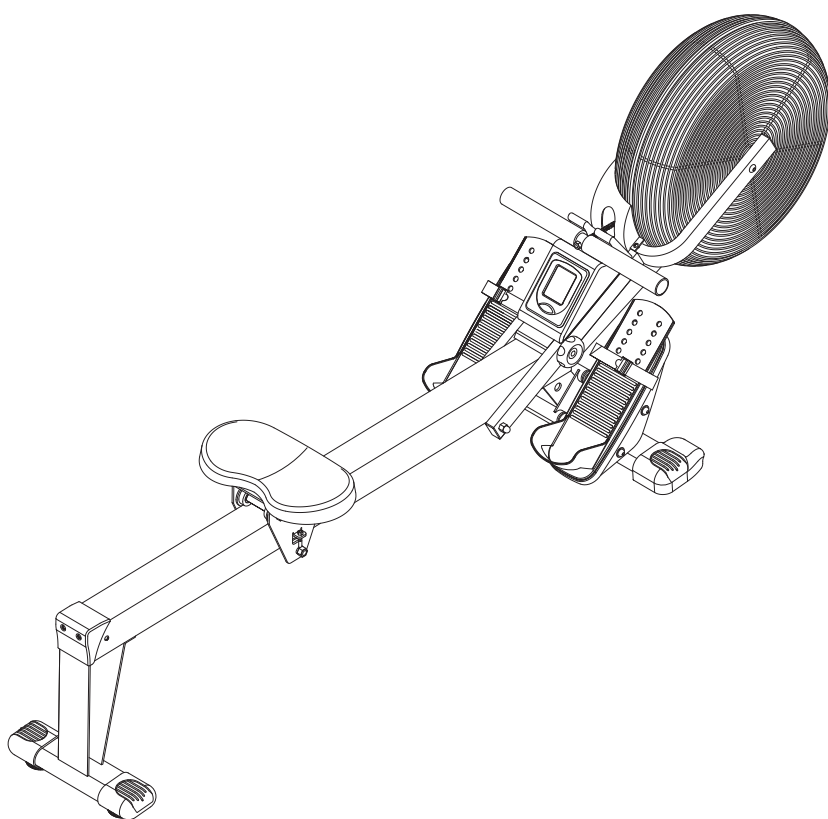


# STAMINA | X AIR ROWER

EXTREME TRAINING SERIES

## 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#: 35-1412**

This Product is Distributed 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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2014, 10

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## SAFETY INSTRUCTIONS

- ⚠ WARNING** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.
- ⚠ 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** To reduce the risk of serious injury, read the following Safety Instructions before using the **STAMINA | X Air Rower**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **STAMINA | X Air Rower** for the first time.
2. Read all warnings and cautions posted on the **STAMINA | X Air Rower**.
3. The **STAMINA | X Air Rower** should only be used after a thorough review of the Owner's Manual.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **STAMINA | X Air Rower**. Do not allow children to use or play on the **STAMINA | X Air Rower**. Keep children and pets away from the **STAMINA | X Air Rower** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **STAMINA | X Air Rower** on a solid level surface. Do not position the **STAMINA | X Air Rower** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **STAMINA | X Air Rower**.
9. Before using, inspect the **STAMINA | X Air Rower** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Before using, always check the SUPPORT FRAME(4) to be sure it is secure. The LOCKING KNOB(44) must be inserted into the SUPPORT FRAME(4) and the RAIL(1) and securely tightened.
11. 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.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. 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.
14. Do not wear loose or dangling clothing while using the **STAMINA | X Air Rower**.
15. 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.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **STAMINA | X Air Rower**, loss of balance may result in a fall and serious bodily injury.
17. The **STAMINA | X Air Rower** should not be used by persons weighing over 250 pounds.
18. The **STAMINA | X Air Rower** should be used by only one person at a time.
19. The **STAMINA | X Air Rower** is for consumer use only. It is not for use in public or semipublic facilities.

# Call Us First



**Customer Service**  
**1 (800) 375-7520**  
**www.staminaproducts.com**

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**THANK YOU FOR PURCHASING THE  
STAMINA | X Air Rower**

To enact your warranty, please register your product  
by going to [register.staminaproducts.com](http://register.staminaproducts.com)

To help you get started, we have pre-assembled most of your  
STAMINA | X Air Rower 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.



**ONLINE**

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



**TELEPHONE**

CUSTOMER SERVICE  
Tel: 1 (800) 375-7520



**FAX**

CUSTOMER SERVICE  
Fax: (417) 889-8064



**MAIL**

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



## BEFORE YOU BEGIN

Thank you for choosing the **STAMINA|X Air Rower**. 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 **STAMINA|X Air Rower** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

