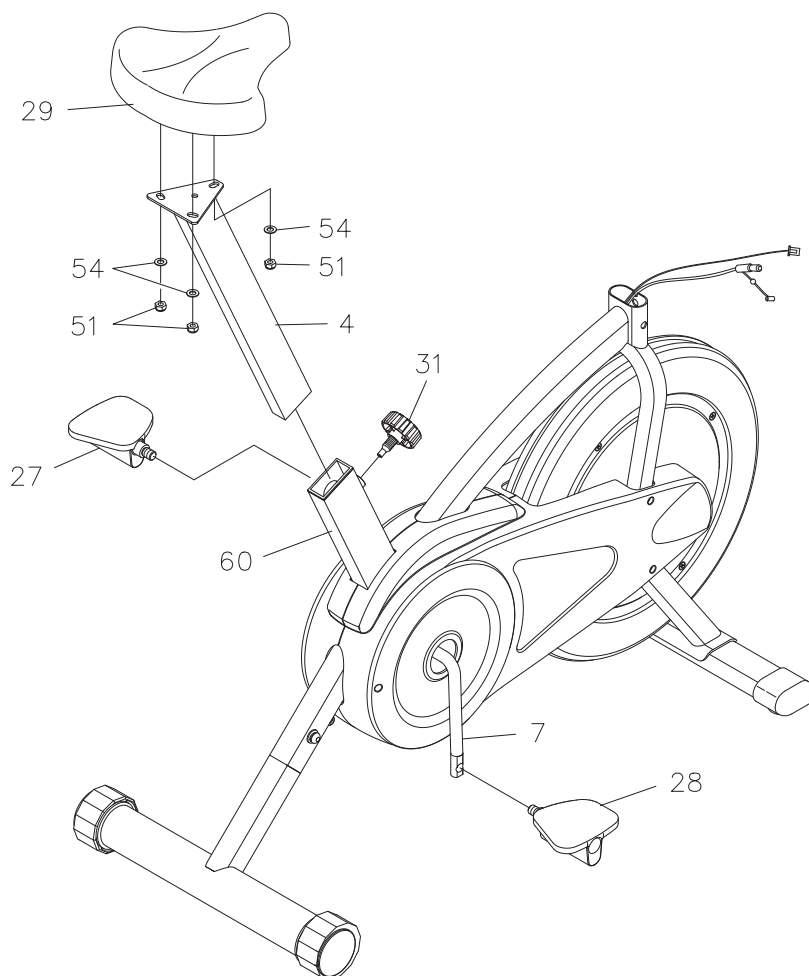
**NOTE:** The **RIGHT PEDAL(28)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(28)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(27)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(27)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(28)** into the right side of the **CRANK(7)** as shown. Tighten the pedal securely. Do the same to attach the **LEFT PEDAL(27)** to the left side of the **CRANK(7)**.

### STEP 4

Attach the **SEAT(29)** to the **SEAT POST(4)** with **NYLOCK NUTS(M8x1.25)(51)** and **WASHERS(M8)(54)**. Insert the **SEAT POST(4)** into the **MAIN FRAME(60)** and secure with the **ADJUSTMENT KNOB(31)**.

**NOTE:** The **ADJUSTMENT KNOB(31)** should be screwed in tight to make the **SEAT POST(4)** fits securely in the **MAIN FRAME(1)**.





