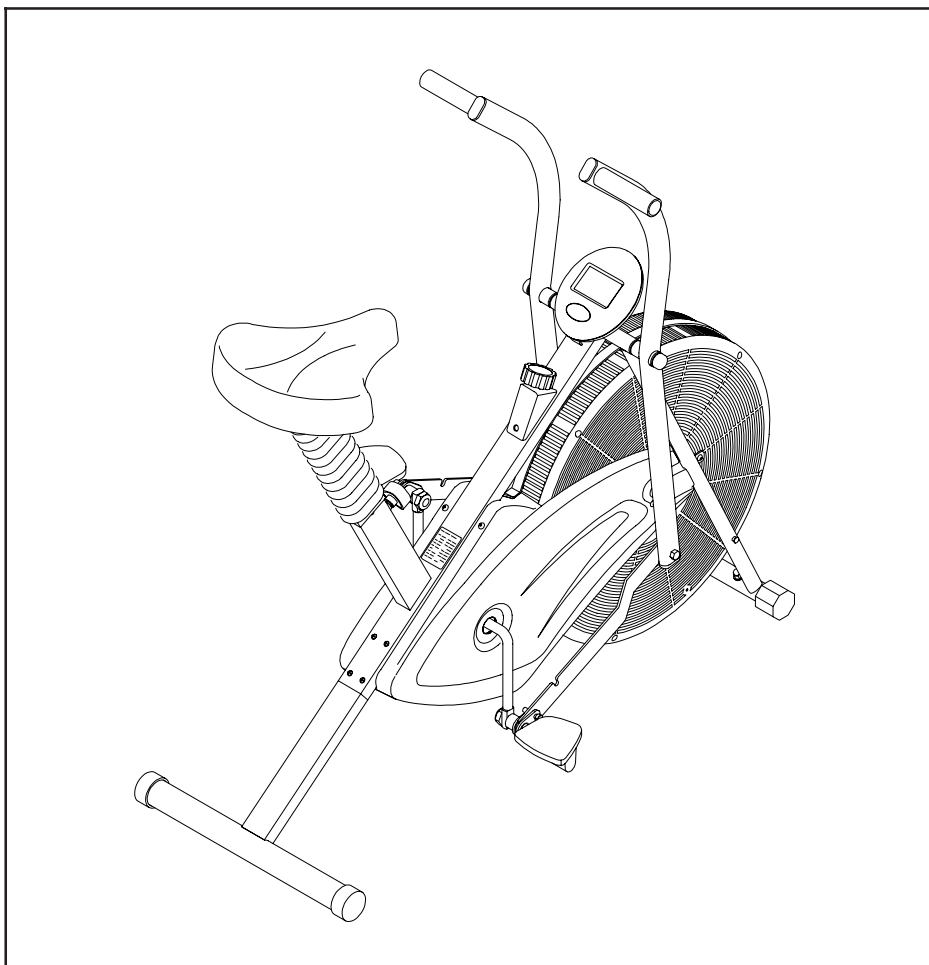


DUAL-ACTION AIR BIKE 950

Owner's Manual



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 tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

15-0950

STAMINA PRODUCTS

MADE IN CHINA

Product May Vary Slightly
From Pictured.

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Service Number

1 (800) 375-7520

www.staminaproducts.com

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SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Precautions before using the **AIR BIKE 950**.

1. Read all warnings posted on the **AIR BIKE 950**.
2. Read this Owner's Manual and follow it carefully before using the **AIR BIKE 950**. Make sure that it is properly assembled and tightened before use.
3. To avoid a pinch point, make sure that the SPACERS and BUSHINGS are properly assembled between the PEDAL CRANK and LINKAGES. See assembly STEP 6.
4. Keep children away from the **AIR BIKE 950**. Do not allow children to use or play on the **AIR BIKE 950**. Keep children and pets away from the **AIR BIKE 950** when it is in use.
5. Set up and operate the **AIR BIKE 950** on a solid level surface. Do not position the **AIR BIKE 950** on loose rugs or uneven surfaces.
6. Adjust the LEVELING CAPS on the FRONT STABILIZER so that the **AIR BIKE 950** sets on the floor without rocking.
7. Inspect the **AIR BIKE 950** for worn or loose components prior to use.
8. Always check to see that the SEAT POST is securely fastened before using the **AIR BIKE 950**.
9. Tighten/replace any loose or worn components prior to using the **AIR BIKE 950**.
10. 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.
11. Follow your physician's recommendations in developing your own personal fitness program.
12. 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.
13. Do not wear loose or dangling clothing while using the **AIR BIKE 950**.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
15. Care should be taken in mounting or dismounting the **AIR BIKE 950**.
16. The **AIR BIKE 950** should not be used by persons weighing over 250 pounds.
17. Do not ride the **AIR BIKE 950** standing up.
18. Do not place your head, hands, or legs between the HANDLEBARS.
19. Each user should adjust the seat per instructions on page 10.
20. The **AIR BIKE 950** 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 NUMBER
1 (800) 375-7520

**THANK YOU FOR PURCHASING THE
AIR BIKE 950**

To help you get started, we have pre-assembled most of your AIR BIKE 950 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. Within a few minutes you will be getting your body into shape and 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 - Friday, 8:00 A.M. - 5:00 P.M., Central Time.

BEFORE YOU BEGIN

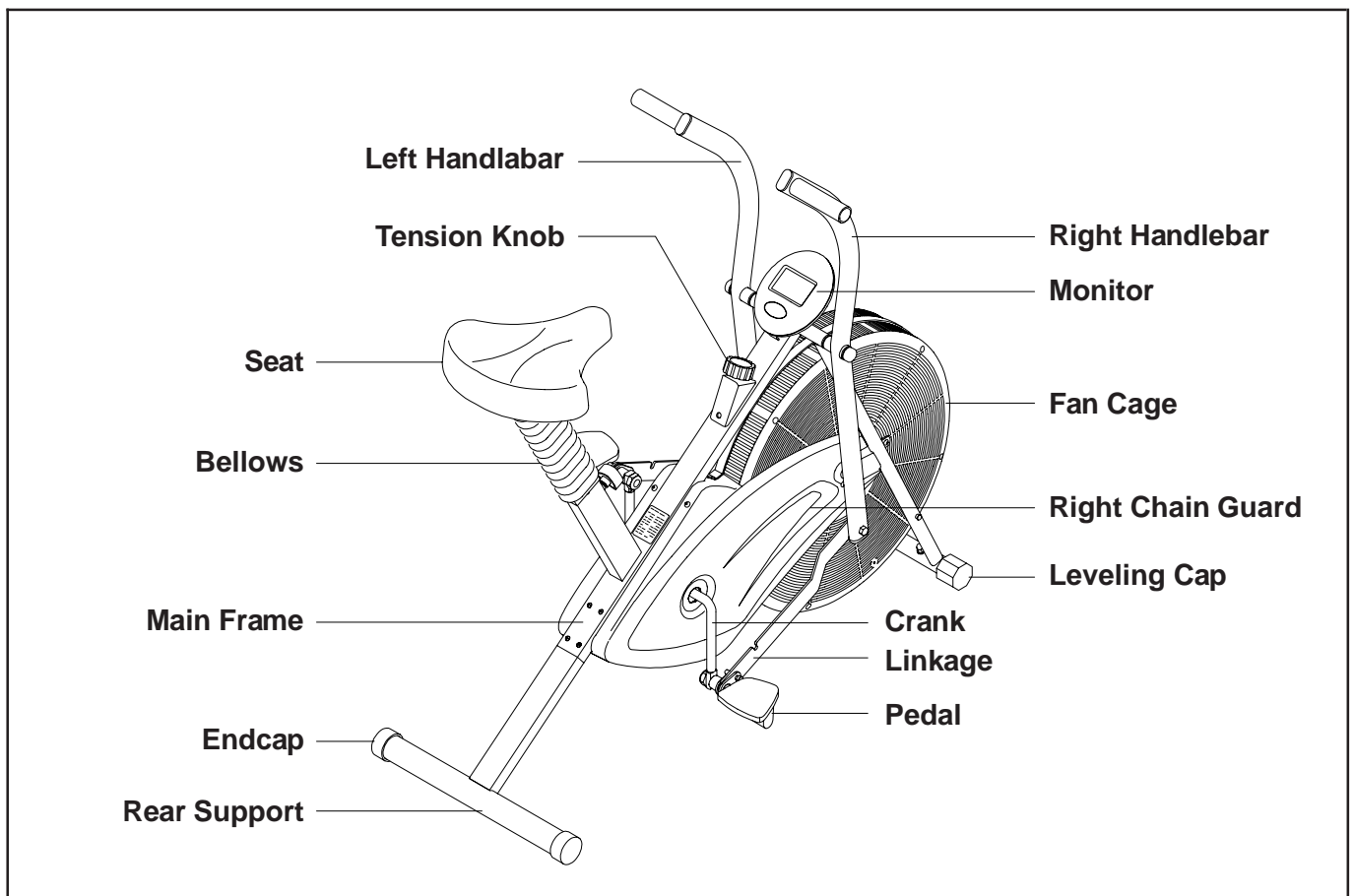
Thank you for choosing the **AIR BIKE 950**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, 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 **AIR BIKE 950** 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 **AIR BIKE 950**.

Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place these things will happen occasionally. Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. If a part is missing, does not fit, is the incorrect size, or is otherwise inappropriate, please call 1 (800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday. Our operators will be able to assist you with your problem and the parts will be mailed directly to your house.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



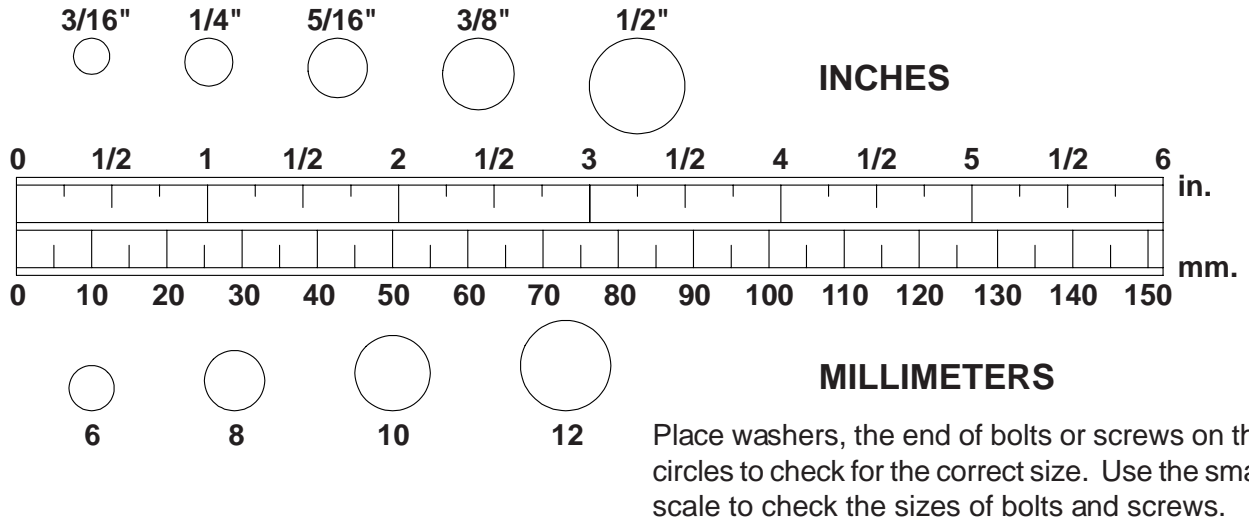
Wrench (2 Wrenches Included)

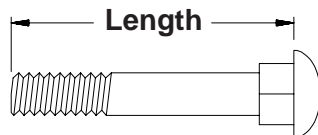
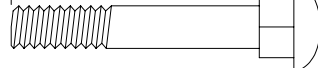

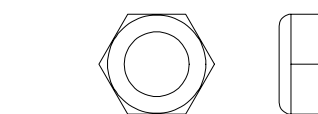
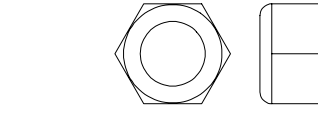
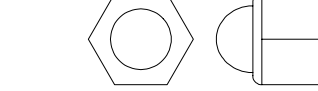
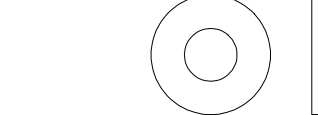


Allen Wrench / Phillips Screwdriver

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. After unpacking the unit, open the hardware bag and make sure that you have the following items:



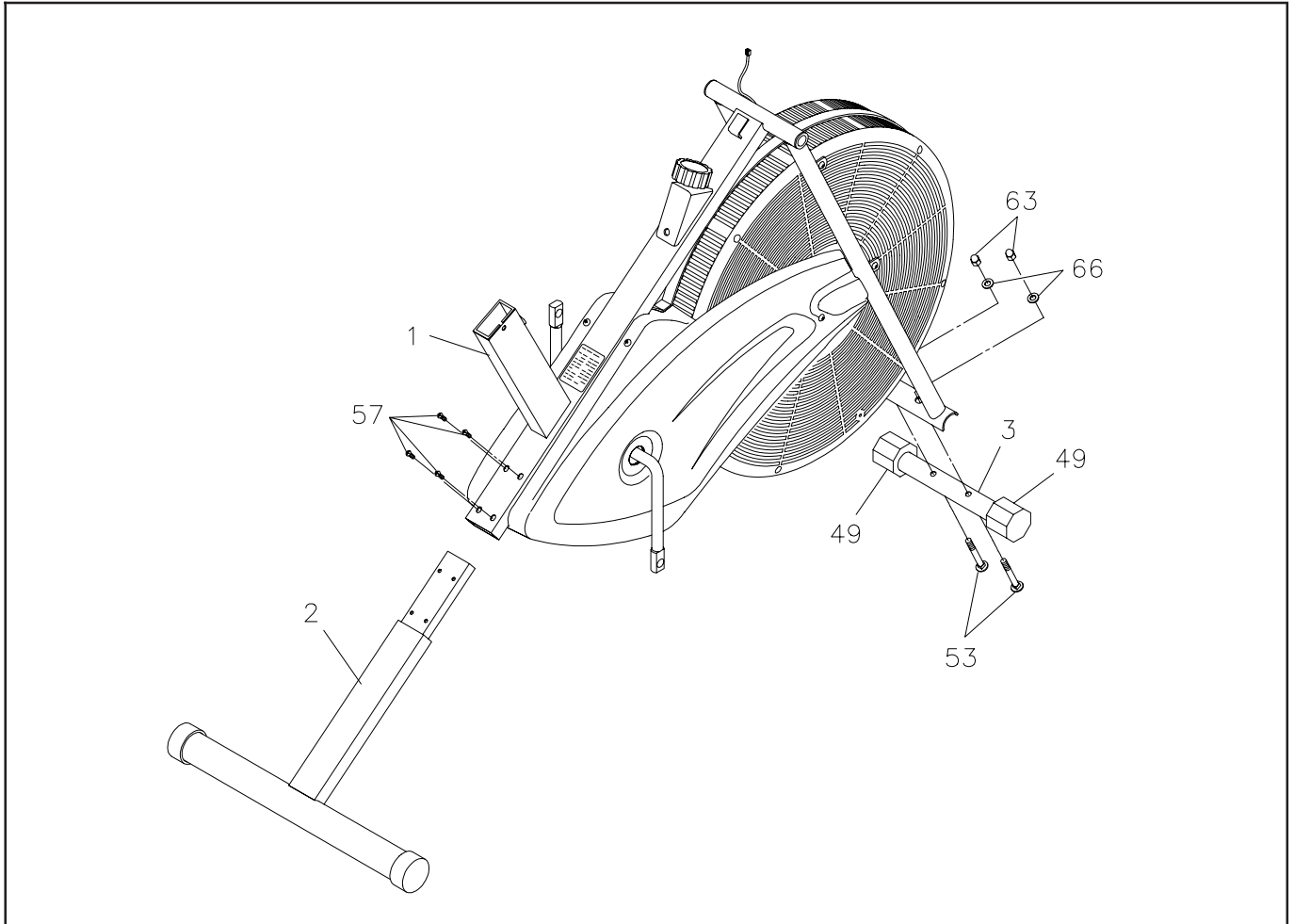
	Part No. and Description	Qty
	53 Carriage Bolt (M8 x 1.25 x 38mm)	2
	57 Screw, Round Head (M5 x 0.8 x 12mm)	4
	36 Thin Nut (1/2"-20)	2
	61 Nylock Nut (M8 x 1.25)	5
	63 Acorn Nut (M8 x 1.25)	2
	66 Washer (M8) 40 Large Washer (M8)	5 2