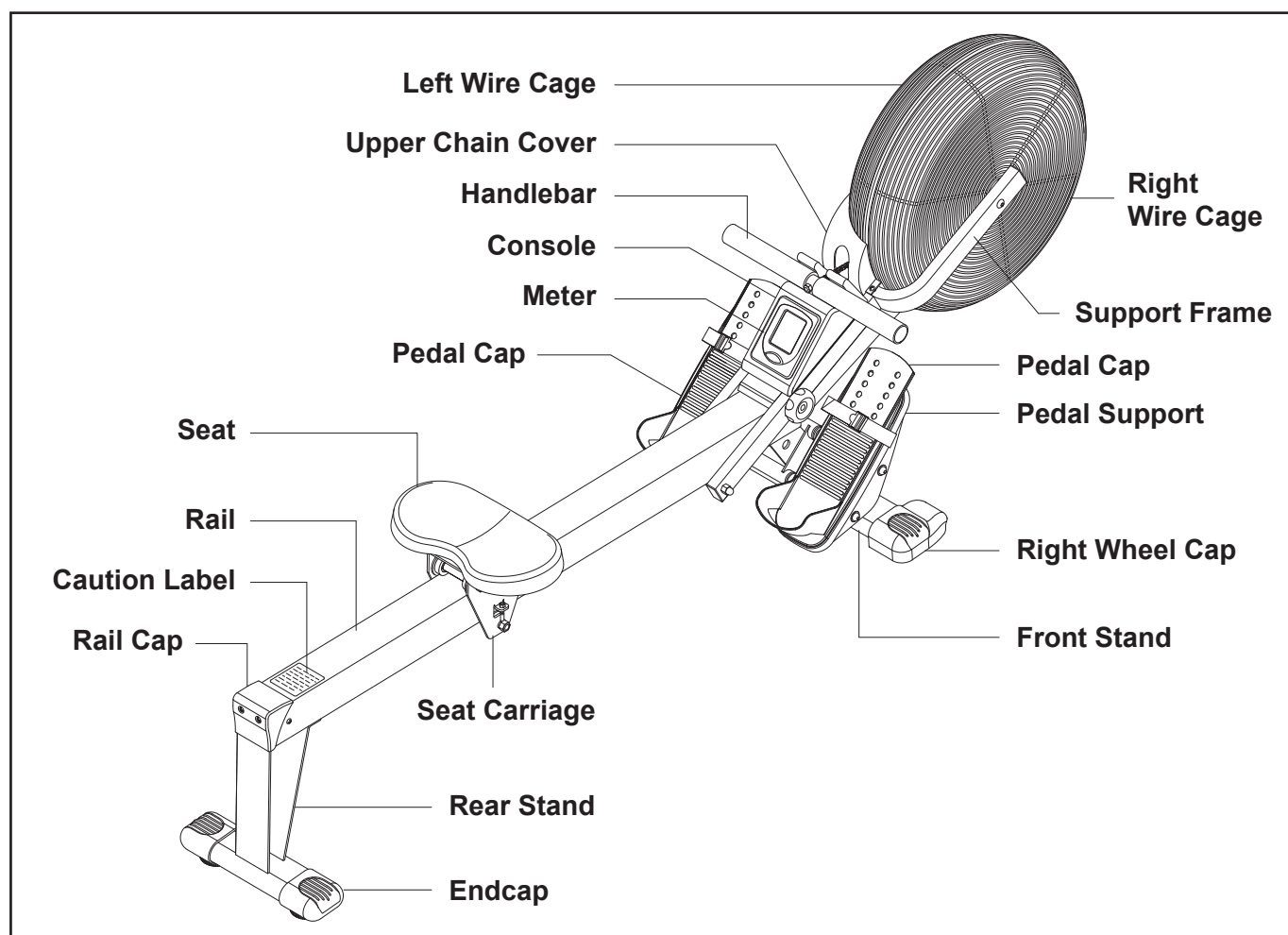
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **STAMINA|X Air Rower**.

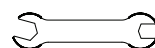
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **STAMINA|X Air Rower**, please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

If a part is missing or defective, please go to [staminaproducts.com](http://staminaproducts.com) under the Service section and order the part needed, or 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.

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



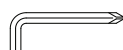
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Wrench



Allen Wrench (5mm)



Allen Wrench (6mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA | X Air Rower**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

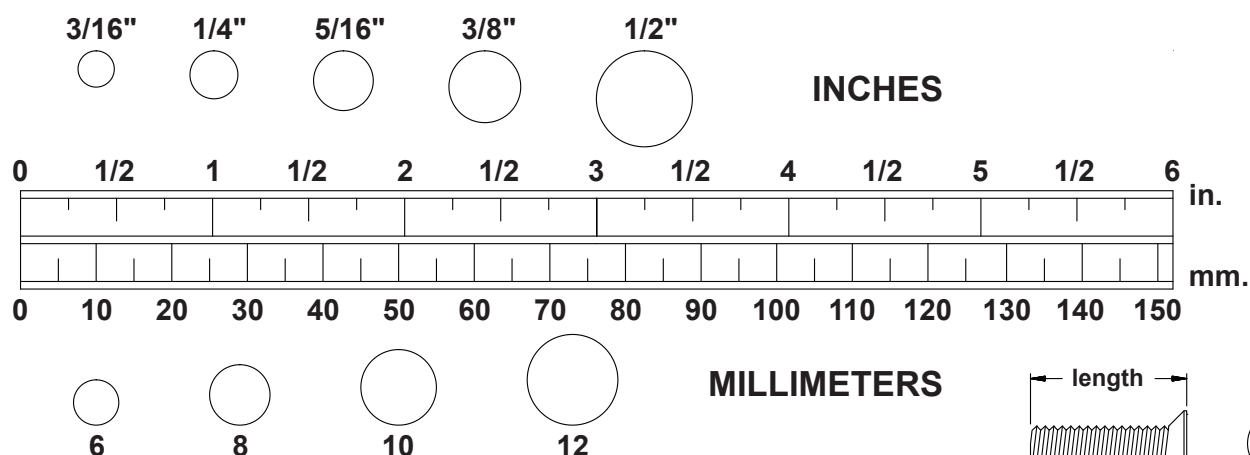
Label is larger than actual size

### **C1** CAUTION LABEL(93)



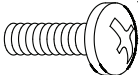
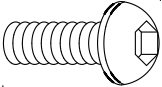
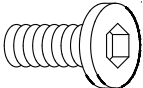
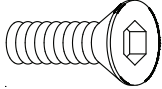
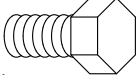

## HARDWARE IDENTIFICATION CHART

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
	68	Screw, Round Head (M5 x 0.8 x 10mm)	2
	73	Bolt, Button Head (M8 x 1.25 x 20mm)	4
	74	Bolt, Flat Head (M8 x 1.25 x 8mm)	2
	75	Bolt, Flat Head (M8 x 1.25 x 12mm)	2
	76	Bolt, Hex Head (M8 x 1.25 x 15mm)	2
	85	Washer (M8 x ø22 x 2mm thick)	4