## ASSEMBLY INSTRUCTIONS

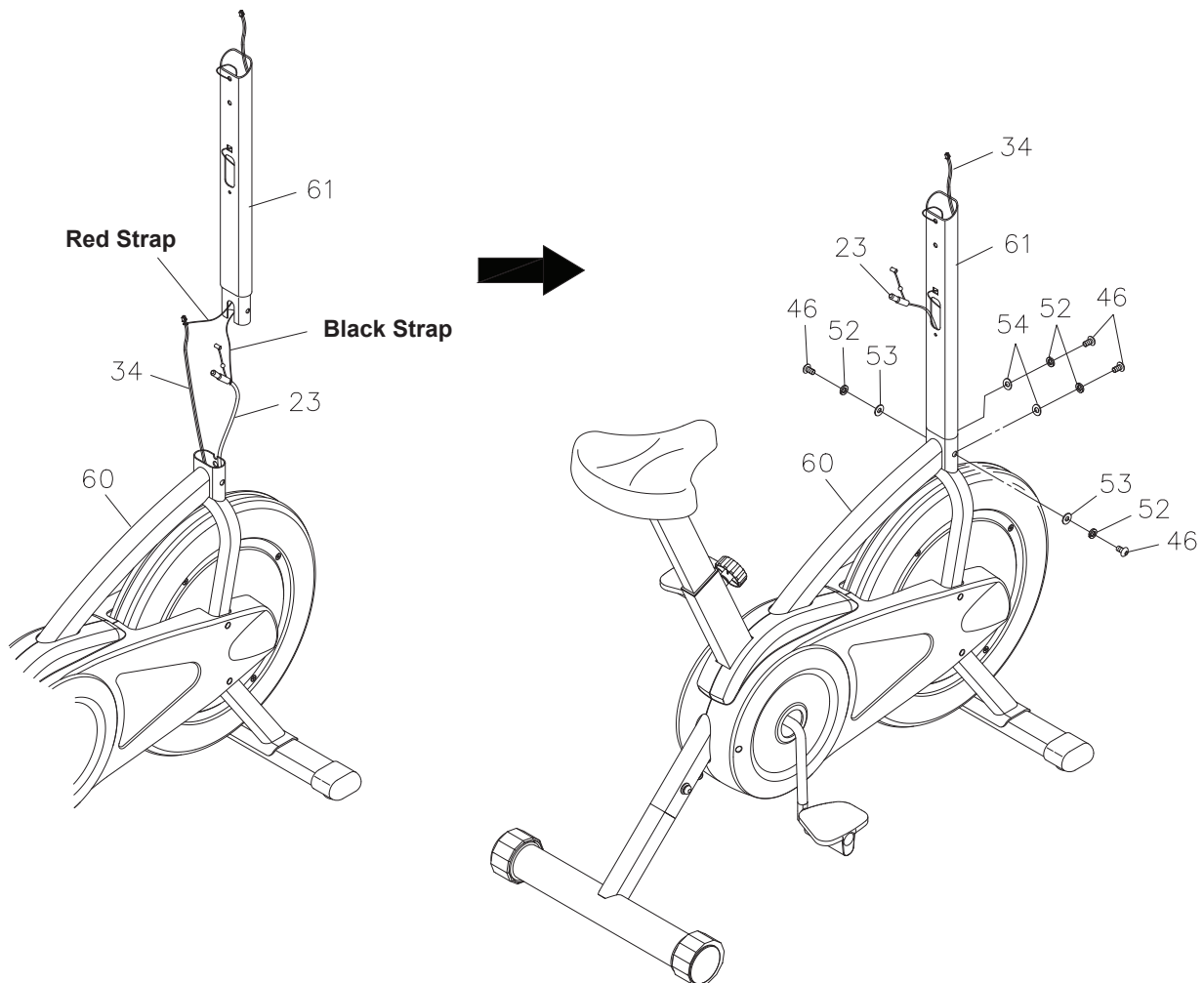
### STEP 5

**NOTE:** There is a red strap and a black strap attached inside of the **UPRIGHT(61)**. These straps are to assist in pulling the **SENSOR WIRE(34)** and **TENSION CABLE(23)** through the **UPRIGHT(61)**.

Tie the red strap to the plug end of the **SENSOR WIRE(34)**. And tie the black strap to the cable end of the **TENSION CABLE(23)**. Pull the straps from their top ends to pull the **SENSOR WIRE(34)** through to extend out of the top of the **UPRIGHT(61)**, and pull the **TENSION CABLE(23)** through and extend out from the square hole at the side of the **UPRIGHT(61)** as shown in the below illustration.

Insert the **UPRIGHT(61)** into the **MAIN FRAME(60)** and tighten securely with **BUTTON HEAD BOLTS (M8x1.25x15mm)(46)**, **LOCK WASHERS(M8)(52)**, **ARC WASHERS(M8)(53)**, and **WASHERS(M8)(54)**.

**NOTE:** Don't remove the straps from the **SENSOR WIRE(34)** and **TENSION CABLE(23)** until instructed to do so in later assembly steps.



