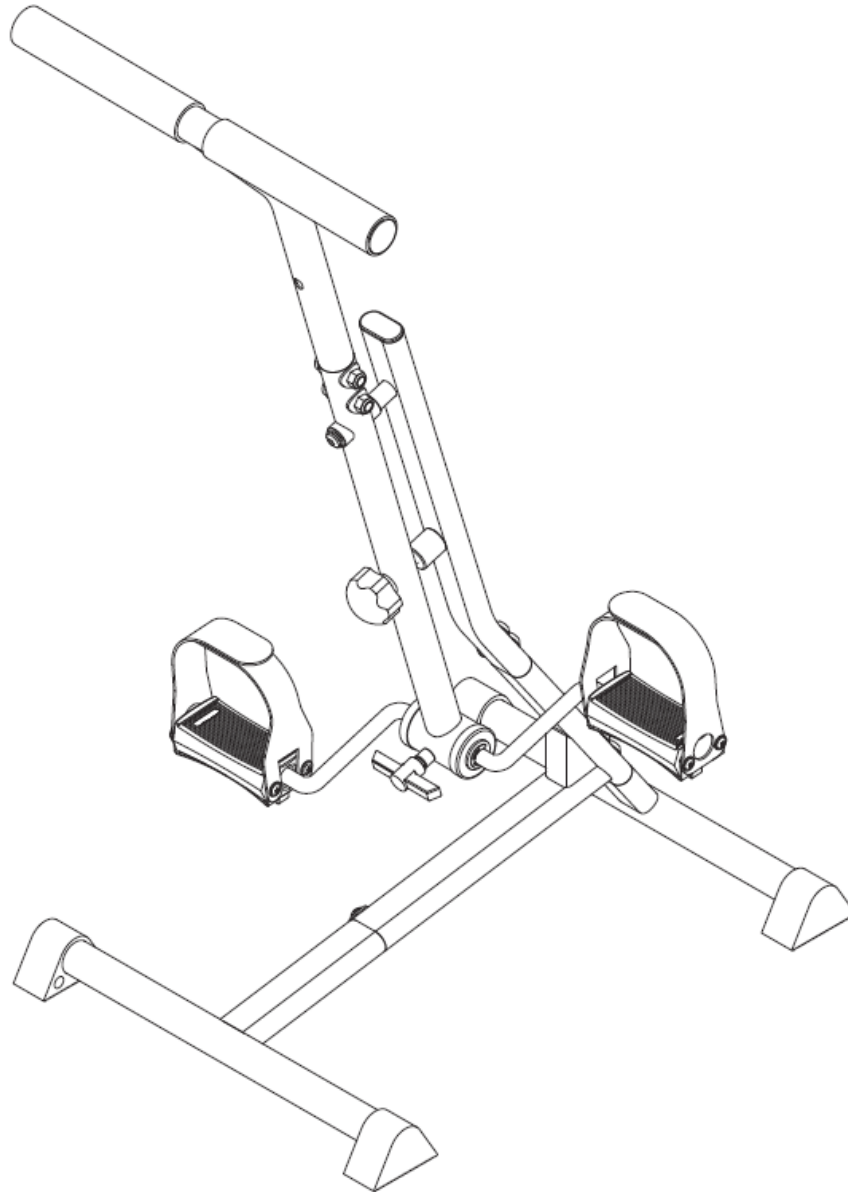


*Thanks for shopping with Improvements®!*

# Instride Total Body Cycle

Item #422702



**Product May Vary Slightly From Pictured.**

**IMPROVEMENTS®**  
ImprovementsCatalog.com

To order, call  
1-800-642-2112  
West Chester, OH 45069

Made of China  
0715

If you have questions regarding this product, call  
1-800-642-2112 Mon.-Fri. 9:00-5:00 EST (Ohio)  
and ask for our product specialists, or e-mail:  
productspecialist@improvementscatalog.com  
See many more products on the Internet!  
**www.ImprovementsCatalog.com**



**Stamina Products** is proud to receive the Arthritis Foundation's Ease-of-Use Commendation for three fitness products: inStride® Total Body Cycle (15-0176), inStride® Folding Cycle (15-0128), and Avari® Programmable Magnetic Elliptical (A550-705). Stamina designed the products to be user-friendly for millions of people living with arthritis who are interested in exercising. Exercise is a proven way to relieve arthritis pain and improve joint function.

### **What is it the Ease-of-Use Commendation?**

The Arthritis Foundation's Ease-of Use Commendation recognizes products proven to make life easier for people who have arthritis and other physical limitations. Independently tested by experts and evaluated by people with arthritis, Ease-of-Use products are easy to use by everyone.

