

Product May Vary  
Slightly From Pictured.

**inSTRIDE<sup>®</sup> Cycle XL**

# Owner's Manual

Safety Instructions  
Customer Service

Operation  
Warranty

## SAFETY INSTRUCTIONS

**WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the inSTRIDE<sup>®</sup> CYCLE XL.**

1. Read this Owner's Manual and follow it carefully before using the **inSTRIDE CYCLE XL**.
2. Do not stand up on the **inSTRIDE CYCLE XL**.
3. Keep children away from the **inSTRIDE CYCLE XL**. Do not allow children to use or play around the **inSTRIDE CYCLE XL**. Keep children and pets away from the **inSTRIDE CYCLE XL** when it is in use.
4. Set up and operate the **inSTRIDE CYCLE XL** on a solid level surface or table. Do not position the **inSTRIDE CYCLE XL** on loose rugs or uneven surfaces.
5. Inspect the **inSTRIDE CYCLE XL** for damaged or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the **inSTRIDE CYCLE XL**.
7. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
8. 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.
9. Do not wear loose or dangling clothing while using the **inSTRIDE CYCLE XL**.
10. Be careful to maintain your balance while using or assembling the **inSTRIDE CYCLE XL**, loss of balance may result in a fall and serious bodily injury.
11. The **inSTRIDE CYCLE XL** should be used by only one person at a time.
12. The **inSTRIDE CYCLE XL** is for consumer use only. It is not for use in public or semipublic facilities.

**This Product is Produced Exclusively by**



2040 N. Alliance, Springfield, MO 65803  
Customer Service Number  
1 (800) 375-7520  
parts@staminaproducts.com  
www.staminaproducts.com

2007, 03

**When calling for parts or service, please specify the following model number:  
15 - 0120**

**MADE IN CHINA**

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# ASSEMBLY INSTRUCTIONS

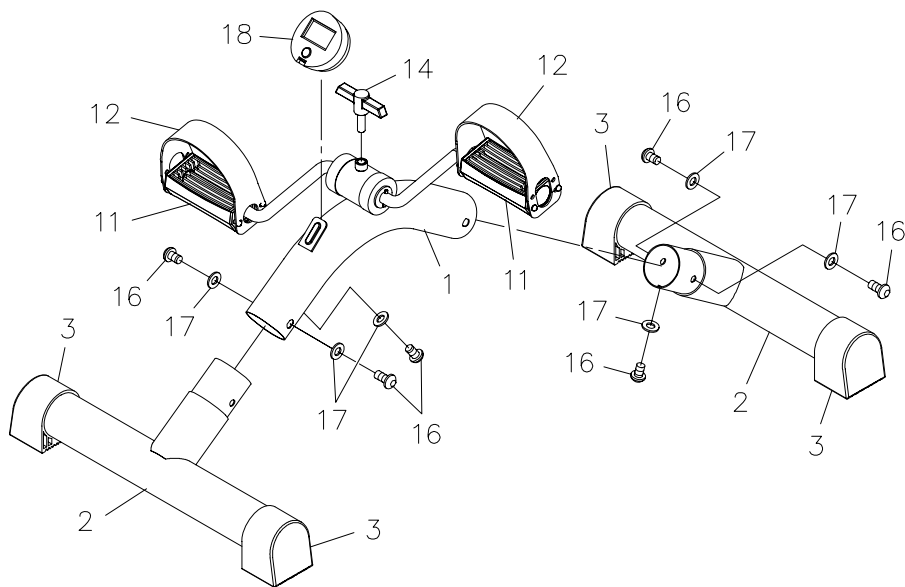
STEP 1: Insert the STABILIZERS(2) into both ends of the MAIN FRAME(1) and secure with BUTTON HEAD BOLTS(M8x1.25x12mm)(16) and ARC WASHERS(M8)(17). DO NOT TIGHTEN COMPLETELY.

Adjust the STAND CAPS(3), set the **inSTRIDE CYCLE XL** on the floor and tighten the bolts.

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

STEP 3: Slide the TIMER(18) onto the plate on the MAIN FRAME(1).

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



## MAINTENANCE

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

1. A light oil is applied to the pedals of your **inSTRIDE CYCLE XL** before shipping. Reapply oil if the pedals begin squeaking.
2. Verify that all nuts and bolts are properly tightened.
3. Use only Stamina Products components for maintenance and repair. For replacement parts, contact us at [parts@staminaproducts.com](mailto:parts@staminaproducts.com) or call 1-800-375-7520.
4. Keep your **inSTRIDE CYCLE XL** clean by wiping with an absorbent cloth after use.