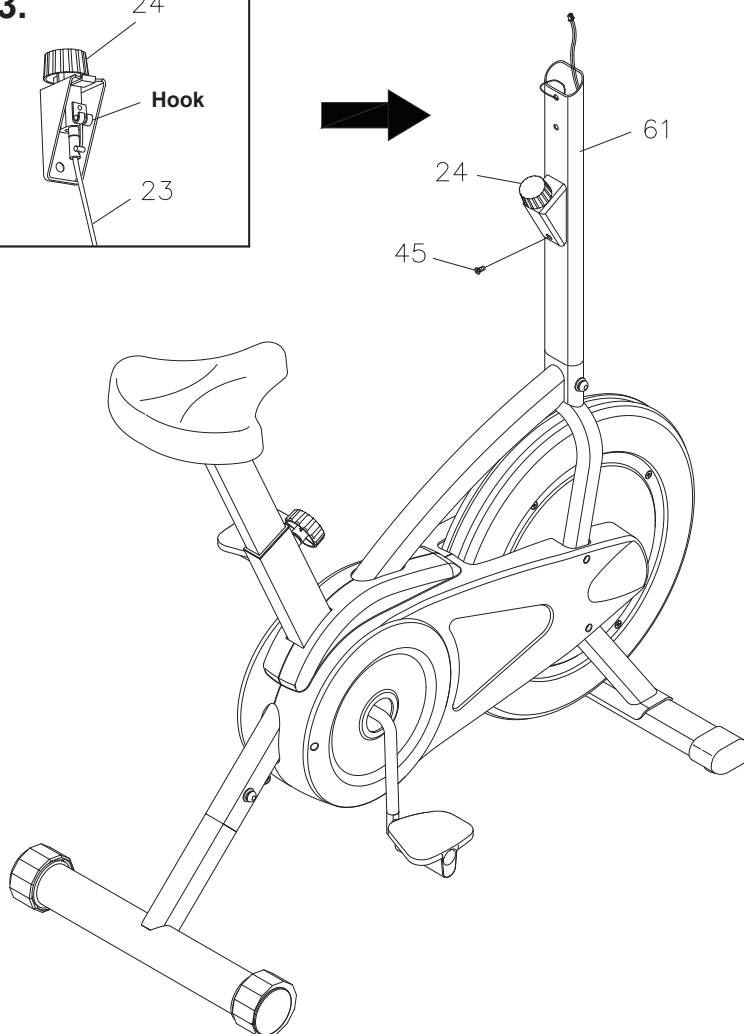
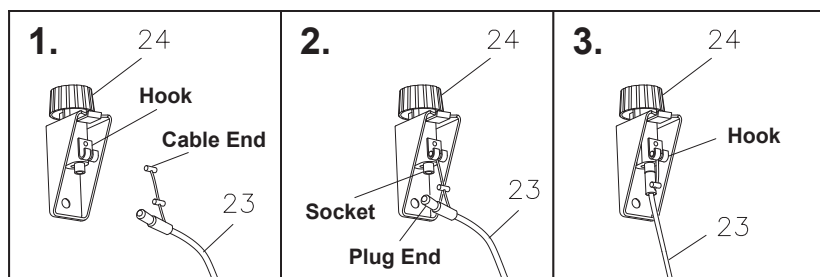
## ASSEMBLY INSTRUCTIONS

### STEP 6

Refer to illustration 1 below. Turn the **TENSION KNOB(24)** counterclockwise as far as it can go, so the **HOOK** moves down to the lowest position. Remove the black strap from the **TENSION CABLE(23)**. Connect the **CABLE END** of the **TENSION CABLE(23)** into the **HOOK** on the **TENSION KNOB(24)** as shown in illustration 2. Pull firmly on the **TENSION CABLE(23)** so that enough cable is available to insert its **PLUG END** into the **SOCKET** of the **TENSION KNOB(24)**. The **TENSION KNOB(24)** and the **TENSION CABLE(23)** should look as shown in illustration 3. Adjust the **TENSION KNOB(24)** and verify that the **HOOK** moves when the **TENSION KNOB(24)** is adjusted.

### STEP 7

Hook the **TENSION KNOB(24)** into the square hole on the **UPRIGHT(61)** and secure with **FLAT HEAD SCREW(M5x0.8x15mm)(45)**.