### **How are products tested?**

The process begins with the manufacturer, who submits a product to the Arthritis Foundation seeking expert evaluation of its product. The Arthritis Foundation partners with the Georgia Tech Research Institute, whose scientists, experienced in the design and evaluation of products, conduct tests to find out if the products are easy to use for someone with arthritis. The answer results from a three-step testing process.

- Each product is evaluated by a team of scientists, who test the product against a number of “pass” or “fail” requirements specific to the type of product under evaluation. For example, how easy it is to open a medicine bottle or to operate a stationary bike?
- Then the scientists assess and establish user tasks based on every manner in which someone with arthritis might use the product, from the point at which the product is removed from the packaging – yes, the package itself is evaluated – through multiple uses.
- Finally, a team of eight testers who have moderate-to-severe arthritis are evaluated for grip, torque and muscle strength, endurance, pinch force and range of motion. The testers then get to open and use the product, and then each tester is interviewed by the team of scientists.

### **How do products earn the Ease-of-Use seal?**

To garner a “favorable” grade from GTRI and become eligible for the Arthritis Foundation's Ease-of-Use Commendation, a product must meet the following criteria:

- A “pass” rating on all the checklist evaluation items, at least five or eight testers must be able to use it with little or no difficulty; and
- No more than one of eight testers should experience great difficulty using the product.

The Arthritis Foundation's Ease-of-Use Commendation identifies tested and trusted products. Look for the logo when you're shopping for anything from groceries to office supplies, gardening tools to cooking utensils, and exercise equipment to medication and other health aids. To learn more about the program and products that carry the Ease-of Use Commendation, visit [arthritis.org/easeofuse](http://arthritis.org/easeofuse).

## TABLE OF CONTENTS

Arthritis Foundation Information .....	2	Maintenance .....	11
Safety Instructions .....	3	Conditioning Guidelines .....	12
Before You Begin .....	5	Warm-Up and Cool-Down .....	13
Equipment Warning, Caution & Notice Labels ...	6	Product Parts Drawing .....	14
Hardware Identification Chart .....	7	Parts List .....	15
Assembly Instructions .....	8	Warranty .....	16
Operational Instructions .....	10	Notes .....	17
Storage .....	11	Fax/Mail Ordering Form .....	18

## 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** Weight limit is not applicable if product is used properly. This unit is not designed to support a user's weight. To reduce the risk of serious injury, read the following Safety Instructions before using the inStride® Total Body Cycle.

1. Read all warnings and cautions posted on the **inStride® Total Body Cycle**.
2. The **inStride® Total Body Cycle** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **inStride® Total Body Cycle**. Do not allow children to use or play on the **inStride® Total Body Cycle**. Keep children and pets away from the **inStride® Total Body Cycle** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **inStride® Total Body Cycle** on a solid level surface. Do not position the **inStride® Total Body Cycle** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **inStride® Total Body Cycle**.
8. Keep fingers clear of all pinch points when rotating the Support Frame Assembly(5, 6) to switch between the hand and foot functions on the **inStride® Total Body Cycle**.
9. Before using, inspect the **inStride® Total Body Cycle** 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 Assembly(5, 6) is locked securely with the Locking Knob(19).
11. The surface of the crank housing may become hot during use, so allow it to cool before moving.
12. 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.
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 **inStride® Total Body Cycle**.
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 **inStride® Total Body Cycle**, loss of balance may result in a fall and bodily injury.
17. The **inStride® Total Body Cycle** should be used by only one person at a time.
18. The **inStride® Total Body Cycle** 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**

## THANK YOU FOR PURCHASING THE inStride® Total Body Cycle

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  
inStride® Total Body 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.



**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 **inStride® Total Body 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 **inStride® Total Body Cycle** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

