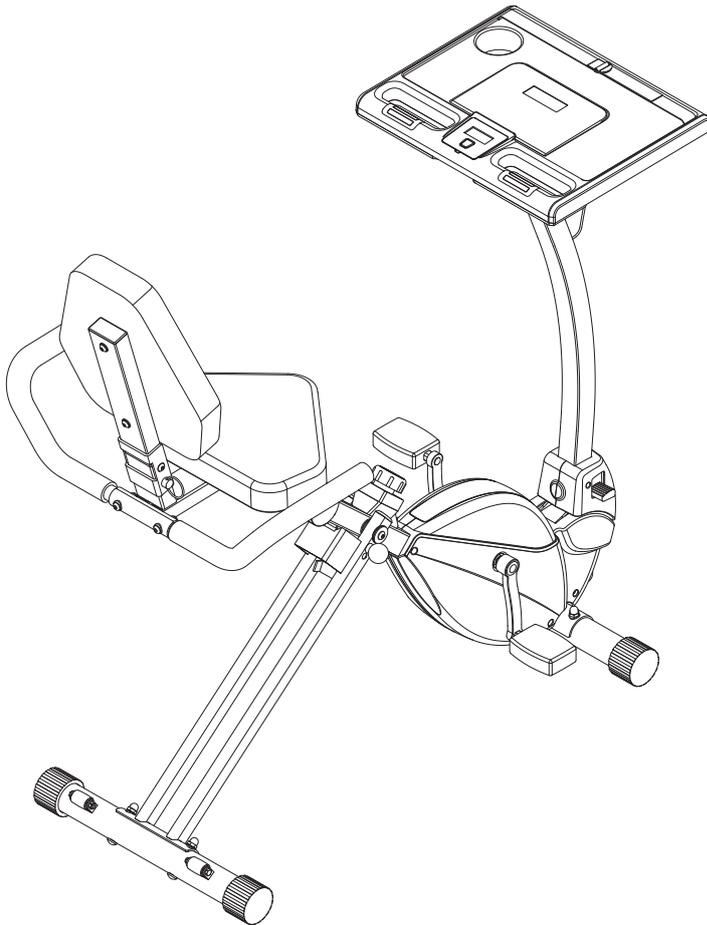




## Cycling Workstation



Product May Vary Slightly From Pictured.

**CAUTION:**

Weight on the Seat should not exceed 250 lbs.  
Weight on the Desktop should not exceed 30 lbs.

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803  
Customer Care  
1 (800) 375-7520  
[www.staminaproducts.com](http://www.staminaproducts.com)

# Owner's Manual

**⚠ 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#: 15-0321A**

**STAMINA PRODUCTS  
MADE IN CHINA**

©2016 Stamina Products, Inc.  
2018, 01

## TABLE OF CONTENTS

Safety Instructions .....	2	Maintenance .....	16
Before You Begin .....	4	Conditioning Guidelines .....	17
Equipment Warning, Caution & Notice Labels ...	5	Warm-Up and Cool-Down .....	18
Hardware Identification Chart .....	6	Warranty .....	19
Assembly Instructions .....	7	Product Parts Drawing .....	20
Set Up Instructions .....	11	Parts List .....	21
Operational Instructions .....	12	Fax/Mail Ordering Form .....	23
Storage .....	16		

## SAFETY INSTRUCTIONS

**⚠ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**⚠ WARNING** 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 serious injury or death.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the **STAMINA® Cycling Workstation**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **STAMINA® Cycling Workstation** for the first time.
2. Read all warnings and cautions posted on the **STAMINA® Cycling Workstation**.
3. The **STAMINA® Cycling Workstation** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **STAMINA® Cycling Workstation**. Do not allow children to use or play on the **STAMINA® Cycling Workstation**. Keep children and pets away from the **STAMINA® Cycling Workstation** when it is in use.
6. The **STAMINA® Cycling Workstation** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **STAMINA® Cycling Workstation** on a solid level surface. Do not position the **STAMINA® Cycling Workstation** on loose rugs or uneven surfaces.
9. Remove all items from the Desktop(20) before moving or folding the **STAMINA® Cycling Workstation**.
10. Remove all items from the Desktop(20) when the **STAMINA® Cycling Workstation** is not in use.
11. Make sure that adequate space is available for access to and around the **STAMINA® Cycling Workstation**.
12. Keep fingers clear of all pinch points when folding and unfolding the **STAMINA® Cycling Workstation**.
13. Before using, inspect the **STAMINA® Cycling Workstation** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
14. Each user should adjust the seat per instructions on page 13.
15. Do not attempt to adjust the seat while you are on the **STAMINA® Cycling Workstation**.
16. Make sure the Table Post(4) and Seat Frame(6) is locked properly by the Adjustment Knobs(33, 36).
17. Make sure the Rear Frame(2) is locked properly by the Ball Pin(40) when in storage.
18. 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.
19. 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.
20. Do not wear loose or dangling clothing while using the **STAMINA® Cycling Workstation**.
21. 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.
22. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **STAMINA® Cycling Workstation**, loss of balance may result in a fall and serious bodily injury.
23. The **STAMINA® Cycling Workstation** should not be used by persons weighing over 250 pounds.
24. The **STAMINA® Cycling Workstation** should be used by only one person at a time.
25. The **STAMINA® Cycling Workstation** is for consumer use only. It is not for use in public or semipublic facilities.