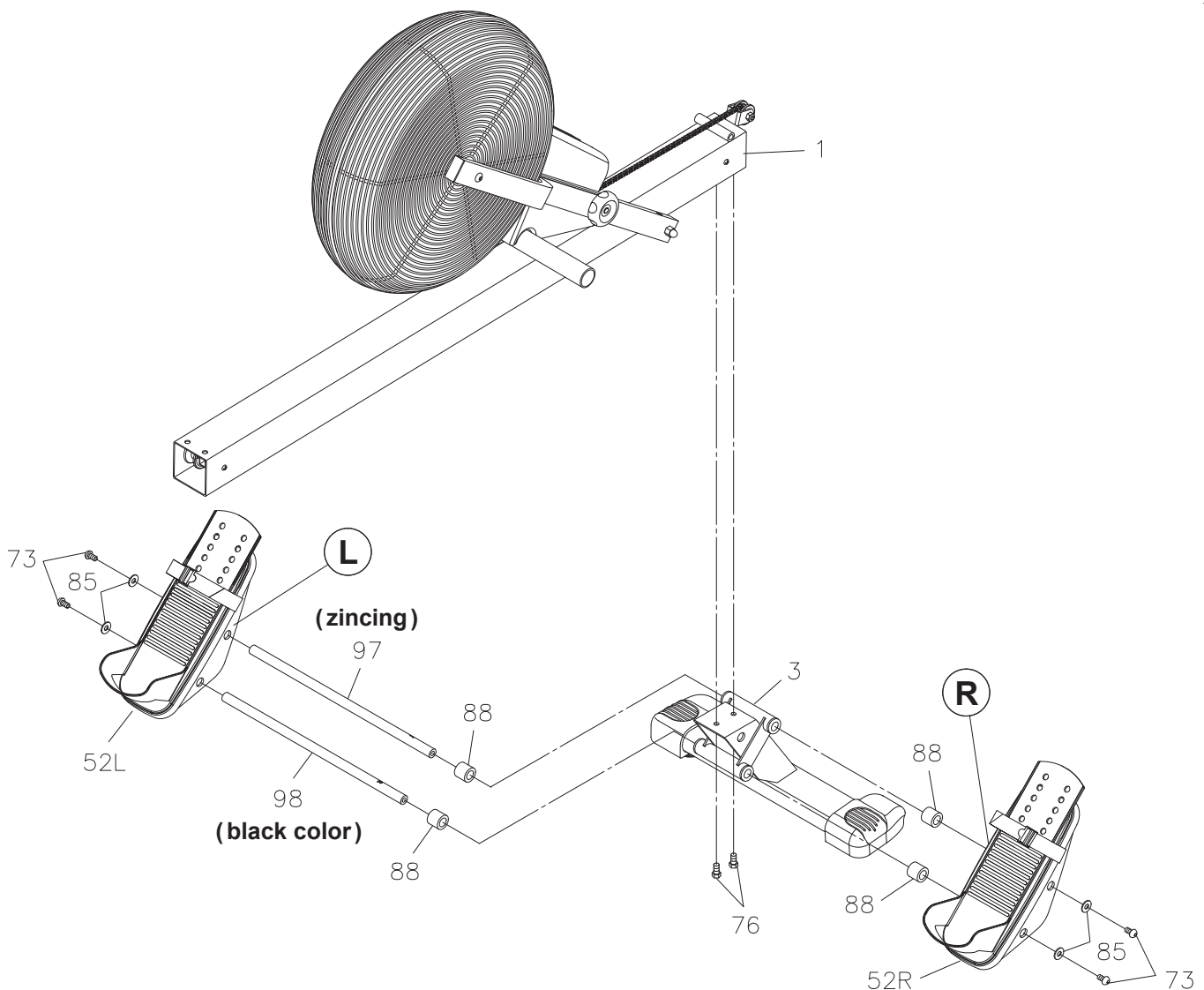
## ASSEMBLY INSTRUCTIONS

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 Service section and order the part needed, e-mail us at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com), or 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.

**STEP 1:** Attach the **FRONT STAND(3)** to the **RAIL(1)** with **HEX BOLTS(M8x1.25x15mm)(76)**.

**STEP 2:** There is a “R” decal on the **RIGHT PEDAL CAP(52R)**, and a “L” decal on the **LEFT PEDAL CAP(52L)**. Insert the **PEDAL SHAFT(97)** and **SHORT PEDAL SHAFT(98)** into the **FRONT STAND(3)**. Slide the **PEDAL SPACERS(88)** onto right side of the **PEDAL SHAFT(97)** and **SHORT PEDAL SHAFT(98)**. Slide the **RIGHT PEDAL CAP(52R)** onto right side of the **PEDAL SHAFT(97)** and **SHORT PEDAL SHAFT(98)** and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(73)** and **WASHERS(M8xØ22x2mm thick)(85)**. Push the **RIGHT PEDAL CAP(52R)** toward the **FRONT STAND(3)**. Slide the **PEDAL SPACERS(88)** and **LEFT PEDAL CAP(52L)** onto left side of the **PEDAL SHAFT(97)** and **SHORT PEDAL SHAFT(98)**, then secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(73)** and **WASHERS(M8xØ22x2mm thick)(85)**.

**NOTE:** You need to use two wrenches to tighten the **BUTTON HEAD BOLTS(M8x1.25x20mm)(73)** at both ends of the **PEDAL SHAFT(97)** and **SHORT PEDAL SHAFT(98)** at the same time.