NOTE: 1. Three of Nylock Nuts(M8 x 1.25)(56) and Washers(M8)(64) may attached under the Seat(44) by the factory.
 2. Thin Nuts(1/2"-20)(36) may attached on the Pedals(31, 32).

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:

parts@staminaproducts.com



STEP 1

Insert **REAR SUPPORT(2)** into the **MAIN FRAME(1)** and fasten with **SCREWS(M5 x 12mm)(57)**.

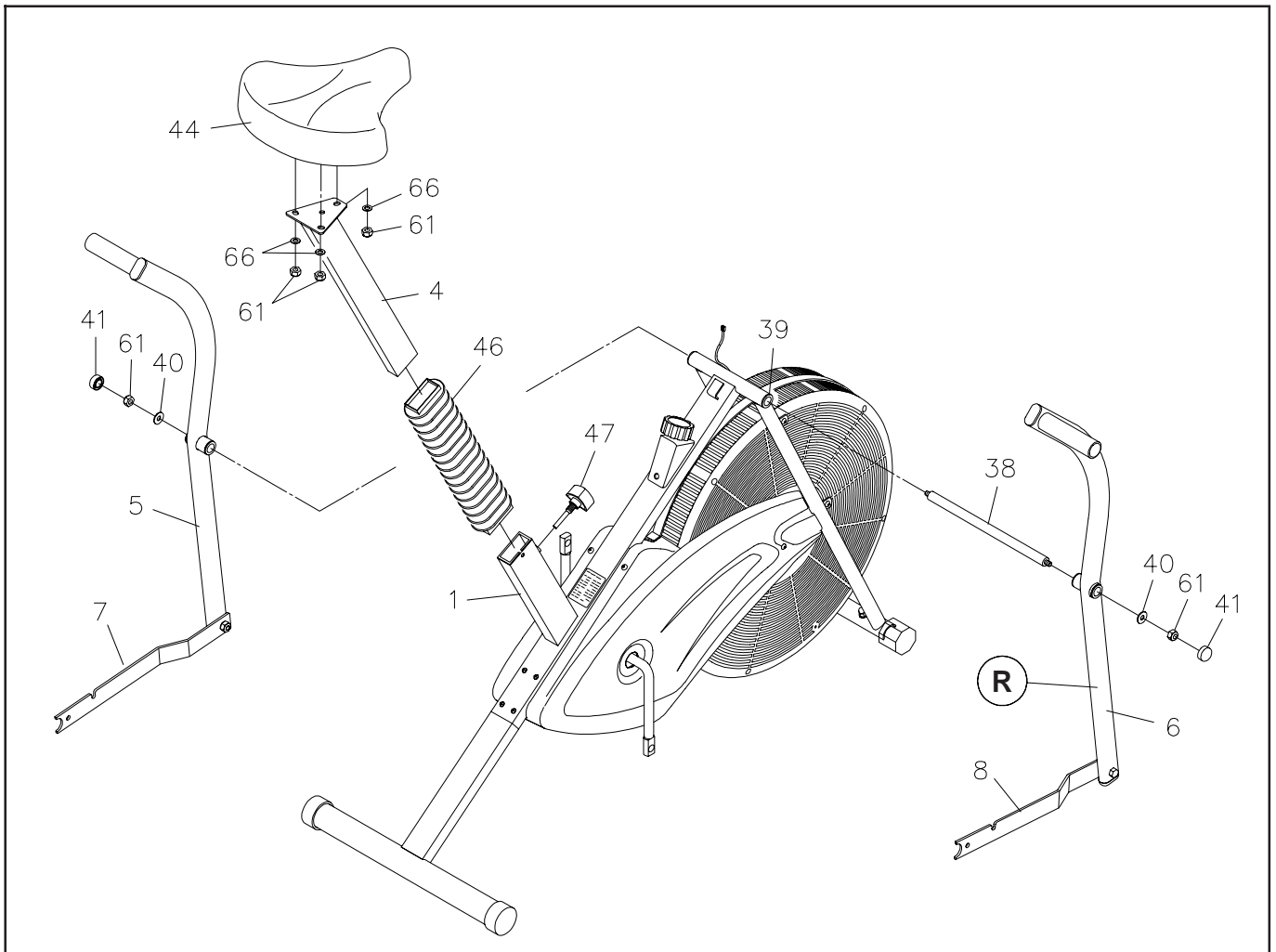
STEP 2

Attach **FRONT STABILIZER(3)** onto the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8 x 38mm)(53)**, **WASHERS(M8)(66)**, and **ACORN NUTS(M8)(63)**.

STEP 3

Turn the **LEVELING CAPS(49)** on the **FRONT STABILIZER(3)** as needed until bike is steady and not rocking.