## ASSEMBLY INSTRUCTIONS

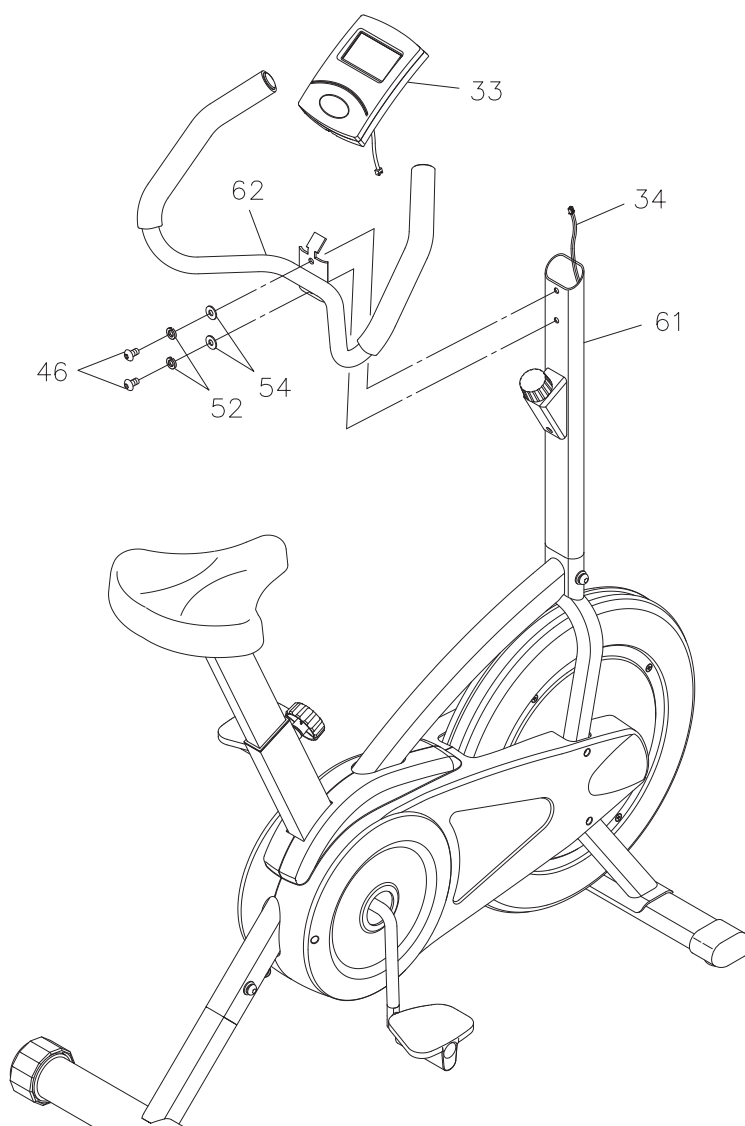
### STEP 8

Attach the **HANDLEBAR(62)** to the **UPRIGHT(61)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(46)**, **LOCK WASHERS(M8)(52)**, and **WASHERS(M8)(54)**.

### STEP 9

Install two AA batteries into the **METER(33)**, two batteries included. See page 14 for detailed battery installation instructions. Remove the red strap from the **SENSOR WIRE(34)**. Plug the **SENSOR WIRE(34)** into the **METER(33)**, and push the excess wire back into the **UPRIGHT(61)**. Slide the **METER(33)** onto the plate on the **HANDLEBAR(62)**.