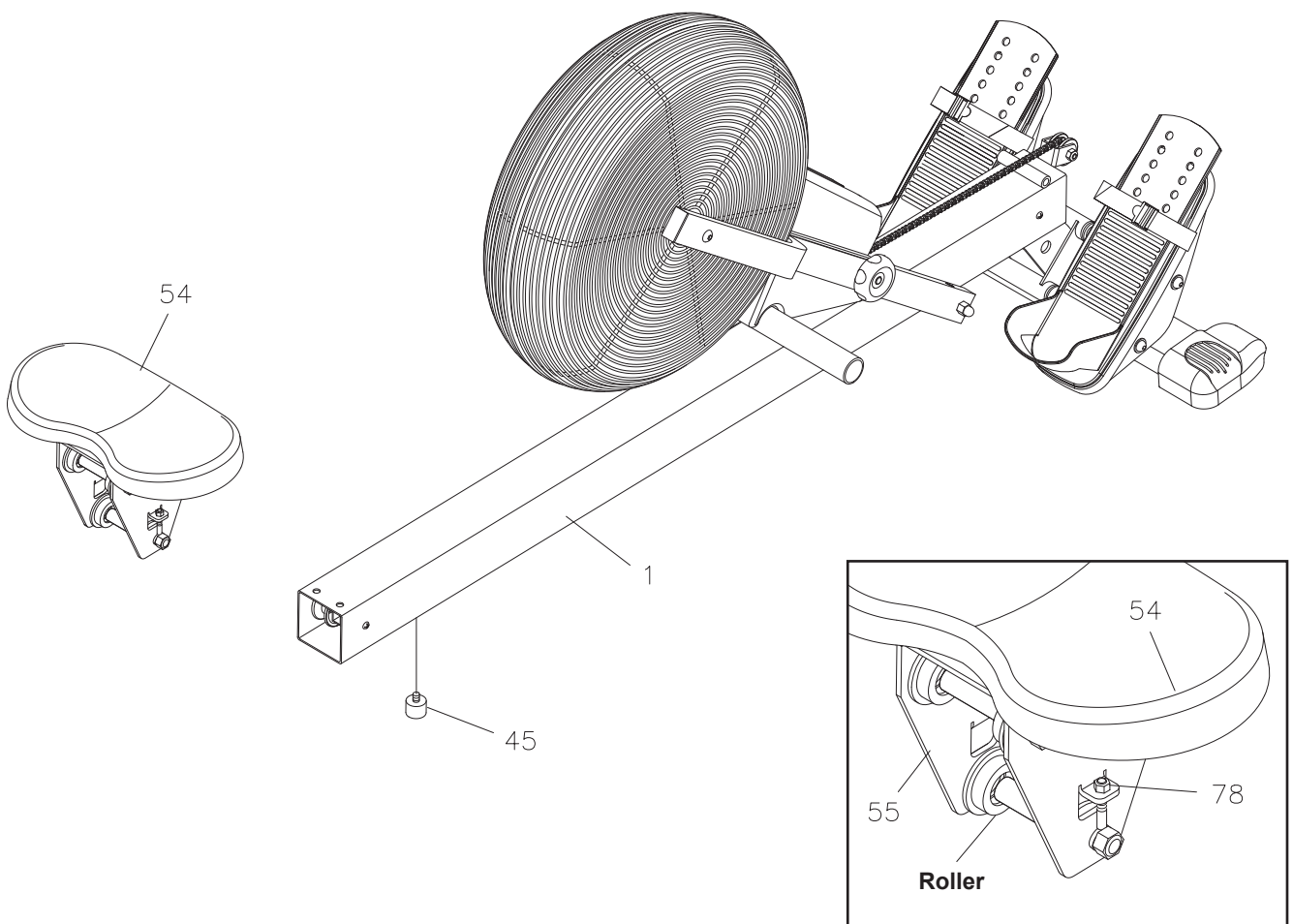
## ASSEMBLY INSTRUCTIONS

### STEP 3

Remove the **BUMPER(45)** from the **RAIL(1)**. Slide the **SEAT(54)** onto the **RAIL(1)**. Bolt the **BUMPER(45)** back to the **RAIL(1)**.

**NOTE:** 1. Refer to the inset drawing. If it is difficult to slide the **SEAT(54)** onto the **RAIL(1)**, turn the **NYLOCK NUTS(M6)(78)** located on both sides of the **SEAT CARRIAGE(55)** counterclockwise to lower the position of the Roller.

2. If the **SEAT(54)** rocks after sliding it onto the **RAIL(1)**, then turn the **NYLOCK NUTS(M6)(78)** located on both sides of the **SEAT CARRIAGE(55)** clockwise to raise the position of the Roller to tighten it up to the **RAIL(1)**.





## ASSEMBLY INSTRUCTIONS

### STEP 4

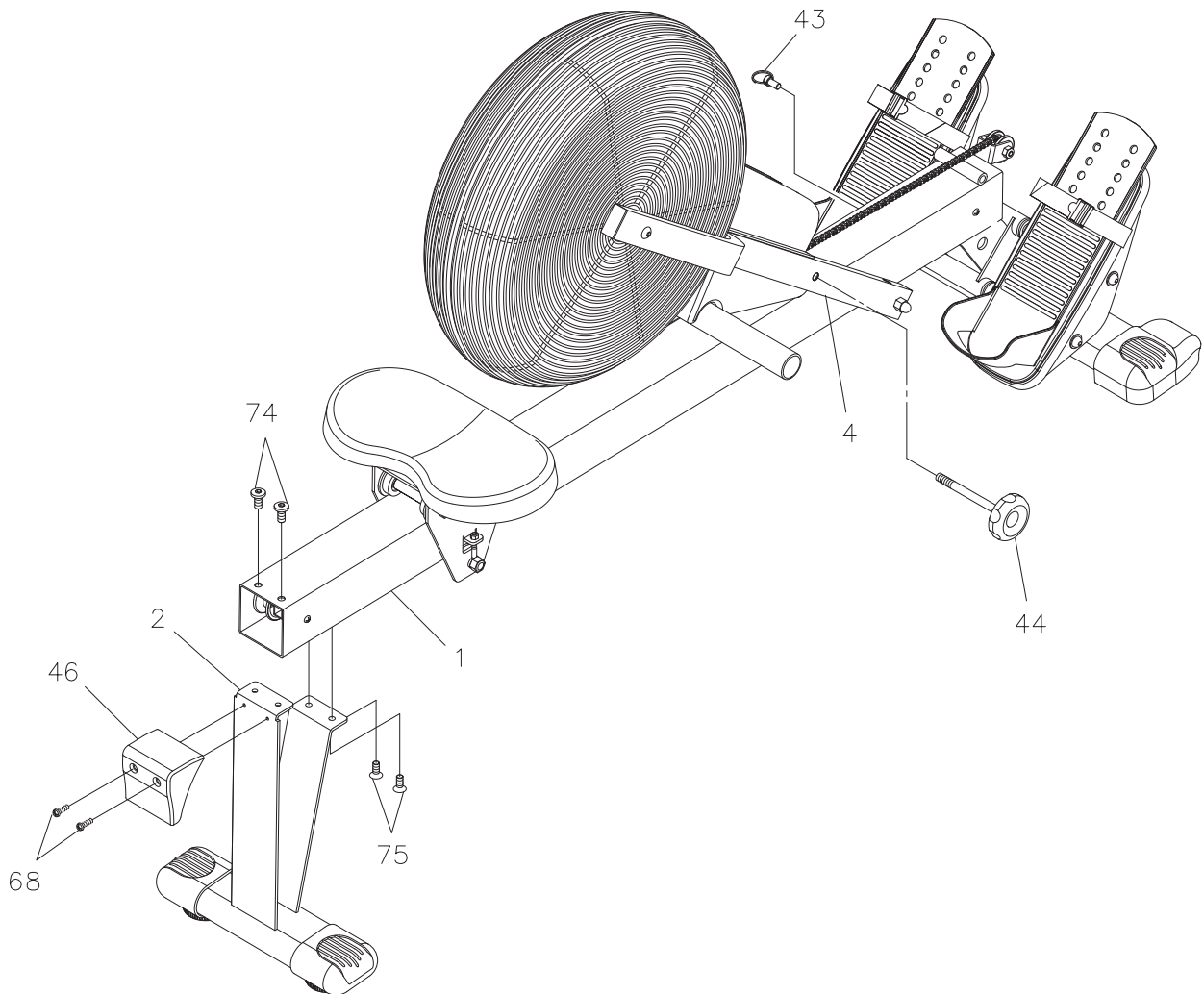
Attach the **REAR STAND(2)** to the **RAIL(1)** with **FLAT HEAD BOLTS(M8x1.25x8mm)(74)** and **FLAT HEAD BOLTS(M8x1.25x12mm)(75)**.