ASSEMBLY INSTRUCTIONS



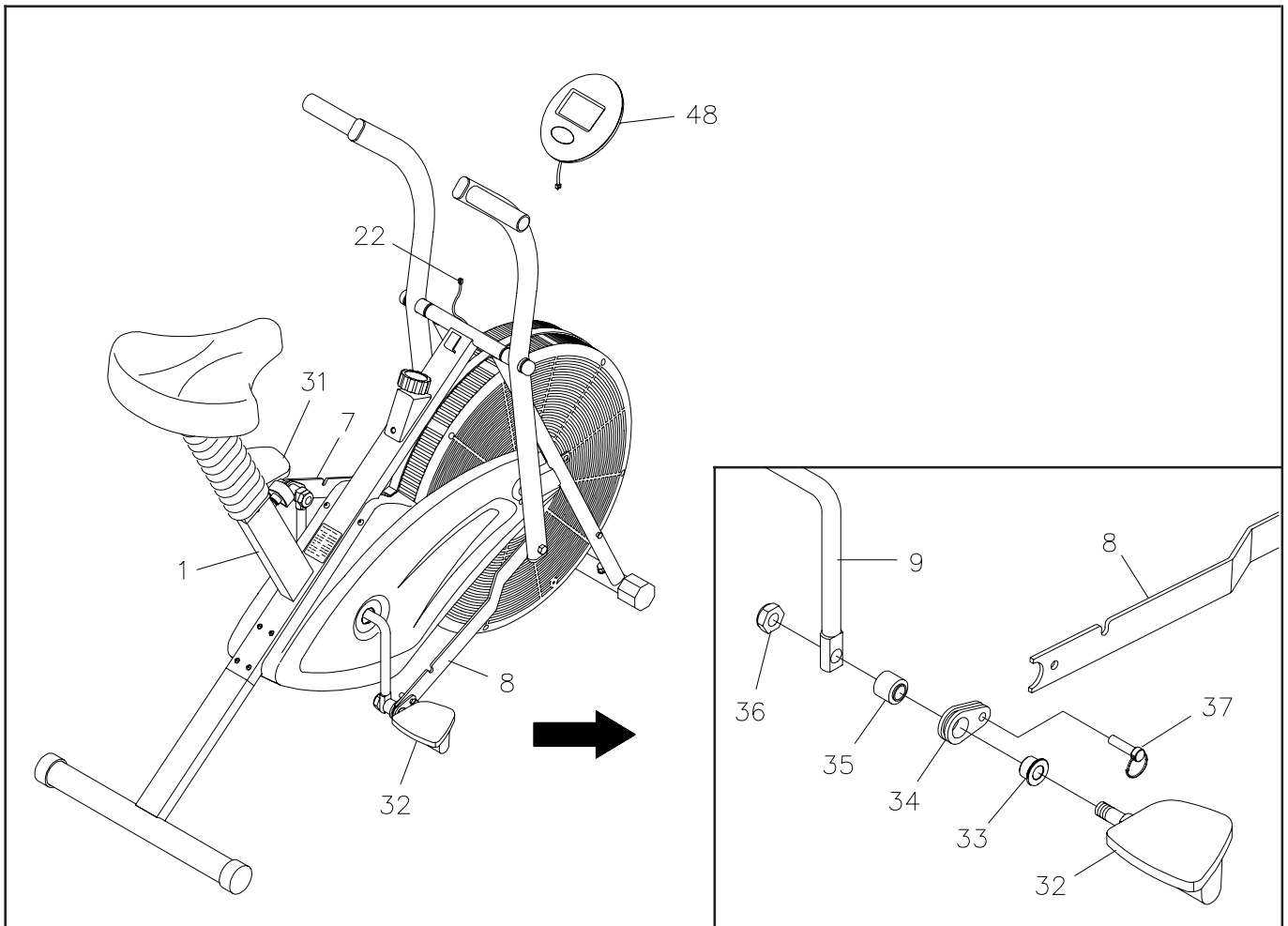
STEP 4

Attach the **SEAT(44)** to the **SEAT POST(4)** with **NYLOCK NUTS(M8)(61)** and **WASHERS(M8)(66)**. Slide **BELLOWS(46)** over the **SEAT POST(4)**. Insert the **SEAT POST(4)** into the **MAIN FRAME(1)** and lock in position with **LOCKING KNOB(47)**.

STEP 5

Slide the **AXLE(38)** through **BUSHINGS(39)** into the **MAIN FRAME(1)**. There is a "R" decal on the **RIGHT HANDLEBAR(6)**. Slide the **LEFT** and **RIGHT HANDLEBARS(5, 6)**, with the **GRIPS** facing outside, onto **AXLE(38)** and fasten with **LARGE WASHERS(M8)(40)** and **NYLOCK NUTS(M8)(61)**. Place a **NUT CAP(41)** onto the **NYLOCK NUT(M8)(61)** on both sides.

ASSEMBLY INSTRUCTIONS



IMPORTANT STUDY THE ABOVE ILLUSTRATION AND READ ALL OF STEP 6 "a" through "g" BEFORE ATTACHING PEDALS AND CONNECTING LINKAGES.

STEP 6

NOTE: The **RIGHT PEDAL(32)** has **R** marked on the bottom side of the pedal. The **LEFT PEDAL(31)** has **L** marked on the bottom side of the pedal. Both **PEDALS(31, 32)** have **RIGHTHAND THREADS**. Tighten both **PEDALS(31, 32)** by turning clockwise.

- Push **PEDAL BUSHINGS(33)**, with **SHOULDER** facing outside, into **LINKAGE CONNECTORS(34)**.
- Insert **PEDAL SHAFTS** of **PEDALS(31, 32)** through **SHOULDER** side of **PEDAL BUSHINGS(33)**.
- Slide **SPACERS(35)** onto **PEDAL SHAFTS**.

WARNING: **SPACERS(35)** must be between **PEDAL BUSHINGS(33)** and **CRANK(9)** so that there will be enough clearance between **LINKAGES(7, 8)** and **CRANK(9)**.

- Thread **PEDAL SHAFTS** of **PEDALS(31, 32)** into **CRANK(9)** and tighten.
- Hold **PEDAL SHAFTS** and thread **THIN NUTS(1/2")(36)** onto **PEDAL SHAFTS**.
- Tighten **PEDAL SHAFTS** and **THIN NUTS(1/2")(36)** until **THIN NUTS(1/2")(36)** are tight against **CRANK(9)**.
- Connect the **LINKAGES(7, 8)** to the **LINKAGE CONNECTORS(34)** with the **LOCKING PINS(37)**.

STEP 7

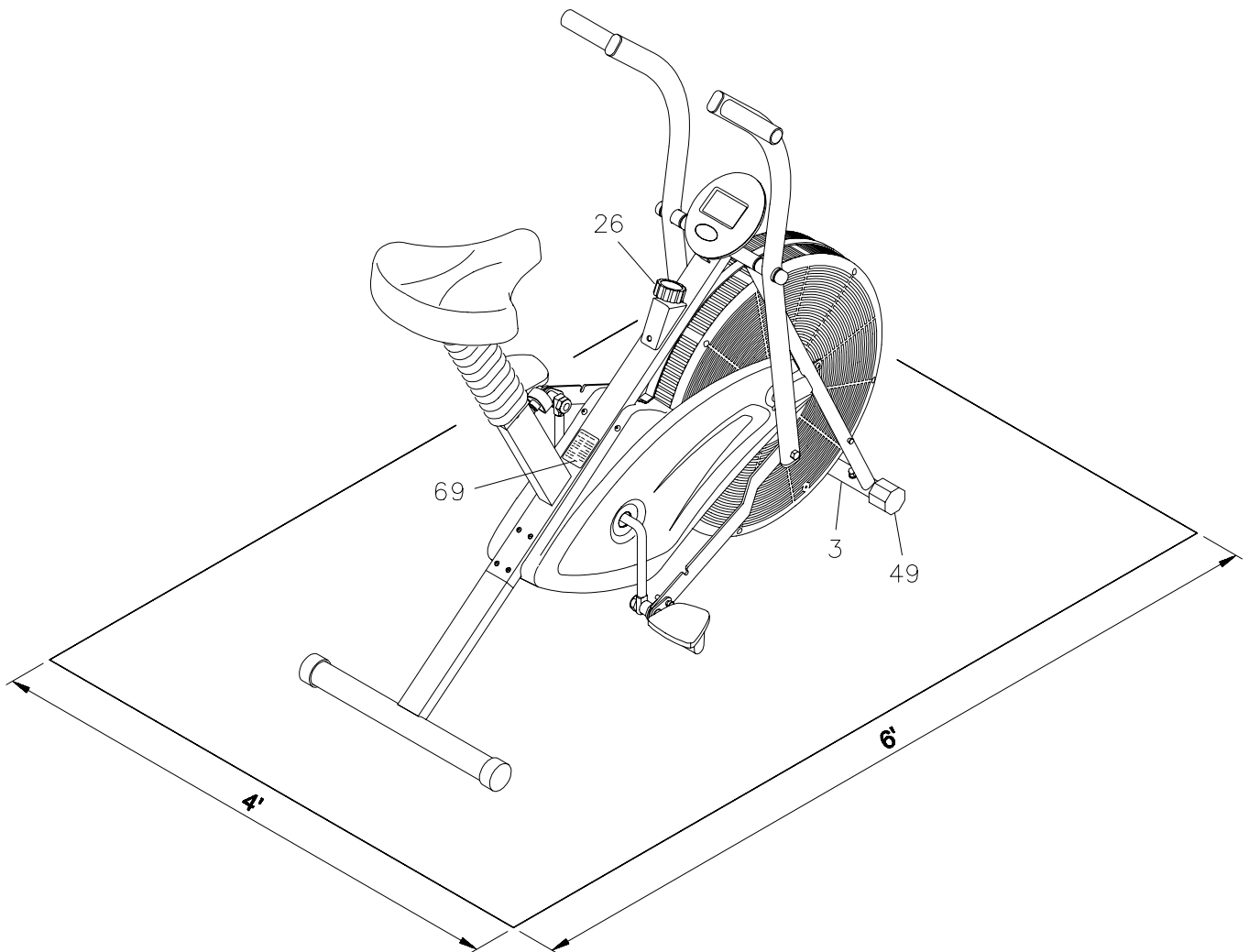
Install two **"AA"** batteries into the **MONITOR(48)**, two batteries included. Plug the **SPEED PICKUP WIRE(22)** into the **MONITOR(48)**. Slide the **MONITOR(48)** onto the **BRACKET** on the **MAIN FRAME(1)**. See page 12 for detailed battery installation instructions.