**EXTEND YOUR PARTS WARRANTY TO 180 DAYS FROM THE DATE OF PURCHASE. REGISTER YOUR PRODUCT.**



**NEED HELP?  
CONTACT US FIRST  
1 (800) 375-7520  
customer.care@staminaproducts.com**

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,  
***Stamina Customer Care***

**To enact your extended warranty and to help us better serve you, please go online and register your new product.**

**register.staminaproducts.com**

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.



**ONLINE**

customer.care@staminaproducts.com  
www.staminaproducts.com



**TELEPHONE**

1 (800) 375-7520



**FAX**

(417) 889-8064



**MAIL**

Stamina Products, Inc.  
ATTN: Customer Care  
P.O. Box 1071  
Springfield, MO 65801-1071

 facebook.com/StaminaProducts  
facebook.com/AeroPilates

**CUSTOMER CARE HOURS:**  
Monday-Thursday, 7:30 AM-5:00 PM, Central Time  
Friday, 8:00 AM-3:00 PM, Central Time

## BEFORE YOU BEGIN

Thank you for choosing the **STAMINA® Cycling Workstation**. 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® Cycling Workstation** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

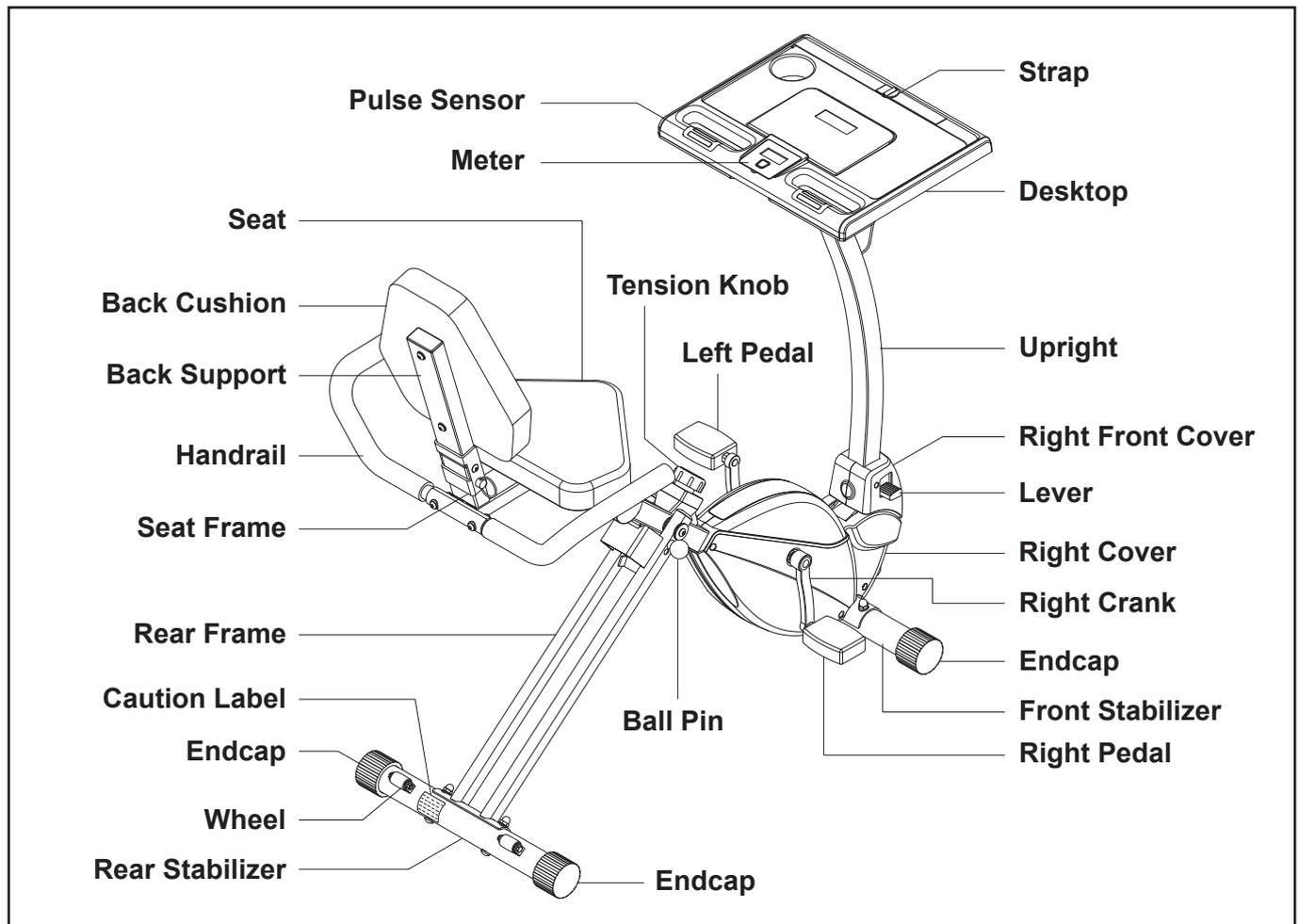
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **STAMINA® Cycling Workstation**.