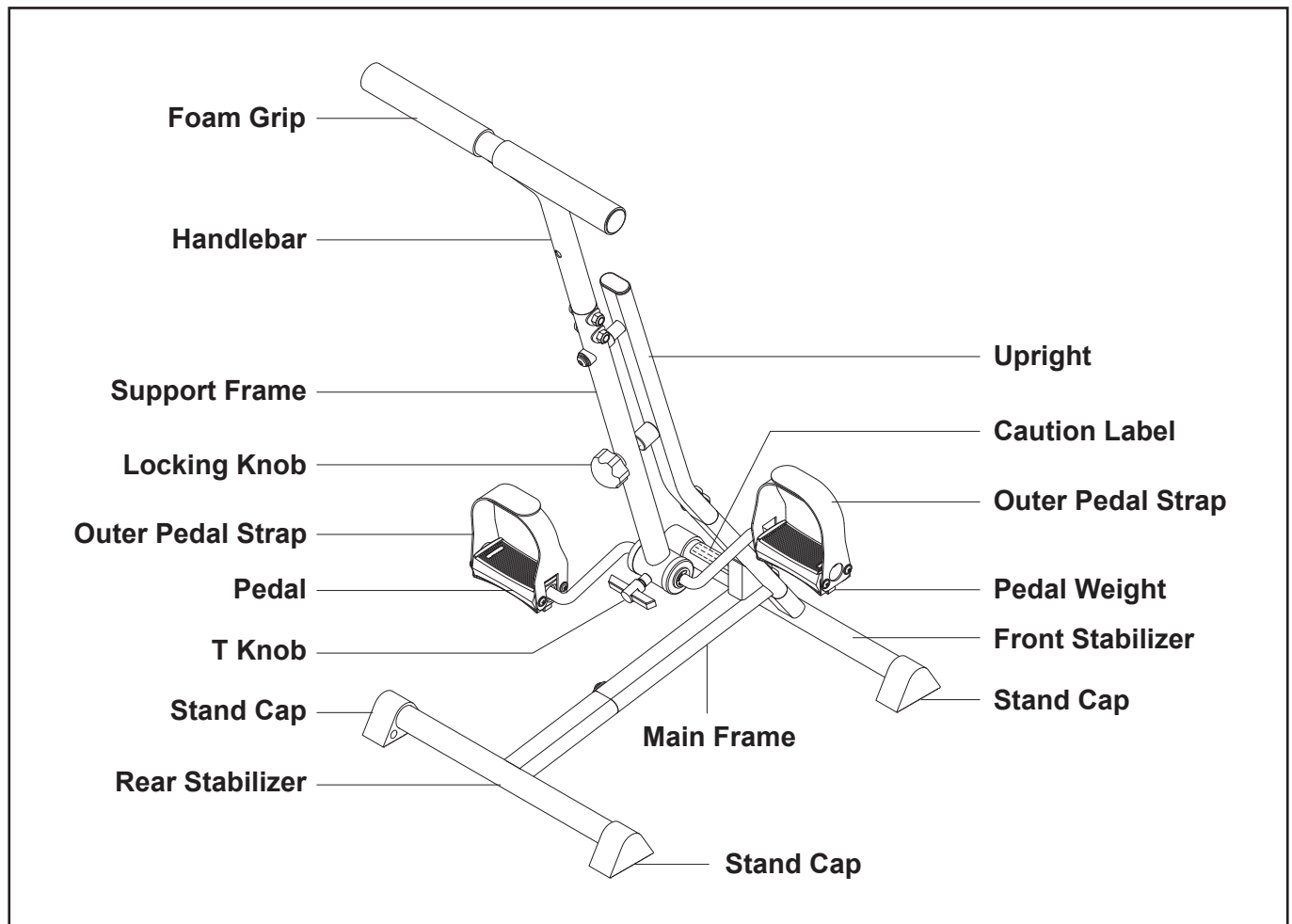
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **inStride® Total Body Cycle**.

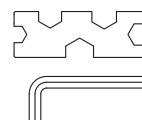
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **inStride® Total Body Cycle**, 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 (6mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **inStride® Total Body Cycle**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size

### **C1** CAUTION LABEL(30)

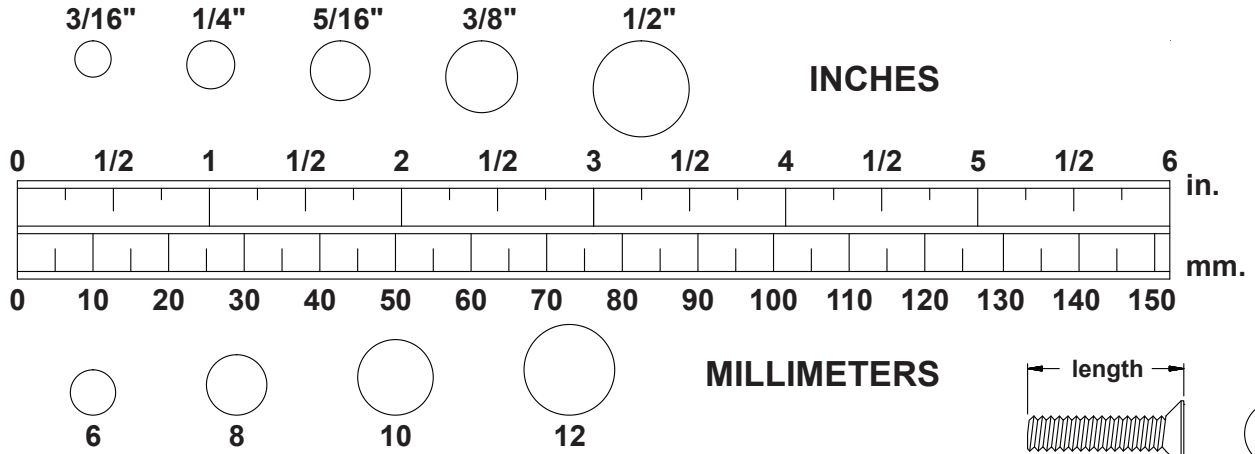
<b>CAUTION</b>	<p><b>Keep others including children &amp; pets away from equipment when in use.</b></p> <p>Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by person weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.</p>
<p>Failure to follow all warnings and instructions could result in injury or property damage. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this caution label if damaged, illegible, or removed.</p>	