SET UP INSTRUCTIONS

Place the **AIR BIKE 950** in the area where it will be used. The **AIR BIKE 950** is approximately 46" long x 20 1/4" wide x 46 5/8" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 6 feet long is required for safe operation of the **AIR BIKE 950**. Make sure that adequate space is available for access to and passage around the **AIR BIKE 950**.

LEVELING: Adjust the **LEVELING CAPS(49)** on the **FRONT STABILIZER(3)** so that the bike sets on the floor without rocking. Remove and reposition the **LEVELING CAPS(49)** on the **FRONT STABILIZER(3)** to level the **AIR BIKE 950**.

MOVING: The **AIR BIKE 950** must be lifted for movement. Two people may be required.



FUNCTION INSPECTION:

Visually inspect the **AIR BIKE 950** to verify that assembly is as shown in the above illustration. Check the function of the **AIR BIKE 950**. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(26)** and verify that it functions properly.

CAUTION: Locate and read the **WARNING LABEL(69)** on the **AIR BIKE 950**. Make sure that all users read the **WARNING LABEL(69)**.

OPERATIONAL INSTRUCTIONS

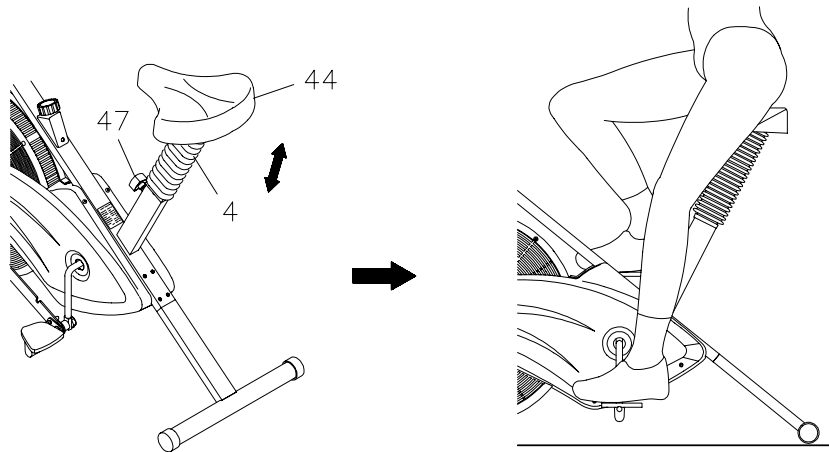
SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the BIKE 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 your foot cannot touch the pedal, you will need to lower the seat. If your leg is bent too much you will need to raise the seat. Remove the **LOCKING KNOB(47)**. Lower or raise the **SEAT(44)** to the desired height and secure with the **LOCKING KNOB(47)**.

CAUTION: The **LOCKING KNOB(47)** must be inserted into one of the holes in the **SEAT POST(4)**.

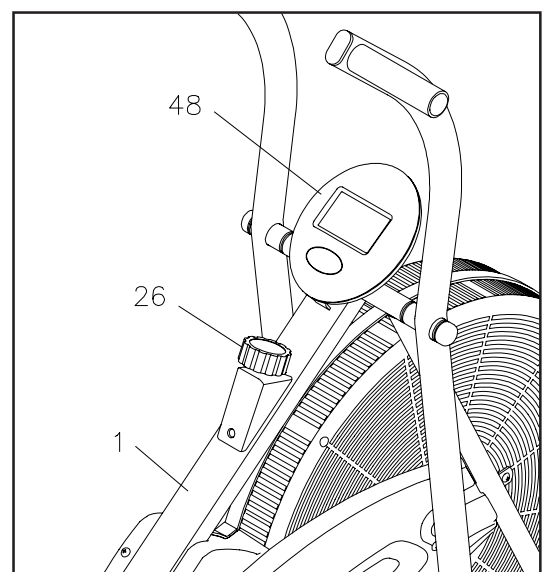
NOTE: The **LOCKING KNOB(47)** should be screwed in tight to make the **SEAT POST(4)** fit securely in the **MAIN FRAME(1)**.



LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(26)** clockwise. To decrease the load, turn the **TENSION KNOB(26)** counterclockwise.

NOTE: The load will increase as you pedal faster.



OPERATIONAL INSTRUCTIONS

Exercise Workout

The secret to aerobic training is achieving a selected heart rate and maintaining it. The **AIR BIKE 950**, with its air resistance system allows the user to easily attain the desired pulse rate.

Since no two people or life styles are alike, the **AIR BIKE 950** has been designed to allow the user to isolate portions of the body that may need greater emphasis in training.

These exercises provide cardiovascular conditioning, muscle toning and joint flexing with the ability to exercise both the upper and lower body simultaneously or independently. Increase the workout intensity by increasing the speed of the leg and/or arm movements.

Full Body Workout: Sitting comfortably erect, use the handlebars to either push or pull while simultaneously pedaling. Alternate the effort to your arms or legs to intensify or reduce the work of the upper or lower body. The handlebars may be gripped from underneath (palm up) to change the muscle groups used in the arms.

Lower Body Workout: Switch to the Stationary Handlebar position shown below. As an alternative, you may simply release the handlebars and place your hands on your hips or thighs as you pedal. This concentrates the exercise on the lower body.

Upper Body Workout: Stand with feet on the Rear Stabilizer, lean over the seat and activate the fan using the handlebars. This exercise is most effective when the muscles of the torso are used in a twisting motion.

Advantages:

1. For the Upper Body:

Handlebar Push: Provides cardiovascular conditioning, triceps, upper back, and shoulder muscle training.

Handlebar Pull: Provides cardiovascular conditioning, biceps, shoulder, and chest muscle training.

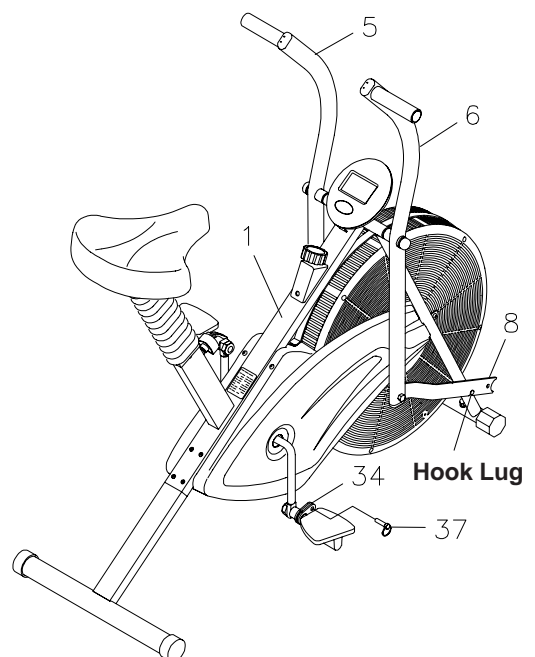
2. For the Lower Body:

Pedaling: Provides cardiovascular conditioning, thigh and calf muscle toning, and hip, knee, and ankle flexion.