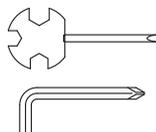
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **STAMINA® Cycling Workstation**, 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 Customer Care section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care 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) w/ Screwdriver

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA® Cycling Workstation**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

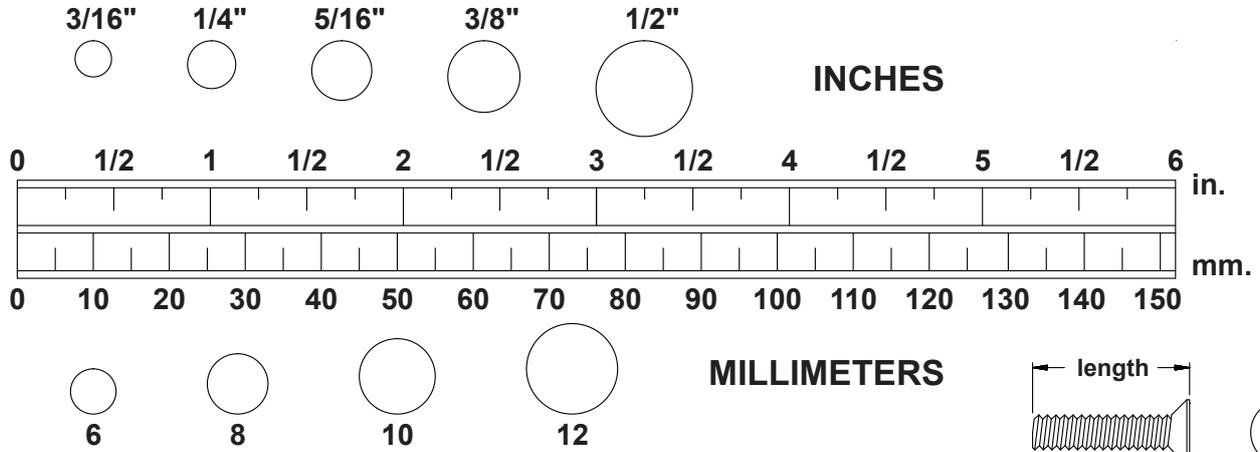
Label is larger than actual size

**W1** CAUTION LABEL(105)

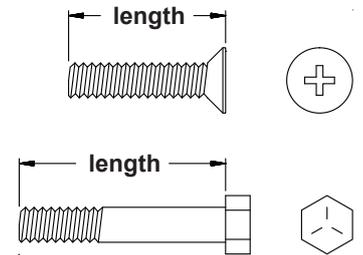


# HARDWARE IDENTIFICATION CHART

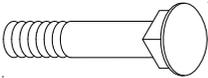
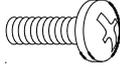
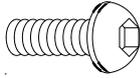
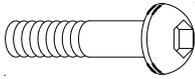
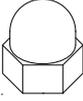
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**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
	65 Carriage Bolt (M8 x 1.25 x 60mm)	4
	70 Screw, Round Head (M6 x 1 x 12mm)	1
	73 Bolt, Button Head (M8 x 1.25 x 12mm)	3
	74 Bolt, Button Head (M8 x 1.25 x 40mm)	4
	75 Bolt, Button Head (M8 x 1.25 x 80mm)	1
	77 Acorn Nut (M8 x 1.25)	4
	78 Arc Washer (M8)	6
	92 Nylock Nut (M8 x 1.25)	1
	96 Washer (M8)	11

## 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 Customer Care section and order the part needed, e-mail us at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care 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

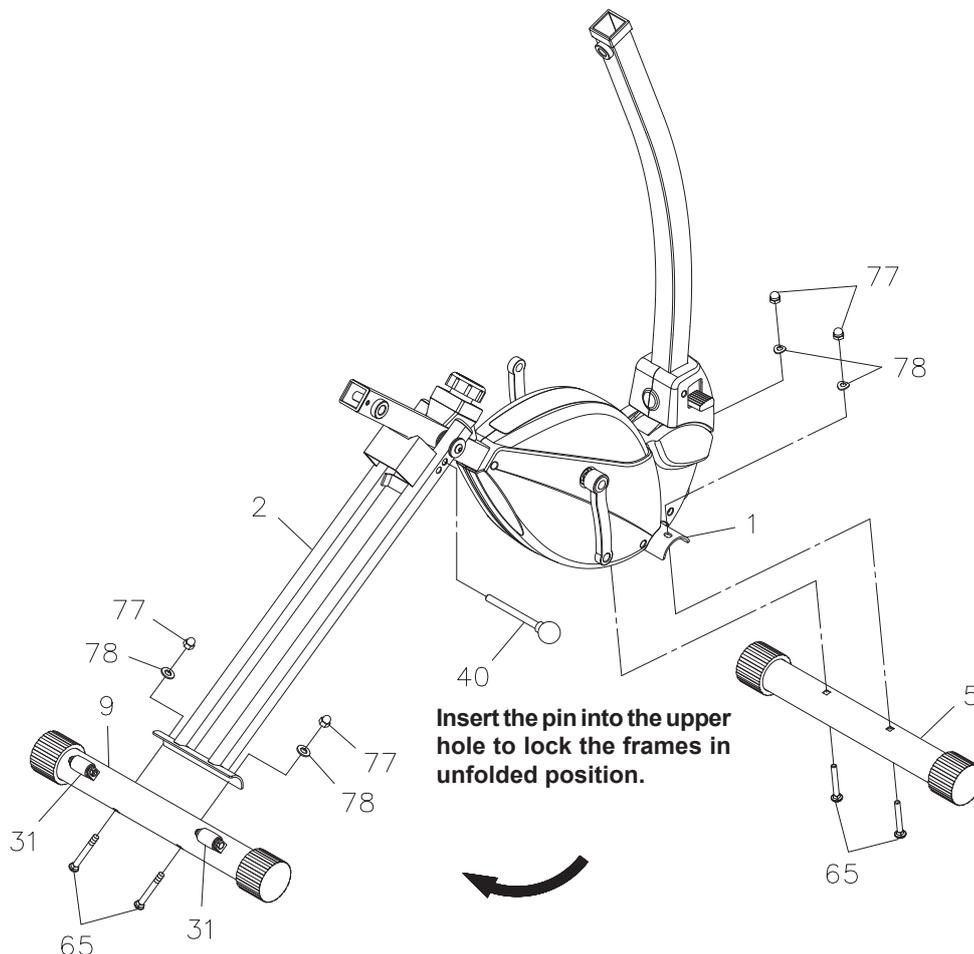
Refer to illustration below. Unfold the **REAR FRAME(2)** away from the **MAIN FRAME(1)**. Lock the frame assembly in unfolded position by inserting the **BALL PIN(40)** into the upper hole in the **REAR FRAME(2)**.