**NOTE:** Be careful not to damage the wires when sliding the **METER(33)**.

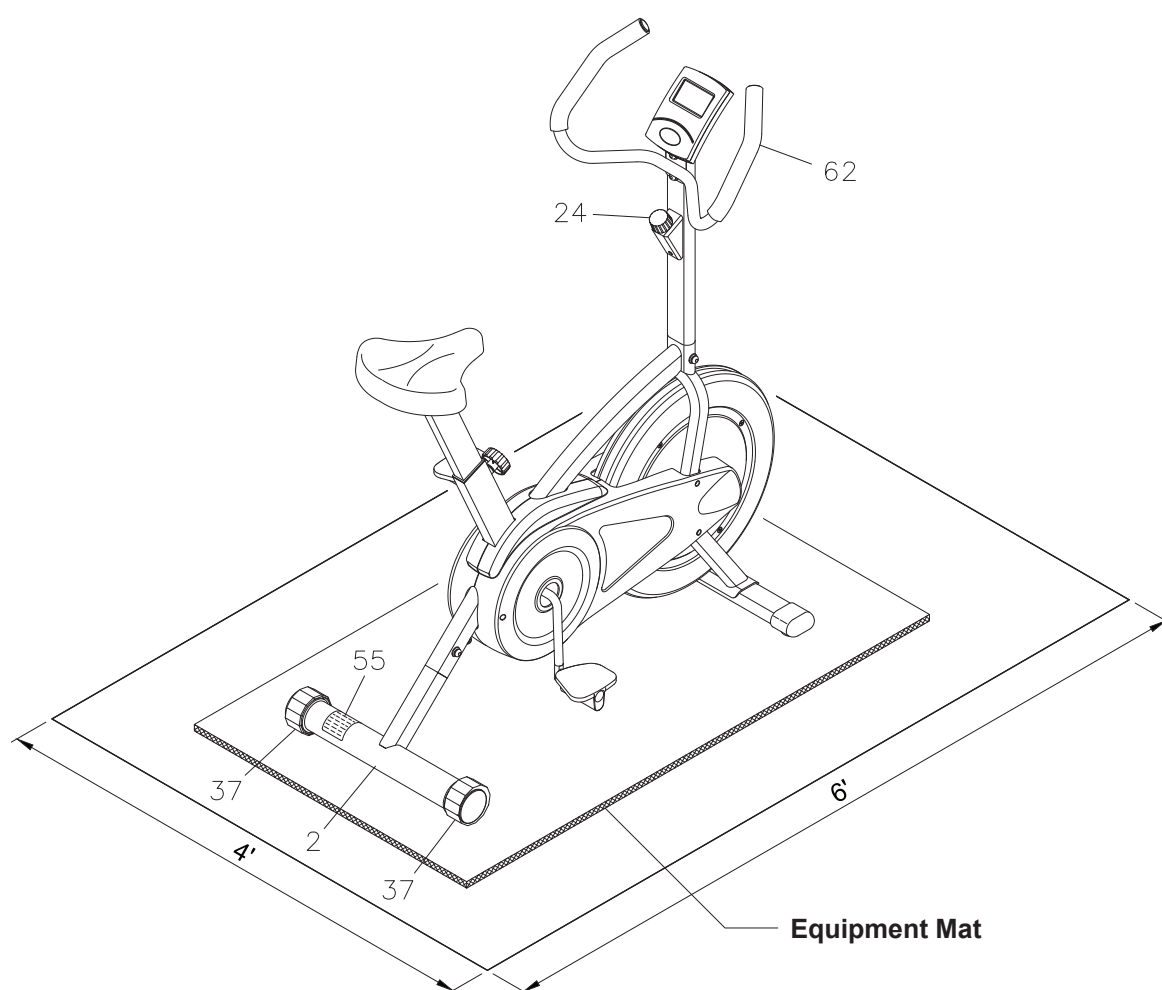


## SET UP INSTRUCTIONS

Place the **1305 Indoor Cycle** in the area where it will be used. It is recommended that the **1305 Indoor Cycle** be placed on an equipment mat. The **1305 Indoor Cycle** is approximately 40.7 inches long x 19.1 inches wide x 48.3 inches tall. An area 4 feet wide x 6 feet long is required for safe operation of the **1305 Indoor Cycle**. Make sure that adequate space is available for access to and passage around the **1305 Indoor Cycle**.

**LEVELING:** Adjust the **LEVELING CAPS(37)** on the **REAR SUPPORT(2)** so that the **1305 Indoor Cycle** sits on the floor without rocking.

**MOVING:** The **1305 Indoor Cycle** must be lifted to be moved. Two people are required to grasp the **HANDLEBAR(62)** and the rear stabilizer on the **REAR SUPPORT(2)**, lift and move.



### FUNCTION INSPECTION:

Visually inspect the **1305 Indoor Cycle** to verify that assembly is as shown in the above illustration. Check the function of the **1305 Indoor Cycle** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(24)** to verify that the adjustable tension is working properly.

**CAUTION:** Locate and read the **WARNING LABEL(55)** on the **1305 Indoor Cycle**. Make sure that all users read the **WARNING LABEL(55)**.

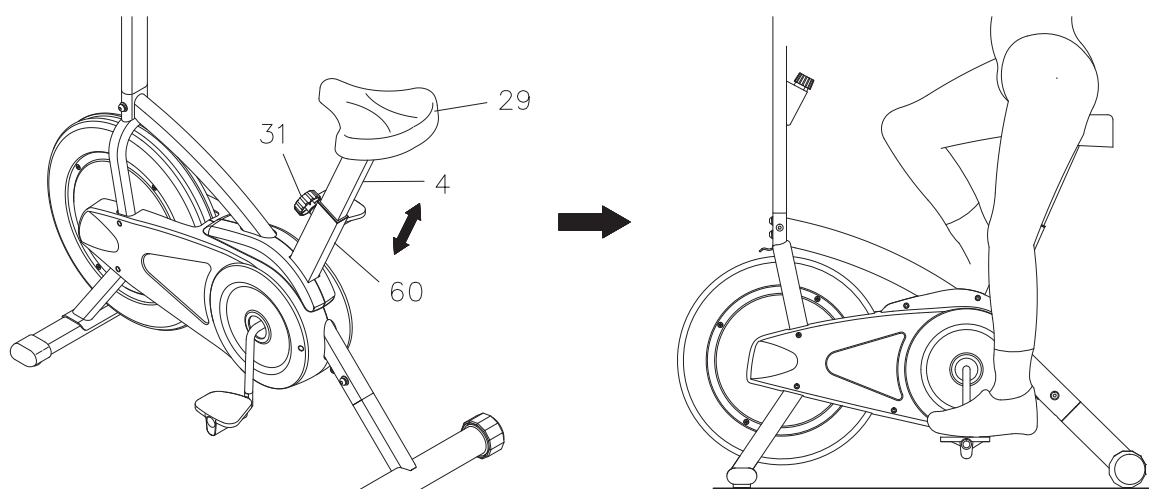
## OPERATIONAL INSTRUCTIONS

### SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the **1305 Indoor Cycle** and center the ball of your foot on the pedal in the down position. Your leg should be slightly bent and relaxed as shown.