### STEP 5

Attach the **RAIL CAP(46)** to the **REAR STAND(2)** with **ROUND HEAD SCREWS(M5x10mm)(68)**.

### STEP 6

Remove the **LOCKING KNOB(44)** from the **SUPPORT FRAME(4)**. Remove the **PULL PIN(43)** from the **RAIL(1)**. Unfold the **FAN ASSEMBLY** by swinging the **SUPPORT FRAME(4)** toward the front.



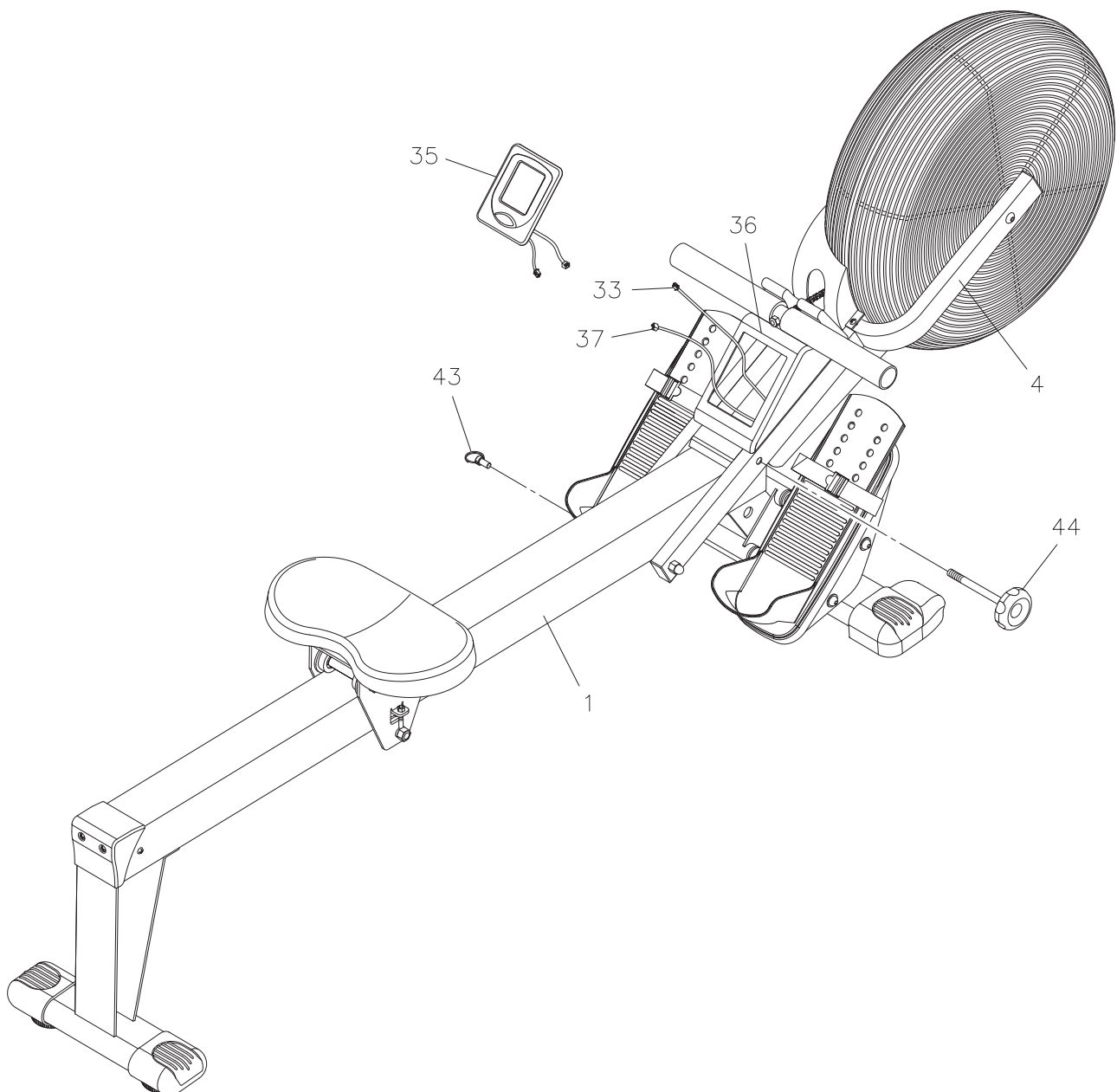
## ASSEMBLY INSTRUCTIONS

### STEP 7

Lock the **SUPPORT FRAME(4)** on the **RAIL(1)** with the **LOCKING KNOB(44)**. Insert the **PULL PIN(43)** into the hole on the **RAIL(1)** for storage.