### STEP 2

Attach the **REAR STABILIZER(9)**, the one with **WHEELS(31)**, to the **REAR FRAME(2)** with the wheels facing backward. Secure with **CARRIAGE BOLTS(M8x1.25x60mm)(65)**, **ACORN NUTS(M8x1.25)(77)**, and **ARC WASHERS(M8)(78)**.

### STEP 3

Attach the **FRONT STABILIZER(5)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x60mm)(65)**, **ACORN NUTS(M8x1.25)(77)**, and **ARC WASHERS(M8)(78)**.



## ASSEMBLY INSTRUCTIONS

### STEP 4

Attach the **SEAT(37)** to the **SEAT FRAME(6)** with **BUTTON HEAD BOLTS(M8x1.25x20mm)(76)** and **WASHERS(M8)(96)**. Insert the **SEAT FRAME(6)** into the **MAIN FRAME(1)** and secure with the **ADJUSTMENT KNOB(33)**.

**NOTE:** Make sure that the pin on the **ADJUSTMENT KNOB(33)** is inserted into one of the holes in the **SEAT FRAME(6)**. The **ADJUSTMENT KNOB(33)** should be screwed in tight to make the **SEAT FRAME(6)** fit securely in the **MAIN FRAME(1)**.

### STEP 5

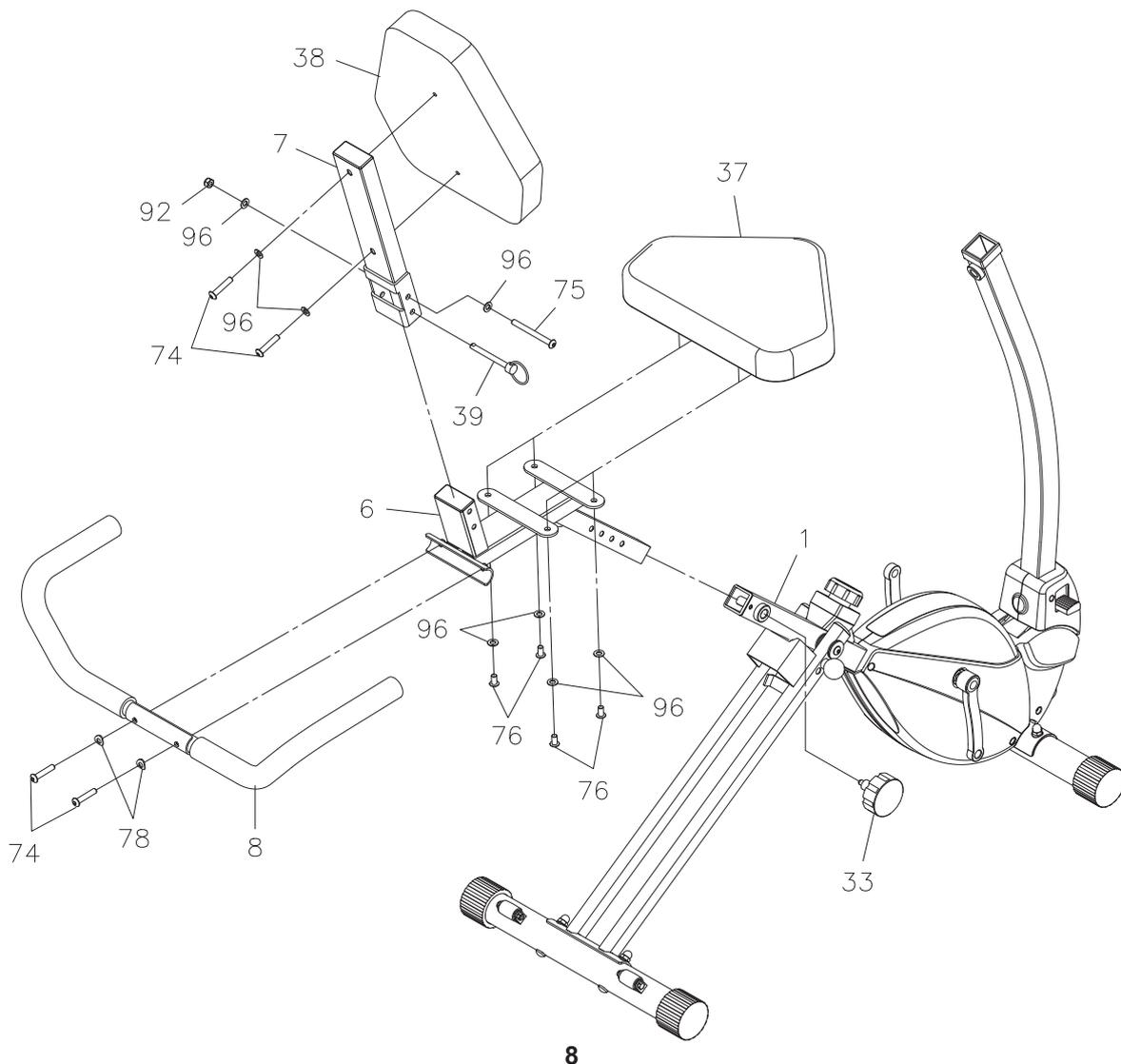
Attach the **HANDRAIL(8)** to the **SEAT FRAME(6)** with **BUTTON HEAD BOLTS(M8x1.25x40mm)(74)** and **ARC WASHERS(M8)(78)**.