Stationary Handlebar

The Dual Action Handlebars can be switched into the stationary position. Please follow the following process:

1. Remove the **LOCKING PIN(37)** from the **LINKAGE CONNECTOR(34)**.
2. Swing the **LINKAGE(8)** forward to the front of the BIKE and hook the **LINKAGE(8)** onto the **HOOK LUG** on the frame.
3. Store the **LOCKING PIN(37)** in the **LINKAGE CONNECTOR(34)**.
4. Do the same for other side.



USING THE MONITOR

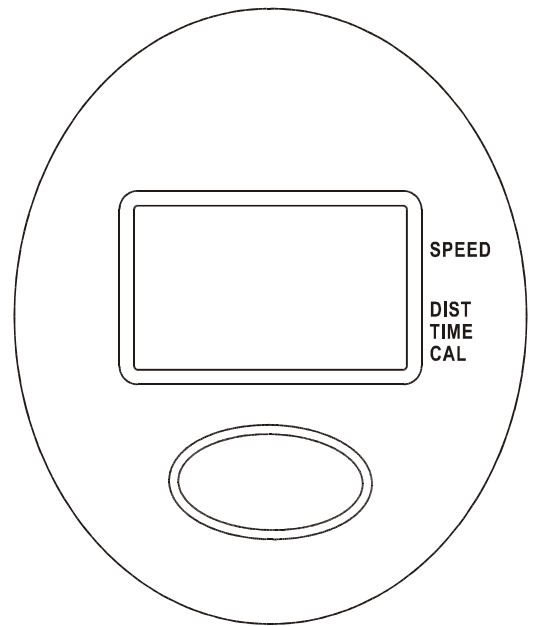
POWER ON : Pedal movement or push the **BUTTON**.

POWER OFF : Automatic shut off after 2 minutes of inactivity.

FUNCTION BUTTON:

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

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



FUNCTIONS:

SPEED: Displays the current speed on upper display, from zero to 999.9 Mile/Hr.

SCAN: Lower display automatically scans **DISTANCE**, **TIME**, and **CALORIES** in sequence with a change every four seconds. Press and release the **MODE** button until "**SCAN**" appears on the display.

DISTANCE: Displays the distance, from zero to 999.9 miles.

TIME: Displays the time, from 1 sec. up to 99:59 minutes.

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

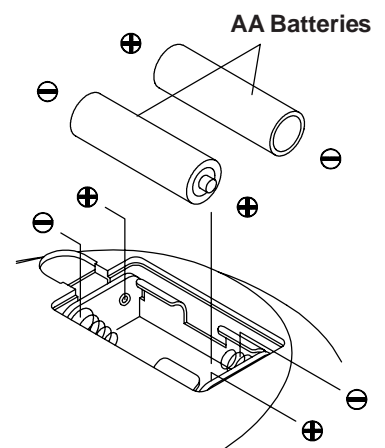
NOTE: The monitor will shut off automatically after 2 minutes of inactivity. All function values will be kept. Push the **BUTTON** and hold it down for three seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the monitor.
2. The monitor 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 **AIR BIKE 950** simply keep it in a clean dry place.
2. The **AIR BIKE 950** is 46" long x 20 1/4" wide x 46 5/8" tall.
3. The **AIR BIKE 950** must be lifted for movement. Two people may be required.
4. To avoid damage to the electronics, remove the batteries before storing the **AIR BIKE 950** for one year or more.

MAINTENANCE

The safety and integrity designed into the **AIR BIKE 950** can only be maintained when the **AIR BIKE 950** is regularly examined for damage and wear. Special attention should be given to the following:

1. Verify that the Thin Nuts(36) are properly tightened to prevent the pedals from coming loose.
2. Verify that the Warning Label(69) is in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement Warning Label if the Warning Label is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the **AIR BIKE 950** removed from service until repair is made. Only Stamina Products supplied components shall be used to maintain/repair the **AIR BIKE 950**.
5. Keep your **AIR BIKE 950** clean by wiping with an absorbent cloth after use.

TROUBLE SHOOTING GUIDE

**IT IS NOT NECESSARY TO RETURN ENTIRE BIKE FOR A MONITOR REPAIR.
THE MONITOR IS REMOVABLE FROM BIKE FOR REPAIR OR REPLACEMENT.**

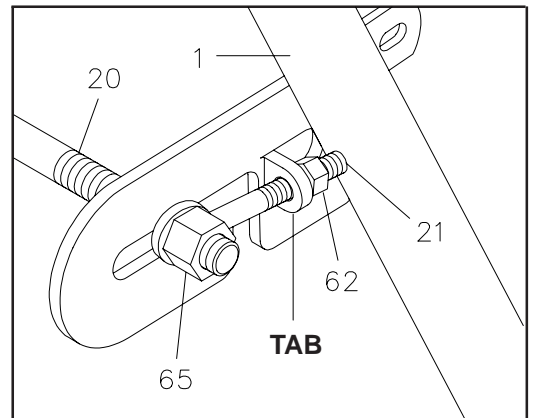
PROBLEM	CAUSE	CORRECTION
1. No Display On Monitor.	1. Batteries Weak Or Dead.	1. Replace Batteries. (Use Two AA.)
2. No Speed Or Distance Displays On Monitor.	1. Pickup Wire Not Connected To Monitor.	1. Securely Plug Pickup Wire Into Back Of Monitor.
	2. Speed Pickup Not Working Properly.	2. Replace Speed Pickup.
	3. Monitor Not Working Properly.	3. Replace Monitor.
3. Chain Makes Popping Noise.	1. Chain Is Too Loose.	1. Adjust Chain - See Page 14 Chain Adjustment.
4. Bike makes sudden loud noise.	1. Chain is too loose and hits fan.	1. Adjust Chain
5. Bike Rocks As You Pedal.	1. Bike Is Not Level.	1. Adjust Leveling Caps On Front Stabilizer Until Bike Is Level.
6. Resistance too high.	1. Fan needs adjustment.	1. Adjust fan per instructions on page 14 and 15.

ADJUSTMENT INSTRUCTIONS

Chain Adjustment

Chain Adjustment required if the Chain is too loose.

1. Loosen the **NUTS(3/8")(65)** on both sides of the fan.
2. Adjust the **NYLOCK NUT(M6)(62)** on the chain side of bike to remove all slack from the chain.
3. Adjust the **NYLOCK NUT(M6)(62)** on the side opposite the chain so that the center of the **NUT(3/8")(65)** is the same distance from **TAB** on both sides of bike.
4. Tighten the **NUTS(3/8")(65)** on both sides of the fan.



Fan Adjustment

Fan Adjustment is required if the fan locks up or the resistance of the fan increases after use. To adjust the fan, use the following procedures:

STEP 1: Remove both pedals.

STEP 2: Remove the **SCREWS(55, 56)** holding the **CHAIN GUARDS(29, 30)** and **FAN CAGES(27, 28)** to the **BIKE**. Remove the **CHAIN GUARDS(29, 30)**.