### **C2** CAUTION DECAL - Hot Surface(29)

**CAUTION HOT SURFACE!**  
The surface may become hot during use, so allow it to cool before moving.

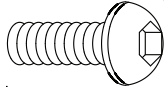
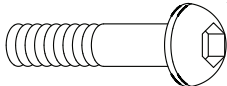
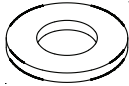


# HARDWARE IDENTIFICATION CHART

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.

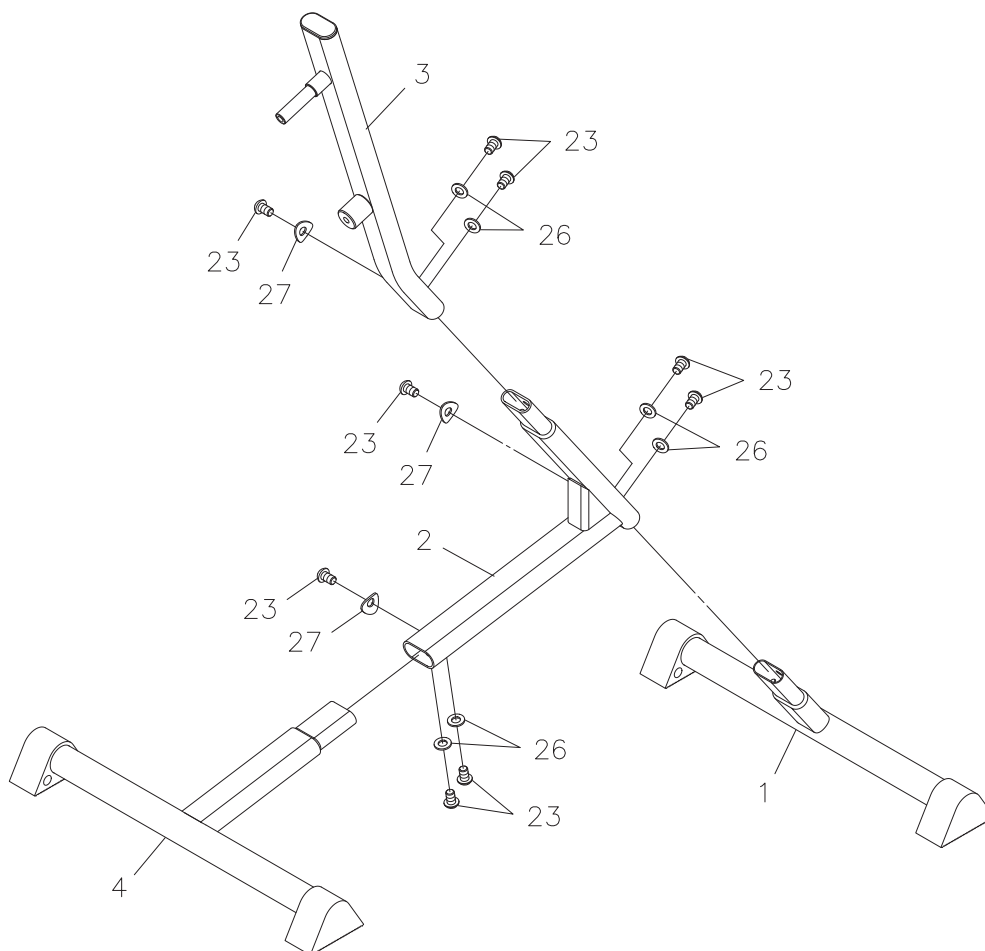
	Part Number and Description	Qty
	23 Bolt, Button Head (M8 x 1.25 x 12mm)	9
	24 Bolt, Button Head (M8 x 1.25 x 15mm)	1
	25 Bolt, Button Head (M8 x 1.25 x 40mm)	2
	26 Washer (M8)	7
	27 Arc Washer (M8)	7
	28 Nylock Nut (M8 x 1.25)	2

## 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) to the Services 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

Refer to the illustration below. Insert the **REAR STABILIZER(4)**, the **FRONT STABILIZER(1)**, and the **UPRIGHT(3)** into the **MAIN FRAME(2)** and secure with **BUTTON HEAD BOLTS(M8x1.25x12mm)(23)**, **WASHERS(M8)(26)**, and **ARC WASHERS(M8)(27)**.