### STEP 6

Attach the **BACK SUPPORT(7)** to the **SEAT FRAME(6)** with **BUTTON HEAD BOLT(M8x1.25x80mm)(75)**, **WASHERS(M8)(96)**, and **NYLOCK NUT(M8x1.25)(92)**. Lock the **BACK SUPPORT(7)** in the upright position with the **PULL PIN(39)**.

### STEP 7

Attach the **BACK CUSHION(38)** to the **BACK SUPPORT(7)** with **BUTTON HEAD BOLTS(M8x1.25x40mm)(74)** and **WASHERS(M8)(96)**.



## ASSEMBLY INSTRUCTIONS

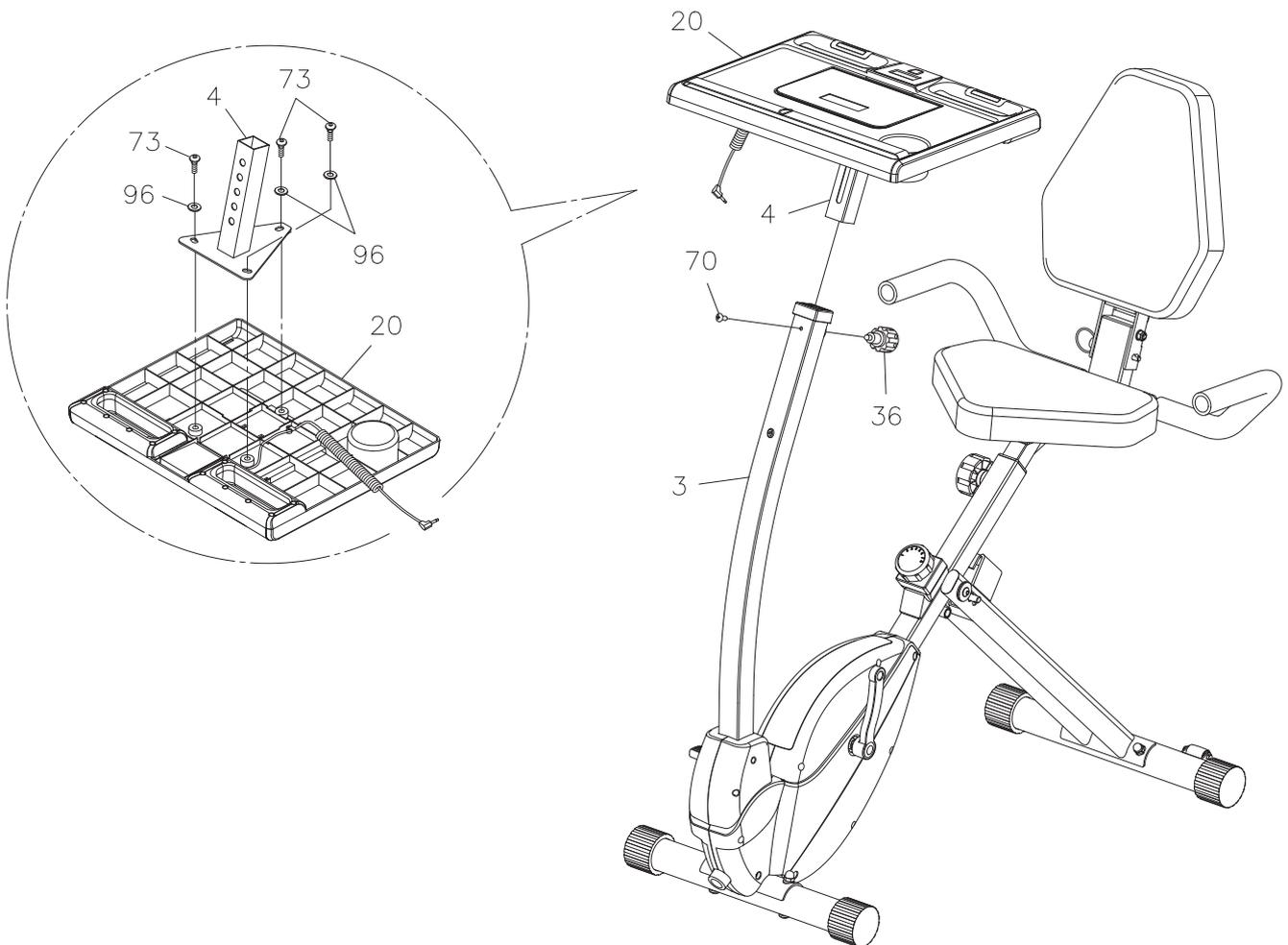
### STEP 8

Refer to the detail view. Attach the **DESKTOP POST(4)** to the **DESKTOP(20)** with **BUTTON HEAD BOLTS (M8x1.25x12mm)(73)** and **WASHERS(M8)(96)**.