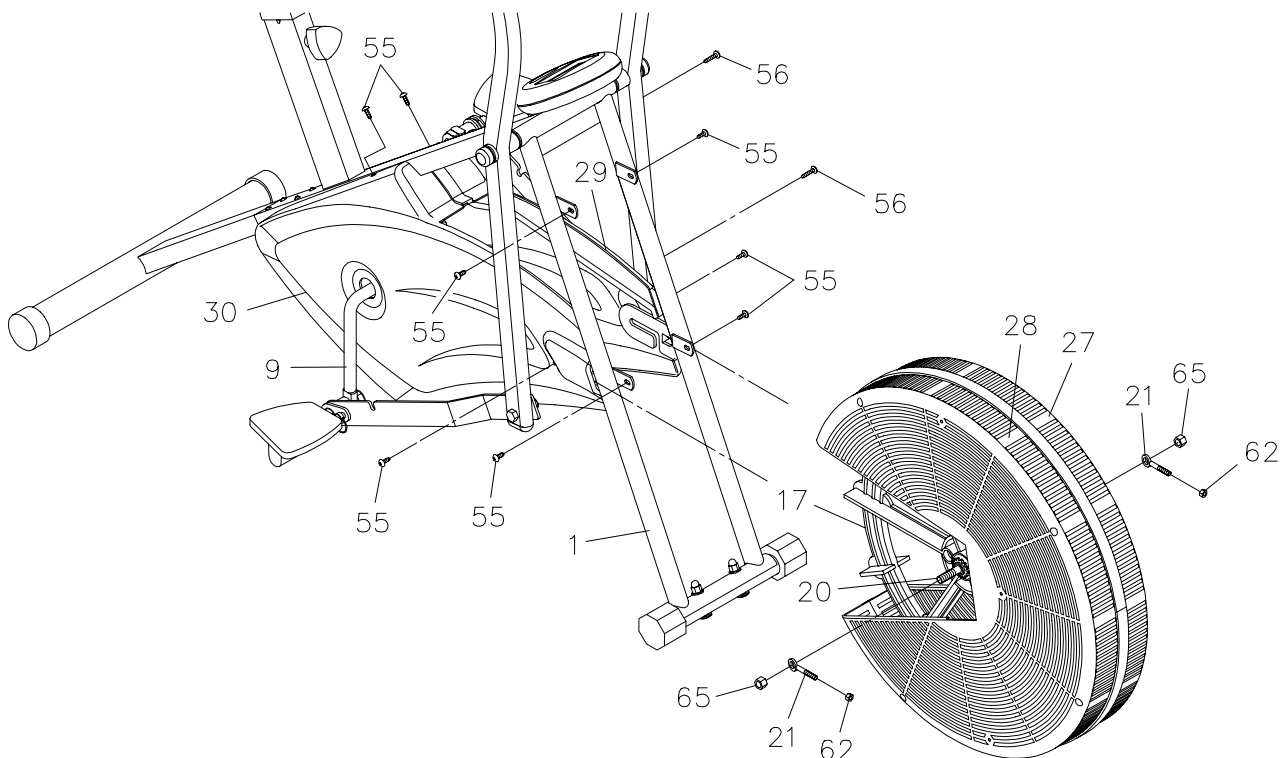
HINT : The **CRANK(9)** should be pointing down.

STEP 3: Remove the **NUTS(3/8")(65)**, **EYE BOLTS(21)**, and **NYLOCK NUT(M6)(62)** from the **FAN AXLE(20)**.

STEP 4: Slide the **FAN(17)** towards the **REAR** and slide **CHAIN(16)** off both the **FRONT** and **REAR SPROCKETS**.

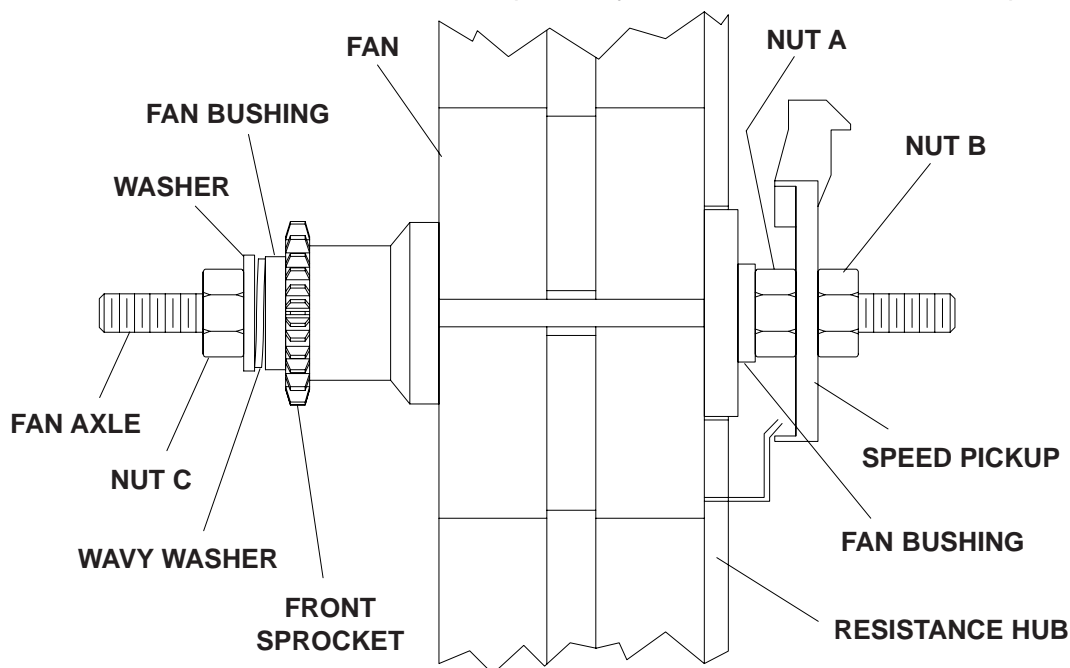
STEP 5: Unhook the **TENSION STRAP(24)** from the **FRAME(1)**. Remove the **FAN(17)** and **FAN CAGES(27, 28)** from the bike.

HINT : It is best to lift the front of the frame and remove the fan and fan cages thru the bottom of the bike.



ADJUSTMENT INSTRUCTIONS

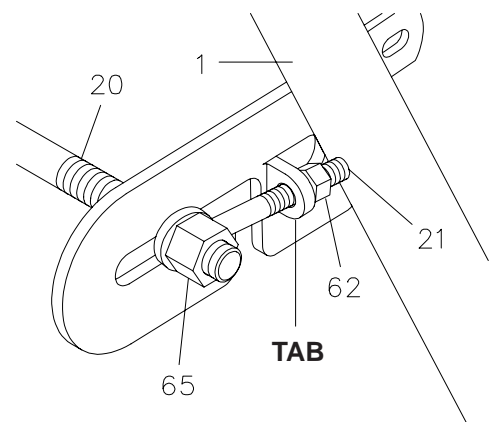
- STEP 5:** Hold the **FAN(17)** so that the **FRONT SPROCKET** is on your left side as shown.
- STEP 6:** Loosen **NUTS "A"** and **"B"** until at least **1/2"** of **FAN AXLE** is showing between **NUT "A"** and the **FAN BUSHING**.
- STEP 7:** Tighten **NUT "C"** completely until it bottoms out on the last **FAN AXLE** thread.
- STEP 8:** Tighten **NUT "A"** completely against **FAN BUSHING**, then back off 1/4 turn or until the **FAN AXLE** has a very small amount of play side to side.
- STEP 9:** Hold **NUT "A"** and tighten **NUT "B"** completely against the **SPEED PICKUP** and **NUT "A"**.
NOTE: The **FAN** should be able to spin freely on the **FAN AXLE** after completion of this step.



- STEP 10:** Reverse **STEPS 1** through **4** to reinstall the **FAN(17)**, **FAN CAGES(27, 28)**, **CHAIN(16)**, and **CHAIN GUARDS(29, 30)**.
NOTE: **DO NOT** tighten **NUTS(3/8"')(65)** and **NUTS (M6)(64)** until **STEP 11**.

STEP 11: The **CHAIN** must be adjusted as follows:

- Make sure the **CHAIN(16)** is on both the **FRONT** and **REAR SPROCKETS**.
- Tighten **NYLOCK NUT(M6)(62)** on **EYE BOLTS (21)** until all slack is removed from **CHAIN(16)** and **CENTER** of **NUTS(3/8"')(65)** are the same distance from **TAB** on both sides of **BIKE**.
- Tighten **NUTS(3/8"')(65)**.



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, you must start slowly and increase your time on the **AIR BIKE 950** gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your **AIR BIKE 950** on a flat, even surface at least 3 feet from walls and furniture.