## ASSEMBLY INSTRUCTIONS

### STEP 2

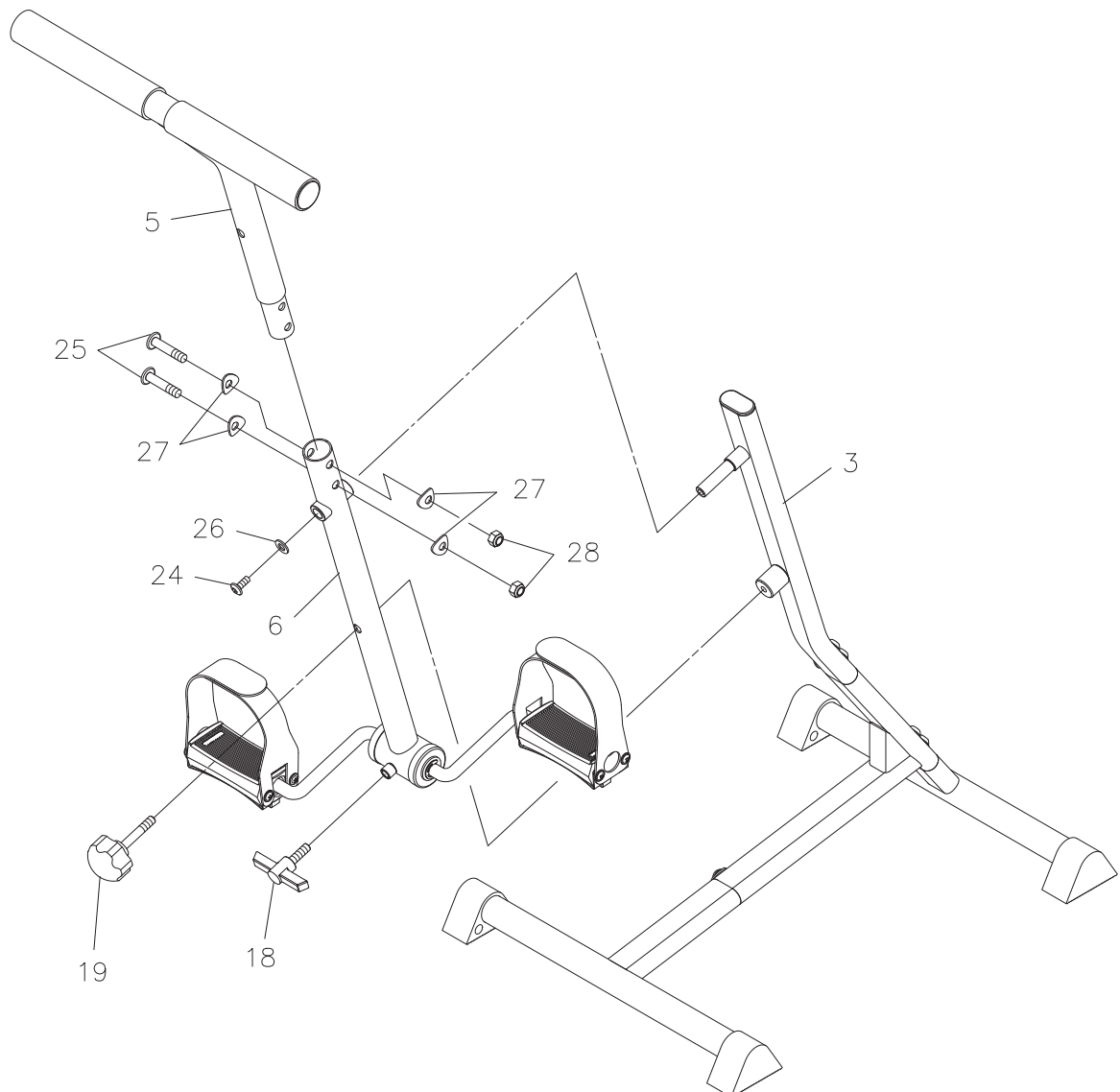
Slide the **SUPPORT FRAME(6)** onto the shaft on the **UPRIGHT(3)** and secure with **BUTTON HEAD BOLT(M8x1.25x15mm)(24)** and **WASHER(M8)(26)**. Lock the **SUPPORT FRAME(6)** to the **UPRIGHT(3)** by inserting the **LOCKING KNOB(19)** through the hole in the **SUPPORT FRAME(6)** and screw it into the **UPRIGHT(3)**.