### STEP 9

Insert the **DESKTOP POST(4)** into the **UPRIGHT(3)** and secure with the **SMALL ADJUSTMENT KNOB(36)**. Bolt the **ROUND HEAD BOLT(M6x1x12mm)(70)** into the **UPRIGHT(3)** for security.

**NOTE:** Make sure that the pin on the **SMALL ADJUSTMENT KNOB(36)** is inserted into one of the holes in the **DESKTOP POST(4)**. The **SMALL ADJUSTMENT KNOB(36)** should be screwed in tight to make the **DESKTOP POST(4)** fit securely in the **UPRIGHT(3)**.



## ASSEMBLY INSTRUCTIONS

### STEP 10

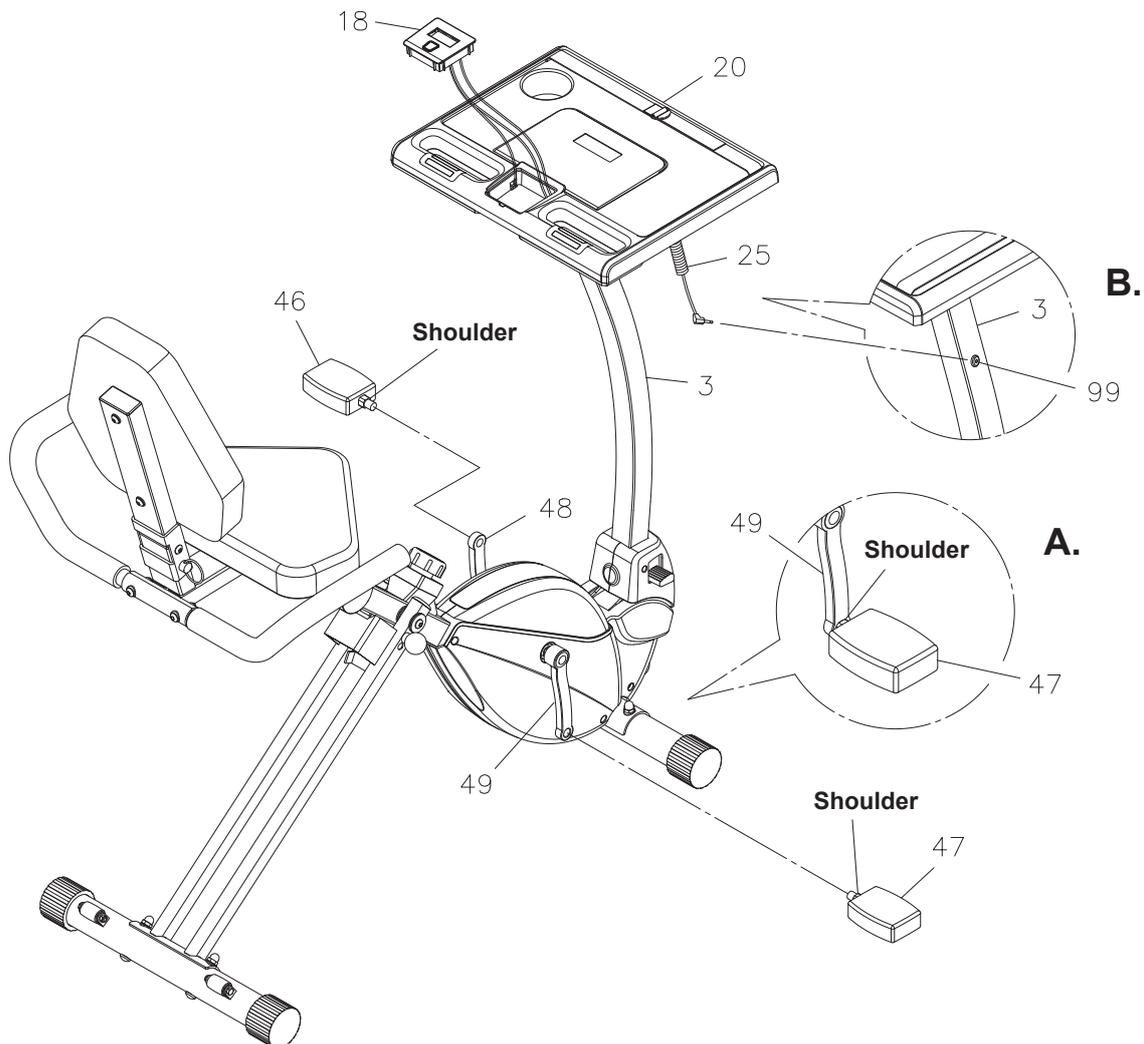
**NOTE:** The **RIGHT PEDAL(47)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(47)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(46)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(46)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(47)** to the **RIGHT CRANK(49)** as shown. Tighten the pedal securely. Refer to the detail view below. The shoulder of the **PEDALS(47, 49)** should be in contact with the **CRANKS(48, 49)** when securely tightened.

Repeat on the left side in order to attach the **LEFT PEDAL(46)** to the **LEFT CRANK(48)**.

