

Product May Vary
Slightly From Pictured.

STAMINA[®] DOORWAY TRAINER Plus

Owner's Manual Safety Instructions Customer Service Operation Warranty

Safety Instructions

WARNING: This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the STAMINA[®] Doorway Trainer Plus.

1. Read this Owner's Manual and follow it carefully before using the STAMINA[®] Doorway Trainer Plus.
2. Keep children away from the STAMINA[®] Doorway Trainer Plus. Do not allow children to use or play around the STAMINA[®] Doorway Trainer Plus. Keep children and pets away from the STAMINA[®] Doorway Trainer Plus when it is in use.
3. Before using, inspect the STAMINA[®] Doorway Trainer Plus for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
4. Before use, carefully read and understand all of the directions of the STAMINA[®] Doorway Trainer Plus for proper installation. Also, make sure the door frame and moldings are secure and solid before installing STAMINA[®] Doorway Trainer Plus. A weak door frame and/or moldings can cause the unit to fail and dislodge from the door way.
5. Before using the STAMINA[®] Doorway Trainer Plus, tug down on the Handlebars to make sure the unit is securely installed into the door frame.
6. As the STAMINA[®] Doorway Trainer Plus is not designed for permanent installation, remove it from the door frame and store away in a safe place until next use.
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 STAMINA[®] Doorway Trainer Plus.
10. The STAMINA[®] Doorway Trainer Plus should not be used by persons weighing over 250 pounds.
11. The STAMINA[®] Doorway Trainer Plus should be used by only one person at a time.
12. The STAMINA[®] Doorway Trainer Plus is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Produced Exclusively by



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

MADE IN CHINA
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2010, 07

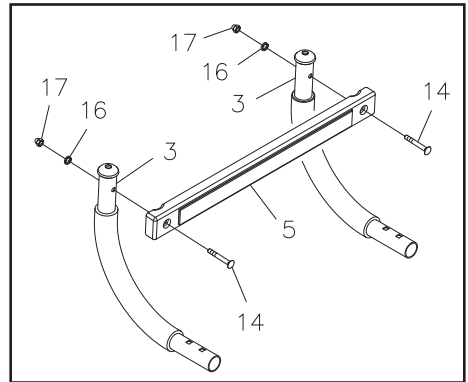
Assembly & Operational Instructions

NOTE:

Do not tighten any bolts until STEP 4.

STEP 1

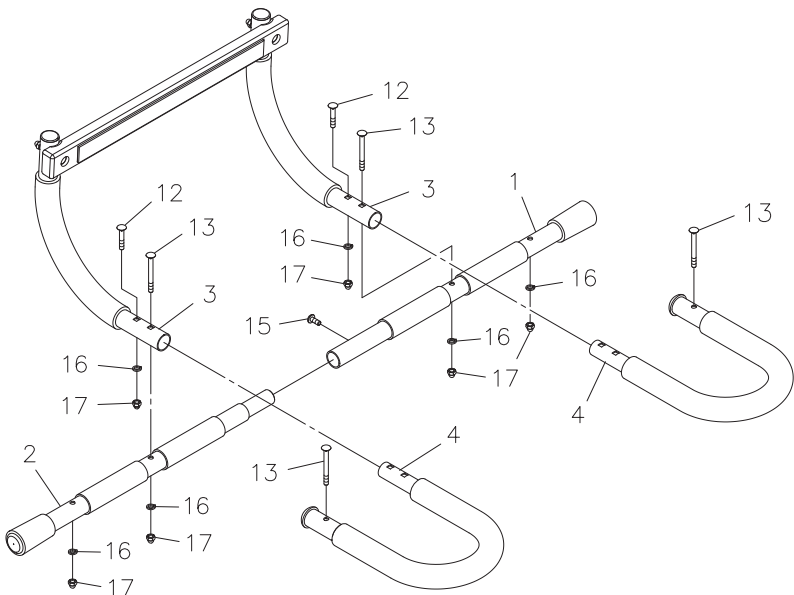
Attach the **ARCHED SUPPORTS(3)** to the **PLASTIC BAR(5)** with **CARRIAGE BOLTS(M6x1x45mm)(14)**, **LOCK WASHERS(M6)(16)**, and **ACORN NUTS(M6x1)(17)**.



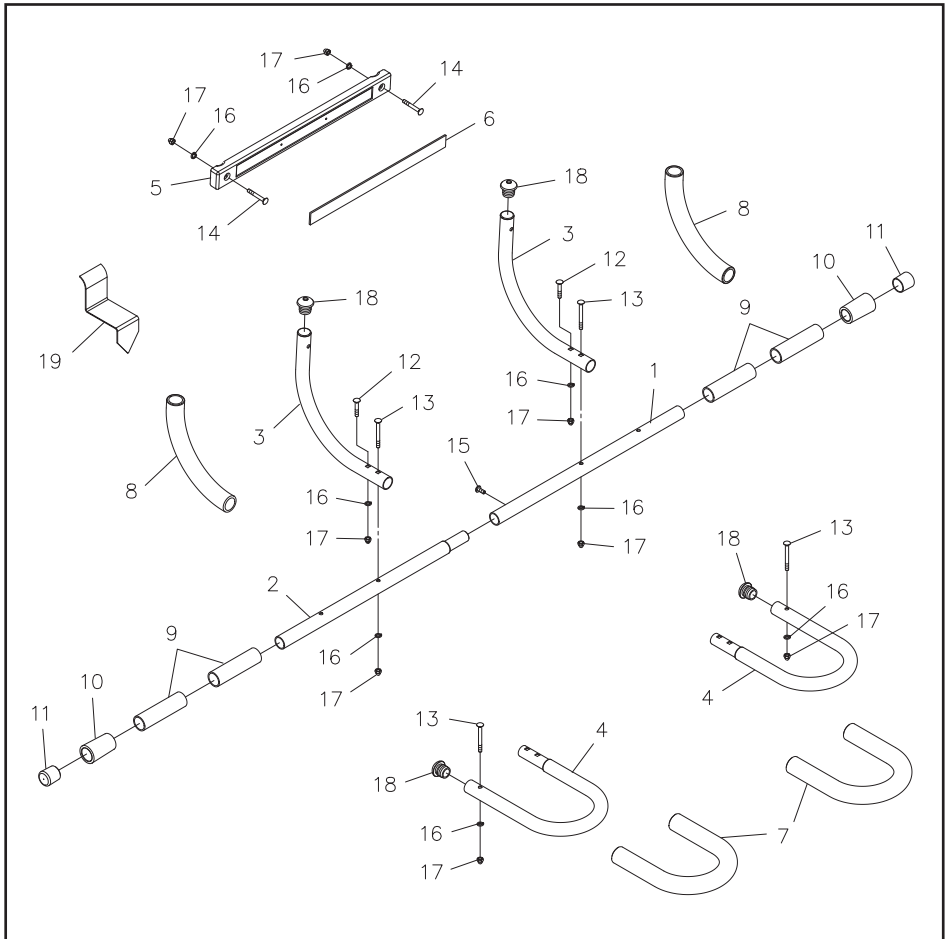
STEP 2: Insert the **INNER BAR(2)** into the **OUTER BAR(1)** and secure with **BUTTON HEAD BOLT(M6x1x15mm)(15)**.

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

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



Product Parts Drawing and Parts List



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

Limited Warranty

MODEL 50-0050

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation 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 TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY 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.

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