### STEP 3

Screw the **T KNOB(18)** into the hub on the **SUPPORT FRAME(6)**.

### STEP 4

Insert the **HANDLEBAR(5)** into the **SUPPORT FRAME(6)** and secure with **BUTTON HEAD BOLTS(M8x1.25x40mm)(25)**, **ARC WASHERS(M8)(27)**, and **NYLOCK NUTS(M8x1.25)(28)**.

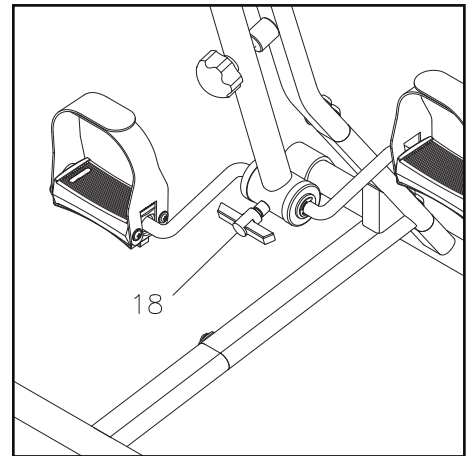


## OPERATIONAL INSTRUCTIONS

### LOAD ADJUSTMENT

To increase the intensity of your workout, turn the **T KNOB(18)** clockwise. To decrease the resistance, turn the **T KNOB(18)** counterclockwise.

**CAUTION:** The surface of the crank housing may become hot during use, so allow it to cool before moving. Read the caution posted on the **inStride® Total Body Cycle**.



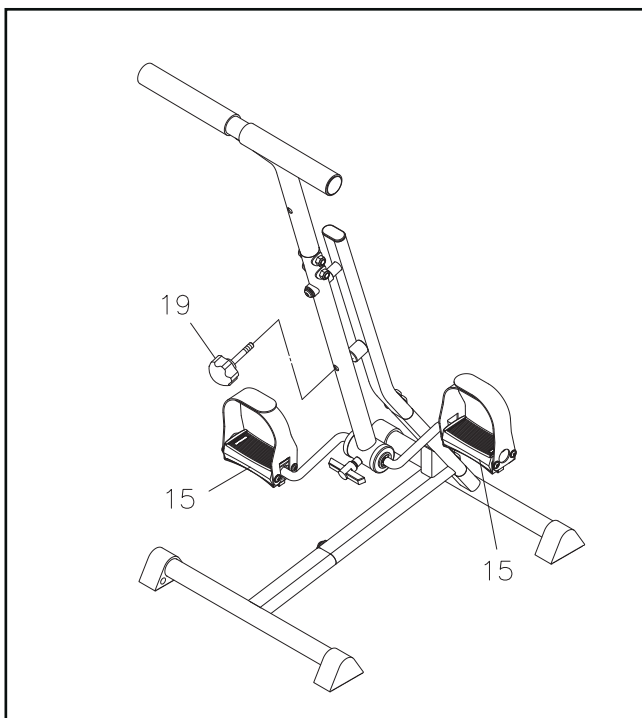
### EXERCISE WORKOUT

Your **inStride® Total Body Cycle** can be used in the Lower Body workout mode or the Upper Body workout mode. Refer to the illustrations below.