# OPERATIONAL INSTRUCTIONS

## LOAD ADJUSTMENT

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

## USING THE ELECTRONIC TIMER

**TIMER Function:** The electronic timer displays minutes and seconds up to 99.59.

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

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

**BATTERY:** The electronic timer operates with a 3v CR2032 mercury battery. Replace the battery when you see inconsistencies in the display.

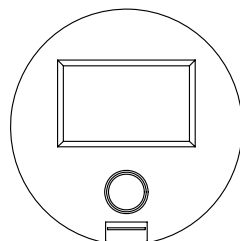
## WORKOUT FUNCTIONS

Your **inSTRIDE CYCLE XL** can be used for both lower and upper body workouts. Both are effective for aerobic conditioning, for helping improve muscle strength in legs, arms, shoulders, and back and for improved circulation.

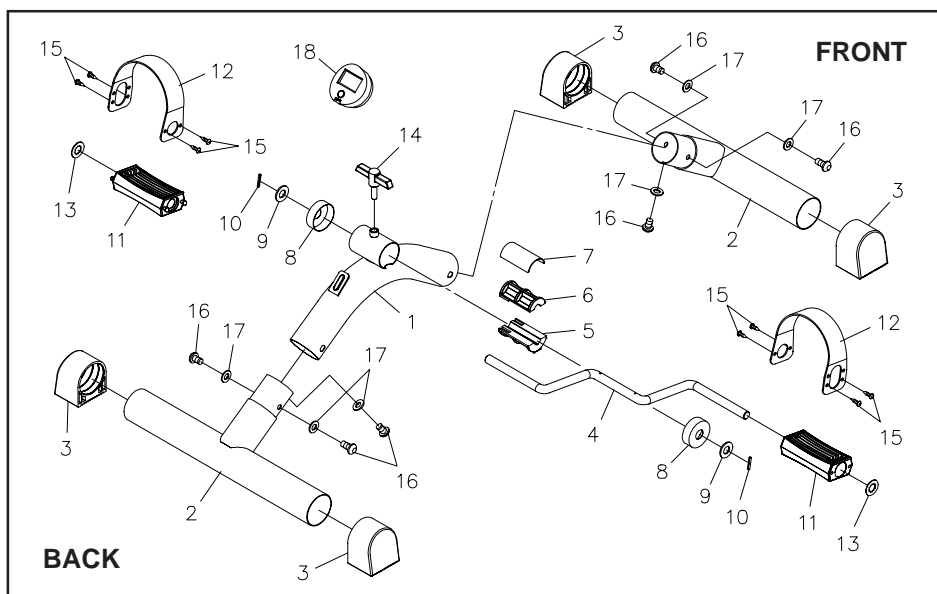
Adjust the tension by turning the T KNOB(14) until you feel the desired resistance. More tension will give you a more intense workout while less tension will give you a less intense workout. Exercise for at least 20 minutes a day, three times a week to see improvement in your fitness level. Pedal in a forward motion for half of your workout and change to a reverse motion for the rest of your workout.

**Lower Body:** You must always be seated when pedaling the **inSTRIDE CYCLE XL** with your feet. Choose a straight backed chair to get a workout similar to an upright stationary bike. Use a chair that slightly reclines to better work the abs like a recumbent bike.

**Upper Body:** Place the **inSTRIDE CYCLE XL** on a desk or tabletop. You can be seated or standing. Adjust the tension by turning the T KNOB(14), grasp the pedals with your hands and pedal.



# Product Parts Drawing and Parts List



## Part No. and Description

Part No.	Description	Qty
1	Main Frame	1
2	Stabilizer	2
3	Stand Cap (50.8mm)	4
4	Crank	1
5	Bottom Brake Block	1
6	Top Brake Block	1
7	Press Plate	1
8	Hub Cap	2
9	Nylon Washer (M12)	2
10	Roller Pin (ø3.2 x 20mm)	2

## Part No. and Description

Part No.	Description	Qty
11	Pedal	2
12	Pedal Strap	2
13	Push Nut (1/2")	2
14	T Knob	1
15	Screw, Round Head (M4 x 12mm)	8
16	Bolt, Button Head (M8 x 1.25 x 12mm)	6
17	Arc Washer (M8)	6
18	Timer	1
19	Allen Wrench (6mm)	1
20	Manual	1

## LIMITED WARRANTY

This product is warranted to be free from defects in material and workmanship and to be in perfect working order at the time of purchase. This warranty applies to personal, family or household use. This warranty does not apply to use in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities.

If the product should, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer. This warranty does not apply to any damage caused by accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

Products shipped to the manufacturer must be in the original shipping carton with freight prepaid. All expenses for repairing or replacing the product, including the cost of shipping it back to the original purchaser, will be covered by the manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.