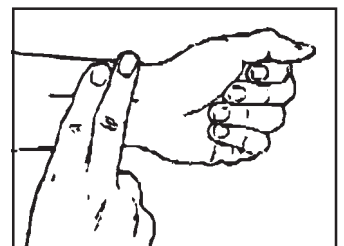
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
20	138~167	133~162
25	136~166	132~160
30	135~164	130~158
35	134~162	129~156
40	132~161	127~155
45	131~159	125~153
50	129~156	124~150
55	127~155	122~149
60	126~153	121~147
65	125~151	119~145
70	123~150	118~144
75	122~147	117~142
80	120~146	115~140
85	118~144	114~139

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 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.

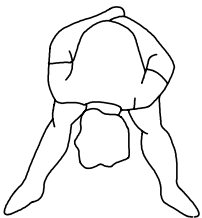


WARM-UP and COOL-DOWN

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



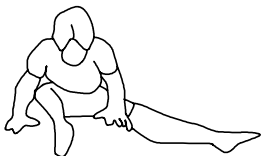
Lower Body Stretch

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 lessen, try a lower position gradually.



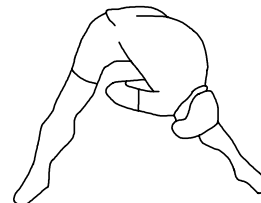
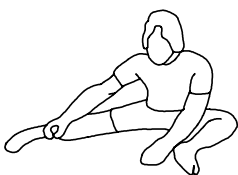
Floor Stretch

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

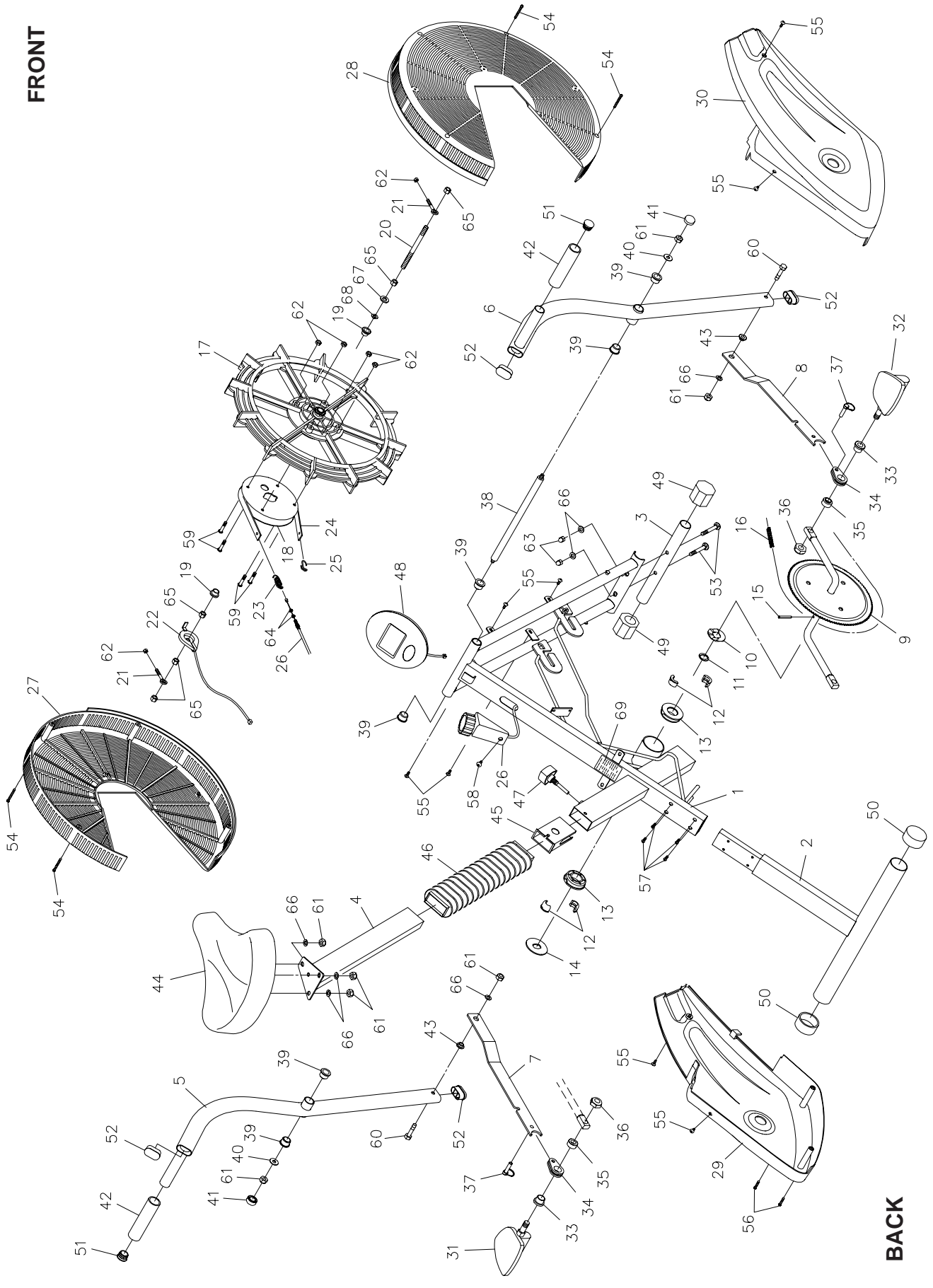
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times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

Remember always to 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

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Rear Support	1
3	Front Stabilizer	1
4	Seat Post	1
5	Left Handlebar	1
6	Right Handlebar	1
7	Left Linkage	1
8	Right Linkage	1
9	Crank and Sprocket	1
10	Wavy Washer	1
11	Small Keyed Washer	1
12	Split Bearing	4
13	Crank Bearing Retainer	2
14	Large Keyed Washer	1
15	Roll Pin	1
16	Chain (1/4" pitch)	1
17	Fan	1
18	Resistance Hub	1
19	Fan Bushing	2
20	Fan Axle	1
21	Eye Bolt (M6 x 1 x 55mm)	2
22	Speed Pickup	1
23	Tension Spring	1
24	Tension Belt	1
25	Hook	1
26	Tension Knob	1
27	Left Fan Cage	1
28	Right Fan Cage	1
29	Left Chain Guard	1
30	Right Chain Guard	1
31	Left Pedal /w Long Shaft	1
32	Right Pedal /w Long Shaft	1
33	Pedal Bushing	2
34	Linkage Connector	2
35	Spacer	2
36	Thin Nut (1/2"-20)	2
37	Locking Pin	2
38	Axle	1
39	Bushing	6
40	Large Washer (M8)	2
41	Nut Cap	2
42	Foam Grip	2
43	Linkage Bushing	2
44	Seat	1
45	Sleeve	1

PARTS LIST

DIAGRAM#	PART NAME	QTY
46	Bellows	1
47	Locking Knob	1
48	Monitor	1
49	Leveling Cap (28.6mm)	2
50	Endcap (45mm)	2
51	Round Plug (25mm)	2
52	Oval Plug (20mm x 40mm)	4
53	Carriage Bolt (M8 x 1.25 x 38mm)	2
54	Screw, Round Head (M4 x 63mm)	4
55	Screw, Round Head (M5 x 15)	8
56	Screw, Round Head (M5 x 25)	2
57	Screw, Round Head (M5 x 0.8 x 12mm)	4
58	Screw, Flat Head (M5 x 0.8 x 15mm)	1
59	Bolt, Round Head (M6 x 1 x 38mm)	4
60	Bolt, Hex Head (M8 x 1.25 x 35mm)	2
61	Nylock Nut (M8 x 1.25)	7
62	Nylock Nut (M6 x 1)	6
63	Acorn Nut (M8 x 1.25)	2
64	Nut (M6 x 1)	2
65	Nut (3/8" - 26)	5
66	Washer (M8)	7
67	Washer (3/8")	1
68	Wavy Washer (M10)	1
69	Warning Label	1
70	Wrench	2
71	Allen Wrench	1
72	Manual	1

WARRANTY

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 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 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.

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NOTES