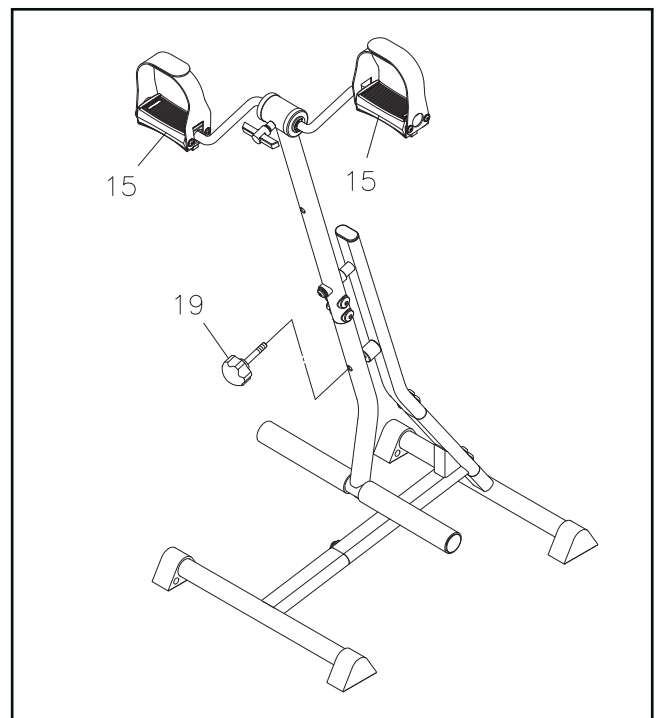
**LOWER BODY:** Remove the **LOCKING KNOB(19)**. Set the position of the **PEDALS(15)** at the bottom and lock in position by reattaching the **LOCKING KNOB(19)**. To work out, sit in the chair and pedal the bike with your feet.

**CAUTION:** Do not stand up on the **inStride® Total Body Cycle**.

**UPPER BODY:** Remove the **LOCKING KNOB(19)**. Set the position of the **PEDALS(15)** at the top and lock in position by reattaching the **LOCKING KNOB(19)**. To work out, grasp the **PEDALS(15)** firmly with your hands and pedal the bike. This exercise can be performed while seated or standing.



**LOWER BODY WORKOUT MODE**



**UPPER BODY WORKOUT MODE**

## **STORAGE**

1. To store the **inStride® Total Body Cycle**, simply keep it in a clean dry place.
2. To move the **inStride® Total Body Cycle**, lift the unit by the **UPRIGHT(3)**. Caution: Make sure that the hub on the **SUPPORT FRAME(6)** has cooled before moving.

## **MAINTENANCE**

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

1. Adjust the **T KNOB(18)** and verify that it functions properly and the resistance changes.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **CAUTION LABEL(30)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(30)** 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 **inStride® Total Body Cycle** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **inStride® Total Body Cycle**.
7. Keep your **inStride® Total Body 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.

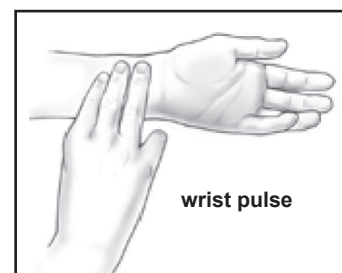
Remember to follow these essentials:

- 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

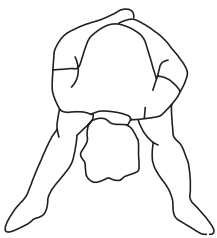
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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.

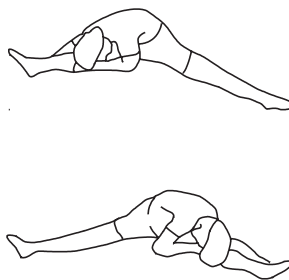
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



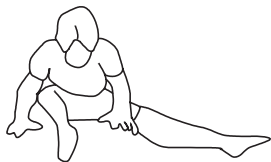
#### Lower Body Stretch

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.