### STEP 8

Install two AA batteries into the **METER(35)**, the batteries are not included. See page 11 for detailed battery installation instructions. Connect the **UPPER CONNECTION WIRE(33)** and **LOWER CONNECTION WIRE(37)** to the **METER(35)**. Press the **METER(35)** into the **CONSOLE(36)**.



## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

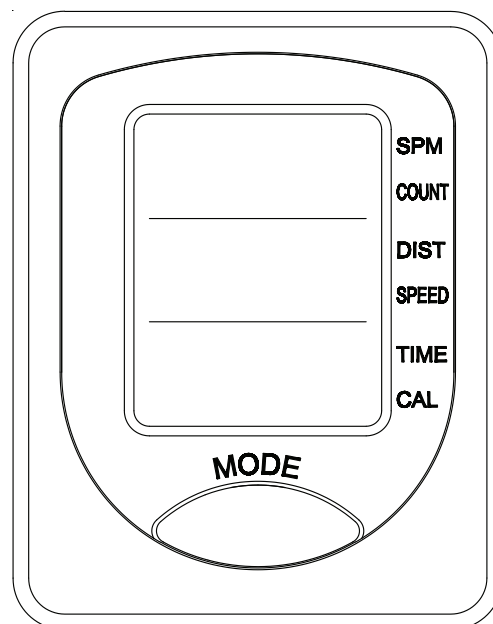
**POWER ON :** Seat movement or push the button.

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

#### FUNCTION BUTTON:

Press to select the function value displays of **SPM**, **DISTANCE**, and **TIME**, or **COUNT**, **SPEED**, and **CALORIES**.

Reset all functions to zero by pressing the button and holding it down for five seconds.



#### FUNCTIONS:

**SPM:** Displays the current stroke per minute from zero to 9999.

**COUNT:** Displays the total number of rows you have taken from zero to 9999.

**DISTANCE:** Displays the distance from zero to 99.9 miles.

**SPEED:** Displays the current speed from zero to 99.9 miles per hour.

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

**CALORIES:** Displays the calorie consumption from zero to 999 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. Push the **MODE** button and hold it down for five seconds to reset all functions to zero.

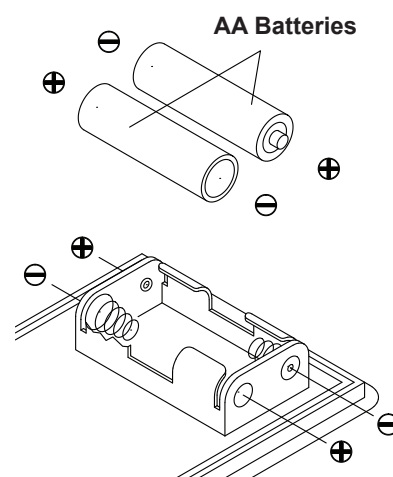
### HOW TO INSTALL AND REPLACE BATTERIES:

1. Use hand or simple tool to pry the **METER(35)** from the **CONSOLE(36)**.
2. The meter operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

#### NOTE:

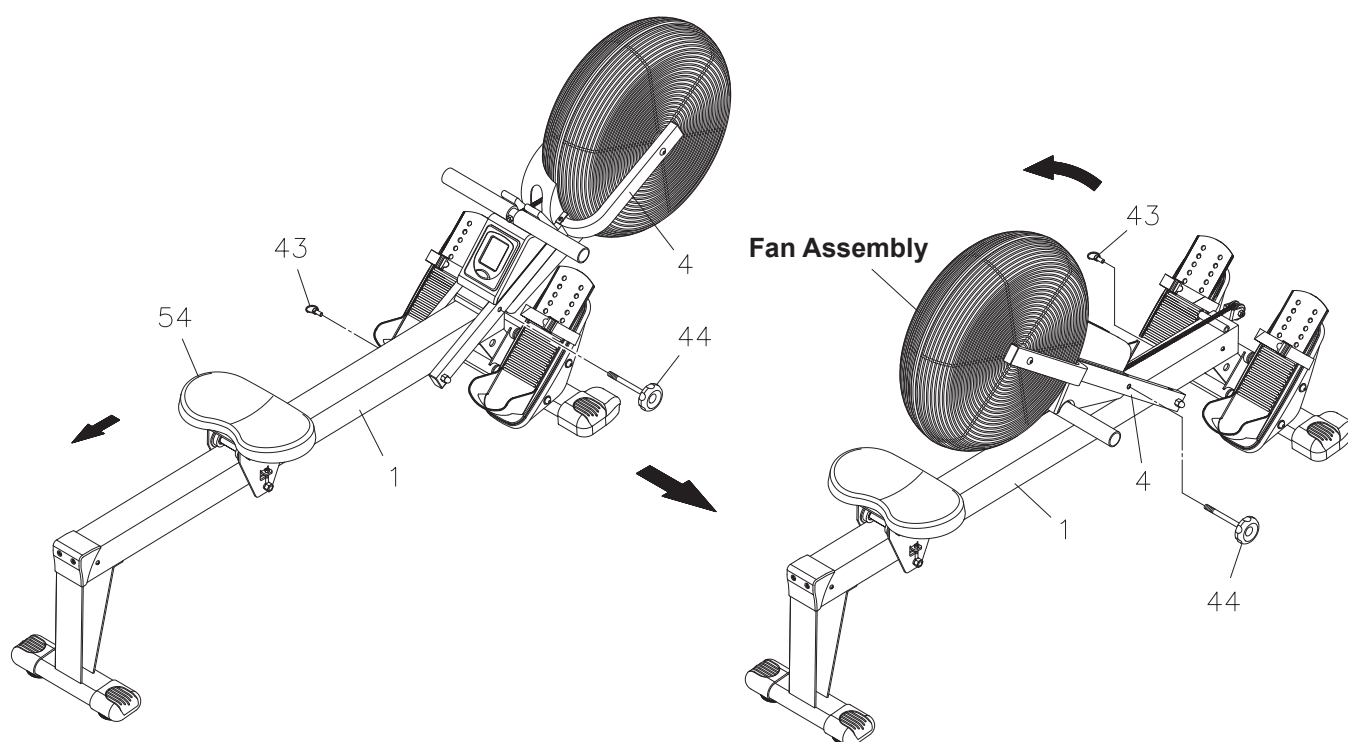
1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.

**Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**



## STORAGE

1. To store the **STAMINA | X Air Rower**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries before storing the **STAMINA | X Air Rower** for one year or more.
3. Move the **STAMINA | X Air Rower** with the moving wheels on the Front Stand. Grasp the Rear Stand to move the **STAMINA | X Air Rower**. Do not use the Seat to move the **STAMINA | X Air Rower**. The Seat will move and the Seat Carriage may pinch your hand or fingers.
4. Follow the following process to fold the **STAMINA | X Air Rower** as illustrated for easy storage.
  - a. Remove the **PULL PIN(43)** from the **RAIL(1)**. Remove the **LOCKING KNOB(44)** from the **SUPPORT FRAME(4)**.
  - b. Move the **SEAT(54)** close to the back end of the **RAIL(1)** and fold the Fan Assembly backward.
  - c. Secure the **SUPPORT FRAME(4)** in folded position by inserting the **PULL PIN(43)** into the **RAIL(1)**. Screw the **LOCKING KNOB(44)** into the **SUPPORT FRAME(4)** for storage.



## MAINTENANCE

The safety and integrity designed into the **STAMINA | X Air Rower** can only be maintained when the **STAMINA | X Air Rower** is regularly examined for damage and wear. Special attention should be given to the following:

1. Sit on the **SEAT(54)** and pull on the **HANDLEBAR(27)** to verify that the Fan System provides resistance and the Seat travel is smooth and stable.
2. Clean the roller tracks on the **RAIL(1)** with an absorbent cloth.
3. Verify that the **CAUTION LABEL(93)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(93)** 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 **STAMINA | X Air Rower** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **STAMINA | X Air Rower**.
7. Keep your **STAMINA | X Air Rower** 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.

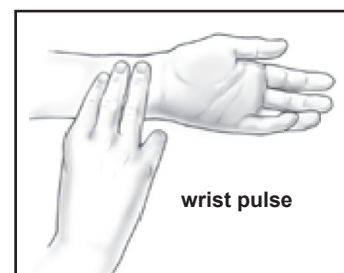
Remember to follow these essentials:

- 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

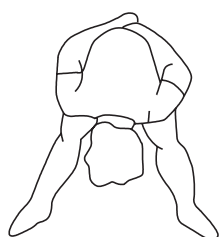
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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

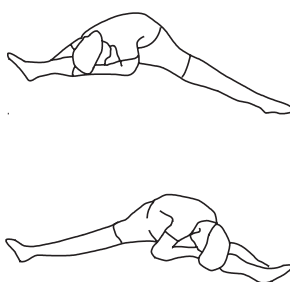
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



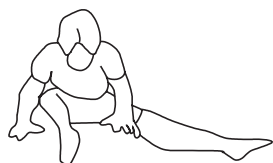
#### Lower Body Stretch

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.



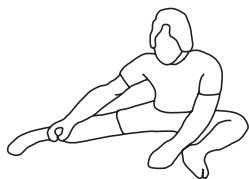
#### Floor Stretch

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.



## LIMITED WARRANTY

MODEL 35-1412

### WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation 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 TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and 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, family, or household purposes.

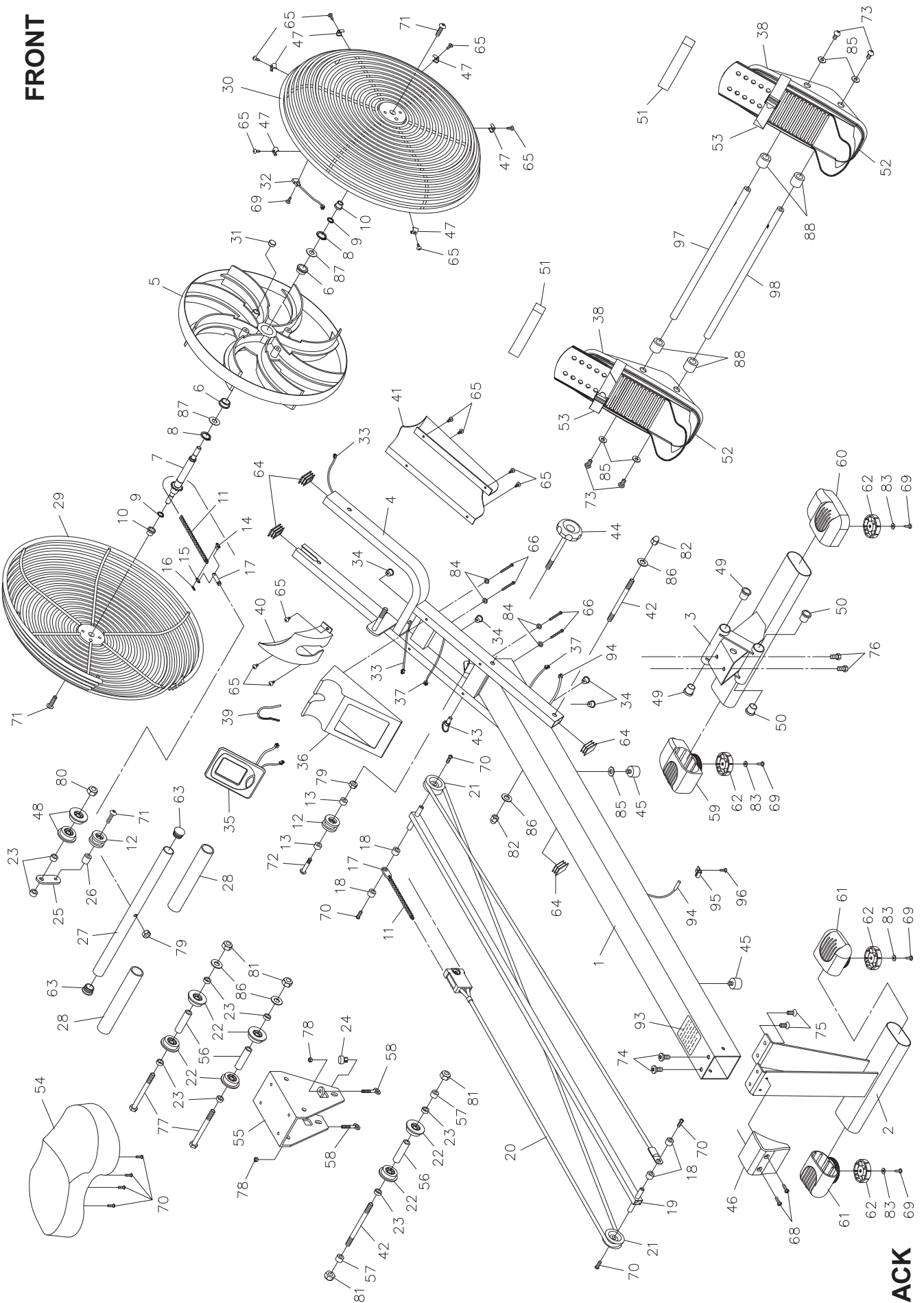
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, 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 MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is 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 AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor'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 Products, Inc. **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 written or express warranty given by Stamina Products, Inc. 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 OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