If your leg is too straight or if your foot cannot touch the pedal when extended at the downstroke, you will need to lower the seat. If your leg is bent too much, you will need to raise the seat. Remove the **ADJUSTMENT KNOB(31)**, lower or raise the **SEAT(29)** to the desired height, and secure with the **ADJUSTMENT KNOB(31)**.

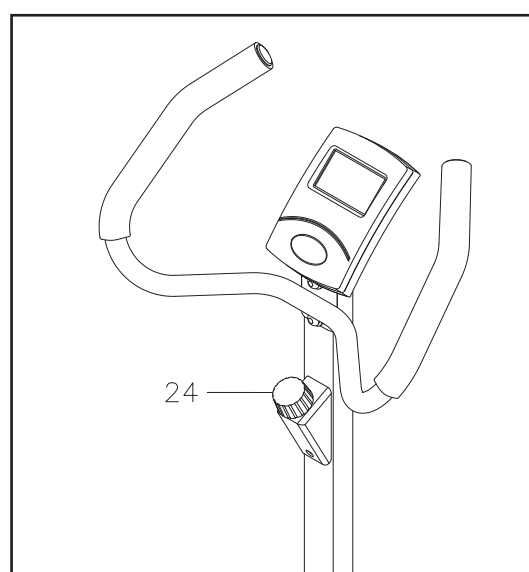
**NOTE:** The **ADJUSTMENT KNOB(31)** should be screwed in tight to make the **SEAT POST(4)** fits securely in the **MAIN FRAME(60)**.



### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(24)** clockwise. To decrease the load, turn the **TENSION KNOB(24)** counterclockwise.

**NOTE:** The load will increase as you pedal faster.



## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

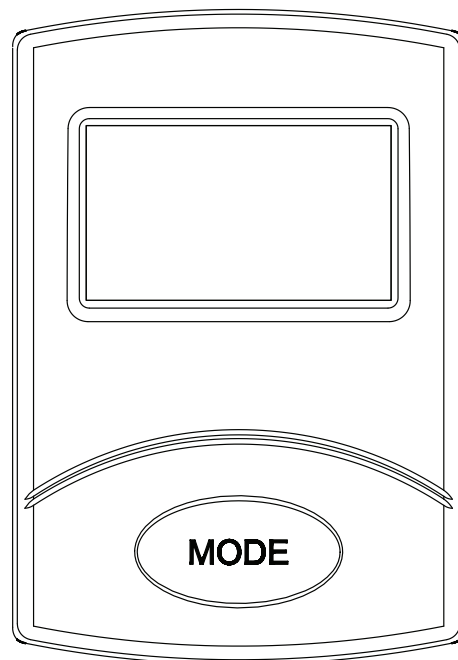
**POWER ON :** Pedal movement or press the **MODE** button.

**POWER OFF :** Automatic shut off after four minutes of inactivity.

#### MODE BUTTON:

Press to select display functions, include **SCAN**, **TIME**, **SPEED**, **DISTANCE**, and **CALORIES**.

Press and hold for three seconds to reset all functions to zero.



#### FUNCTIONS:

**SCAN:** Automatically scans each function of **TIME**, **SPEED**, **DISTANCE**, and **CALORIES** in sequence with change every four seconds. Press and release the **MODE** button until “**SCAN**” appears on the display.

**TIME:** Displays the time from one second up to 99:59 minutes.

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

**DISTANCE:** Displays the distance from zero to 99.99 miles.

**CALORIES:** Displays the calorie consumption from zero to 999.9 Kcal.  
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

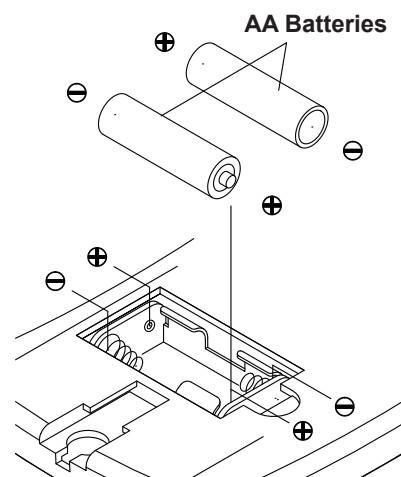
**NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the **MODE** button and hold it down for three seconds to reset all functions to zero.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, two batteries 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.