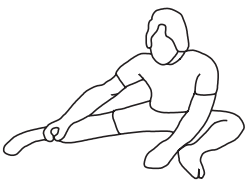
#### Floor Stretch

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

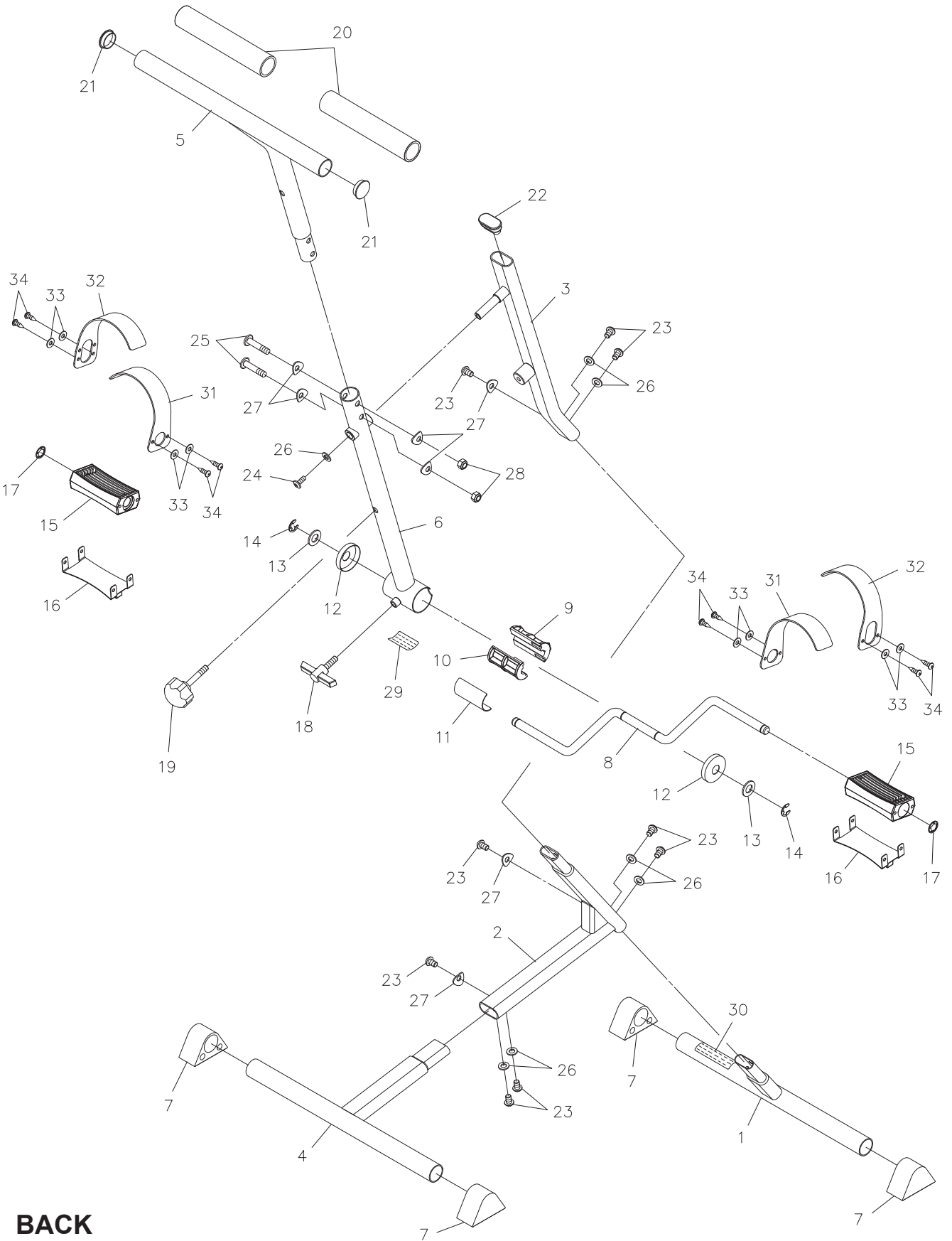
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times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



BACK

## PARTS LIST

PART#	PART NAME	QTY
1	Front Stabilizer	1
2	Main Frame	1
3	Upright	1
4	Rear Stabilizer	1
5	Handlebar	1
6	Support Frame	1
7	Stand Cap (28.6mm)	4
8	Crank	1
9	Bottom Brake Block	1
10	Top Brake Block	1
11	Press Plate	1
12	Hub Cap	2
13	Nylon Washer (1/2")	2
14	E Clip (1/2")	2
15	Pedal	2
16	Pedal Weight	2
17	Push Nut (1/2")	2
18	T Knob	1
19	Locking Knob	1
20	Foam Grip	2
21	Round Plug	2
22	Oval Plug (20 x 40mm)	1
23	Bolt, Button Head (M8 x 1.25 x 12mm)	9
24	Bolt, Button Head (M8 x 1.25 x 15mm)	1
25	Bolt, Button Head (M8 x 1.25 x 40mm)	2
26	Washer (M8)	7
27	Arc Washer (M8)	7
28	Nylock Nut (M8 x 1.25)	2
29	Caution Decal - Hot Surface	1
30	Caution Label	1
31	Inner Pedal Strap	2
32	Outer Pedal Strap	2
33	Washer (M5)	8
34	Screw, Round Head (M5 x 12mm)	8
35	Wrench	1
36	Allen Wrench (6mm)	1
37	Manual	1

## **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 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 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.



## **NOTES**

## TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at 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  
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.

<b>PRODUCT REGISTRATION FORM</b>	<b>Stamina Products, Inc.</b> 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?* <input type="checkbox"/> Yes <input type="checkbox"/> 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



<b>PARTS ORDER FORM</b>	<b>Stamina Products, Inc.</b> P.O. Box 1071 Springfield, MO 65801-1071
Mr./Ms: .....	
Address: ..... Apt. #: .....	
City: ..... State: ..... Zip Code: .....	
<b>IMPORTANT : We must have your phone number to process the order!</b>	
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