FRONT



BACK

## PARTS LIST

PART#	PART NAME	QTY
1	Rail	1
2	Rear Stand	1
3	Front Stand	1
4	Support Frame	1
5	Fan	1
6	Fan Bushing	2
7	Fan Axle	1
8	C clip (16mm)	2
9	C clip (10mm)	2
10	Bushing	2
11	Chain, (1/4" pitch)	1
12	Chain Roller	2
13	Chain Roller Spacer (ø8.2 x ø13 x 8mm)	2
14	Chain Connector	1
15	Chain Connecting Plate	1
16	Chain Connecting Clip	1
17	Connecting Bolt	1
18	Link Spacer (ø10.2 x ø16 x 11mm)	4
19	Support Tube	1
20	Bungee Cord w/ Sprocket Slider	1
21	Cord Pulley	2
22	Roller	6
23	Roller Spacer (ø10.2 x ø16 x 6mm)	8
24	Magnet w/ Housing	1
25	Pivot Plate	1
26	Long Roller Spacer (ø10.5 x ø16 x 12.5mm)	1
27	Handlebar	1
28	Foam Grip	2
29	Left Wire Cage	1
30	Right Wire Cage	1
31	Magnet	1
32	Fan Sensor	1
33	Upper Connection Wire	1
34	Grommet	4
35	Meter	1
36	Console	1
37	Lower Connection Wire	1
38	Pedal Support	2
39	Bumper Strap	1
40	Upper Chain Cover	1
41	Lower Chain Cover	1
42	Cross Shaft (M10 x 140mm)	2
43	Pull Pin	1
44	Locking Knob	1
45	Bumper	2
46	Rail Cap	1
47	Clip	6
48	Guide Roller	2
49	Front Pedal Bushing	2

## PARTS LIST

PART#	PART NAME	QTY
50	Rear Pedal Bushing	2
51	Fixing Strap	2
52	Pedal Cap	2
53	Pedal Strap	2
54	Seat	1
55	Seat Carriage	1
56	Spacer Tube	3
57	Roller Spacer (ø10.2 x ø16 x 7mm)	2
58	Eye Bolt (M6 x 1 x 50mm)	2
59	Left Wheel Cap (oval 40mm x 80mm)	1
60	Right Wheel Cap (oval 40mm x 80mm)	1
61	Endcap (oval 40mm x 80mm)	2
62	Rubber Stand	4
63	Round Plug (25mm)	2
64	Rectangular Plug (20mm x 40mm)	4
65	Screw, Round Head (M4 x 15mm)	13
66	Screw, Round Head (M4 x 50mm)	4
68	Screw, Round Head (M5 x 10mm)	2
69	Screw, Round Head (M5 x 12mm)	5
70	Bolt, Round Head (M6 x 1 x 15mm)	8
71	Bolt, Button Head (M8 x 1.25 x 25mm)	3
72	Bolt, Button Head (M8 x 1.25 x 40mm)	1
73	Bolt, Button Head (M8 x 1.25 x 20mm)	4
74	Bolt, Flat Head (M8 x 1.25 x 8mm)	2
75	Bolt, Flat Head (M8 x 1.25 x 12mm)	2
76	Bolt, Hex Head (M8 x 1.25 x 15mm)	2
77	Bolt, Hex Head (M10 x 1.5 x 110mm)	2
78	Nylock Nut (M6 x 1)	2
79	Nylock Nut (M8 x 1.25)	2
80	Nylock Nut (M10 x 1.5 x 7mm thick)	1
81	Nylock Nut (M10 x 1.5 x 10mm thick)	4
82	Acorn Nut (M10 x 1.5)	2
83	Washer (M5 x ø16 x 1mm thick)	4
84	Washer (M6)	4
85	Washer (M8 x ø22 x 2mm thick)	5
86	Washer (M10)	4
87	Large Washer (ø16 x ø32 x 0.5mm thick)	2
88	Pedal Spacer	4
89	Wrench	1
90	Allen Wrench (5mm)	1
91	Allen Wrench (6mm) w/ Screwdriver	2
92	Manual	1
93	Caution Label	1
94	Counter Sensor	1
95	Sensor Clip	1
96	Screw, Flat Head (M5 x 8mm)	1
97	Pedal Shaft (Zincing)	1
98	Short Pedal Shaft (Black Color)	1

## TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com) or by phone at 1-800-375-7520 (in the U.S.). Our customer service 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 SERVICE  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



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



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



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

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 service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

### PRODUCT REGISTRATION FORM

Stamina Products, Inc.  
P.O. Box 1071  
Springfield, MO 65801-1071

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](http://parts.staminaproducts.com) and order those parts. If you have questions, please contact customer service. 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.  
P.O. Box 1071  
Springfield, MO 65801-1071

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

**IMPORTANT : Before filling out the form 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