## STORAGE

1. To store the **1305 Indoor Cycle**, simply keep it in a clean dry place.
2. The **1305 Indoor Cycle** is approximately 40.7 inches long x 19.1 inches wide x 48.3 inches tall. These dimensions may vary. Please measure your **1305 Indoor Cycle** if exact dimensions are needed.
3. Lift the **1305 Indoor Cycle** by the **HANDLEBAR(62)** and the rear stabilizer on the **REAR SUPPORT(2)** to move.
4. To avoid damage to the electronics, remove the batteries before storing the **1305 Indoor Cycle** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **1305 Indoor Cycle** can only be maintained when the **1305 Indoor Cycle** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(24)** and verify that the Flywheel System provides tension. The Flywheel System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. Verify that the **WARNING LABEL(55)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(55)** 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 shall be replaced immediately or the **1305 Indoor Cycle** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **1305 Indoor Cycle**.
7. Keep your **1305 Indoor Cycle** 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.

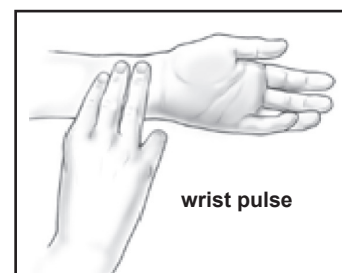
Remember to follow these essentials:

- 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:  $220 - \text{Age} = \text{predicted maximum heart rate}$

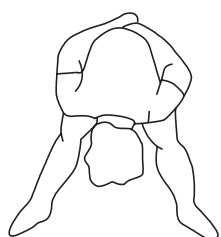


## WARM-UP and COOL-DOWN

**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

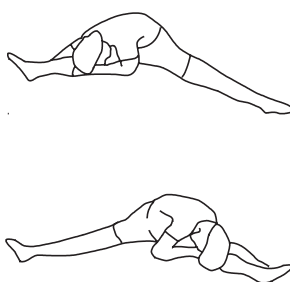
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises



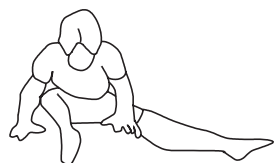
#### Lower Body Stretch

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.



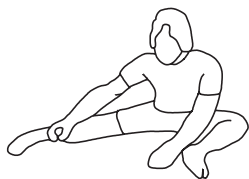
#### Floor Stretch

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

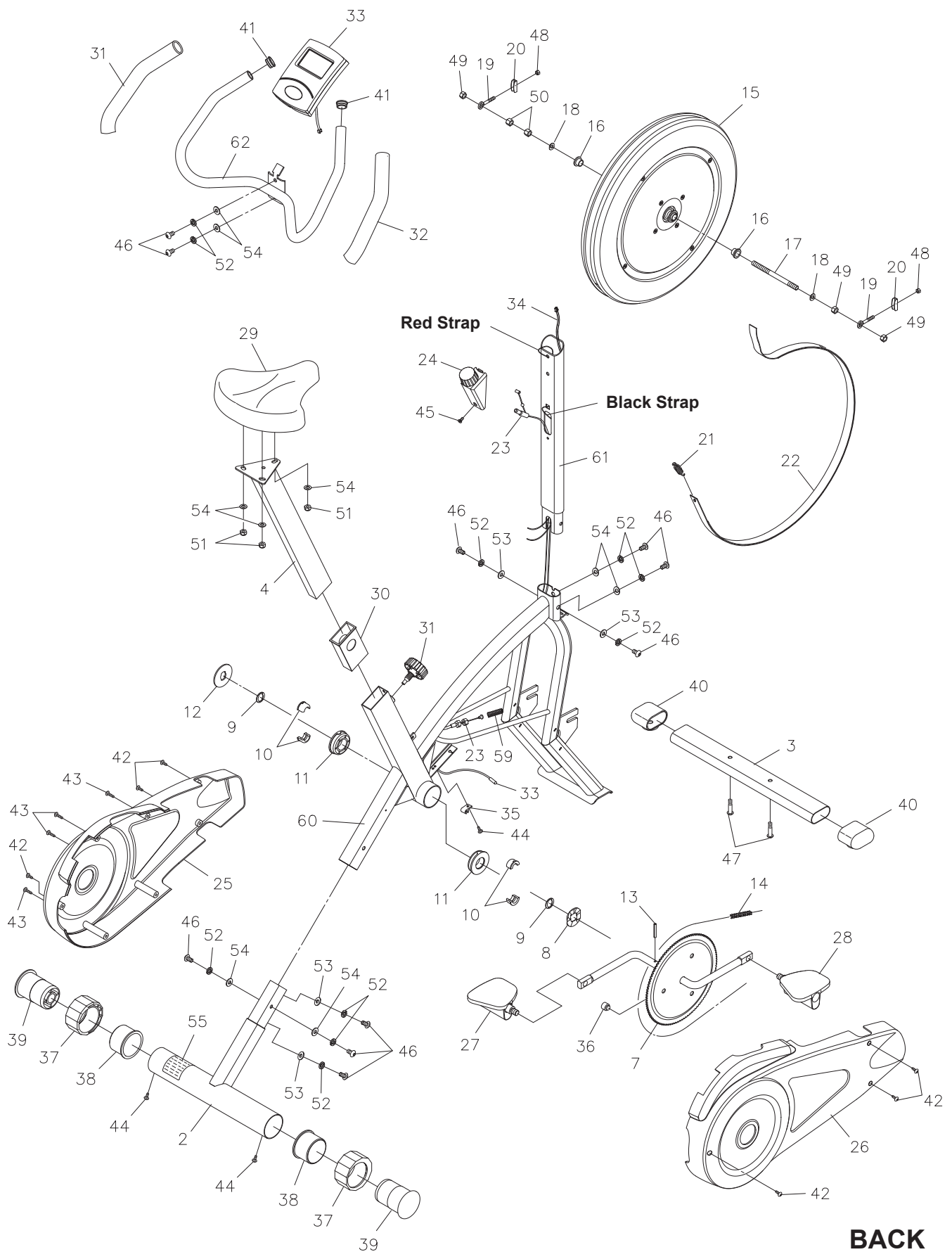
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times 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

## FRONT



## PARTS LIST

PART#	PART NAME	QTY
2	Rear Support	1
3	Front Stabilizer	1
4	Seat Post	1
7	Crank and Sprocket	1
8	Wavy Washer	1
9	Small Keyed Washer	2
10	Split Bearing	4
11	Crank Bearing Retainer	2
12	Large Keyed Washer	1
13	Roll Pin (ø3.2 x 36mm)	1
14	Chain (1/4" pitch)	1
15	Flywheel	1
16	Flywheel Bushing	2
17	Flywheel Axle	1
18	Wavy Washer (M10)	2
19	Eye Bolt (M6 x 1 x 55mm)	2
20	Tension Bracket	2
21	Tension Spring	1
22	Tension Strap	1
23	Tension Cable	1
24	Tension Knob	1
25	Left Chain Guard	1
26	Right Chain Guard	1
27	Left Pedal	1
28	Right Pedal	1
29	Seat	1
30	Sleeve	1
31	Adjustment Knob	1
32	Foam Grip	2
33	Meter	1
34	Sensor Wire	1
35	Sensor Clip	1
36	Magnet	1
37	Leveling Cap	2
38	Cap Bushing	2
39	Securing Cap	2
40	Oval Endcap (30 x 60mm)	2
41	Round Plug (22.2mm)	2
42	Screw, Round Head (M4 x 15mm)	6
43	Screw, Round Head (M4 x 25mm)	4
44	Screw, Round Head (M5 x 15mm)	3
45	Screw, Flat Head (M5 x 0.8 x 15mm)	1
46	Bolt, Button Head (M8 x 1.25 x 15mm)	10
47	Bolt, Flat Head (M8 x 1.25 x 40mm)	2
48	Nut (M6 x 1)	2
49	Nut (3/8" - 26 x 9/32" high)	3
50	Nut (3/8" - 26 x 3/8" high)	2

## ***PARTS LIST***

<b>PART#</b>	<b>PART NAME</b>	<b>QTY</b>
51	Nylock Nut (M8 x 1.25)	3
52	Lock Washer (M8)	10
53	Arc Washer (M8)	4
54	Washer (M8)	9
55	Warning Label	1
56	Wrench	1
57	Allen Wrench (6mm)	1
58	Manual	1
59	Compression Spring	1
60	Main Frame	1
61	Upright	1
62	Handlebar	1

## LIMITED WARRANTY

MODEL 15-1305A

### WARRANTY

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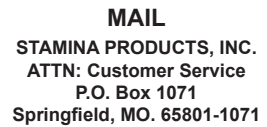
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## NOTES

**FAX/MAIL ORDERING FORM**

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