### STEP 11

Refer to the illustration and detail view B. Pry the **METER(18)** from the **DESKTOP(20)**. Install two AAA batteries into the **METER(18)**, the batteries are not included. See page 12 for detailed battery installation instructions. Press the **METER(18)** back to the **DESKTOP(20)**. Plug the **CONNECTION WIRE(25)** into the socket of the **SENSOR WIRE(99)** which located at the front of the **UPRIGHT(3)**.

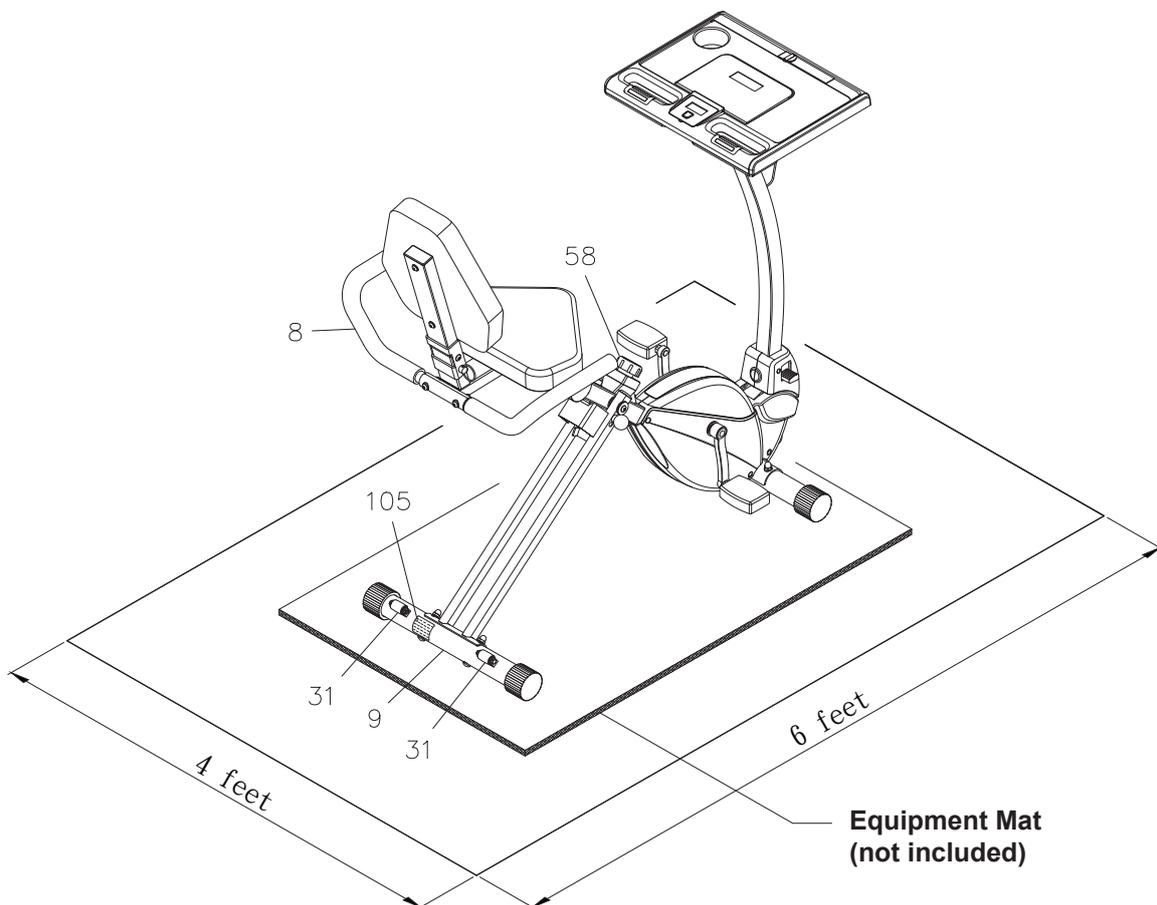


## SET UP INSTRUCTIONS

Place the **STAMINA® Cycling Workstation** in the area where it will be used. It is recommended that the **STAMINA® Cycling Workstation** be placed on an equipment mat. The **STAMINA® Cycling Workstation** is approximately 45.1 inches long x 25.2 inches wide x 46.8 inches 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 **STAMINA® Cycling Workstation**. Make sure that adequate space is available for access to and passage around the **STAMINA® Cycling Workstation**.

**LEVELING:** Adjust the location of **STAMINA® Cycling Workstation** so the bike sits on the floor without rocking.

**MOVING:** The **STAMINA® Cycling Workstation** has a pair of **WHEELS(31)** on the **REAR STABILIZER(9)**. Hold the **HANDRAIL(8)** and tilt back on **WHEELS(31)** to move the **STAMINA® Cycling Workstation**.



### FUNCTION INSPECTION:

Visually inspect the **STAMINA® Cycling Workstation** to verify that assembly is as shown in the above illustration. Check the function of the **STAMINA® Cycling Workstation** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(58)** and verify that it functions properly and the resistance changes.

**CAUTION:** Locate and read the **CAUTION LABEL(105)** on the **STAMINA® Cycling Workstation**. Make sure that all users read the **CAUTION LABEL(105)** before using the product.

## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

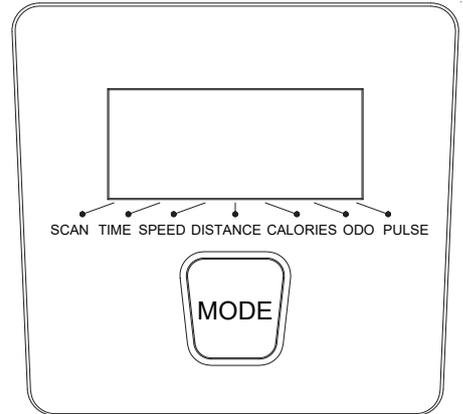
**POWER ON :** Pedal movement or press the button.

**POWER OFF :** Automatically shuts off after four minutes of inactivity.

#### MODE BUTTON:

Press to select display functions, including **SCAN, TIME, SPEED, DISTANCE, CALORIES, ODOMETER,** and **PULSE.**

Press and hold for two seconds to reset all functions to zero, except **ODOMETER.**



#### FUNCTIONS:

**SCAN:** Automatically scans each function of **TIME, SPEED, DISTANCE, CALORIES, ODOMETER,** and **PULSE** in sequence, display changes every six seconds. Press and release the button until the arrow appears on the display and point to the **SCAN.**

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

**SPEED:** Displays the current speed from zero to 999.9 miles per hour.

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

**CALORIES:** Displays the calories burned from zero to 999.9 Kcal.

The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

**ODOMETER:** Displays the total accumulated distance you have traveled from zero to 9999 miles. The total accumulated distance is retained when the meter is turned off.

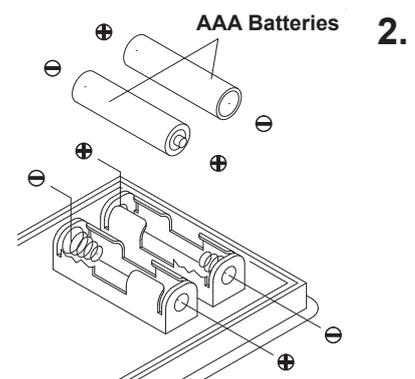
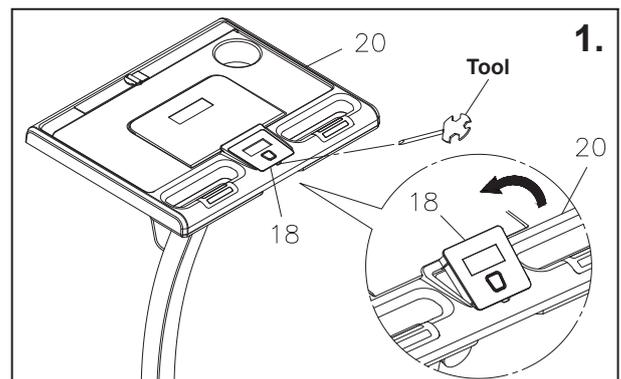
**PULSE:** Displays your pulse rate in beats per minute. To display pulse, select the PULSE MODE and grasp the pulse sensors on the Desktop, one in each hand. The heart icon will begin flashing when the ELECTRONIC METER senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart icon is displayed. If the heart icon does not appear, relax your grip or change your grip on the pulse sensors.

**NOTE:** 1. The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for two seconds to reset all functions to zero, except **ODOMETER.**

2. The **ODOMETER** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Refer to illustration 1. Use hand or simple tool to pry the **METER(18)** from the **DESKTOP(20)**.
2. The meter operates with two AAA batteries (1.5V each), the batteries are not included. Refer to the illustration 2 to install or replace the batteries.
3. Refer to the detail view in illustration 1. Press the **METER (18)** back to the **DESKTOP(20)**.



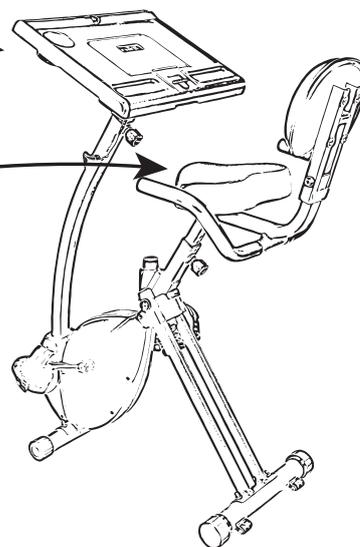
- NOTE:**
1. Do not mix a new battery with an old battery.
  2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
  3. Rechargeable batteries are not recommended.
  4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
  5. **Do not dispose of batteries in fire.**

## OPERATIONAL INSTRUCTIONS

### WEIGHT LIMITATIONS

Desktop  
**30 Lbs (13.6 kg)**

Seat  
**250 Lbs (113.6 kg)**



### For Your Safety

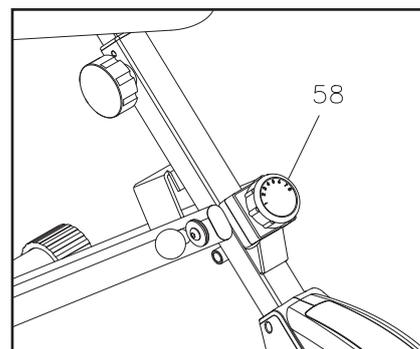
Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product.

**WARNING:** Serious injuries can occur from **STAMINA® Cycling Workstation** tip-over. To help prevent tip-over:

- Do not exceed listed weight limits
- Never allow children to climb or hang on the **STAMINA® Cycling Workstation**
- Do not lean on the desktop in any direction

### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(58)** clockwise.  
To decrease the load, turn the **TENSION KNOB(58)** counterclockwise.  
There are eight levels for the load adjustment.

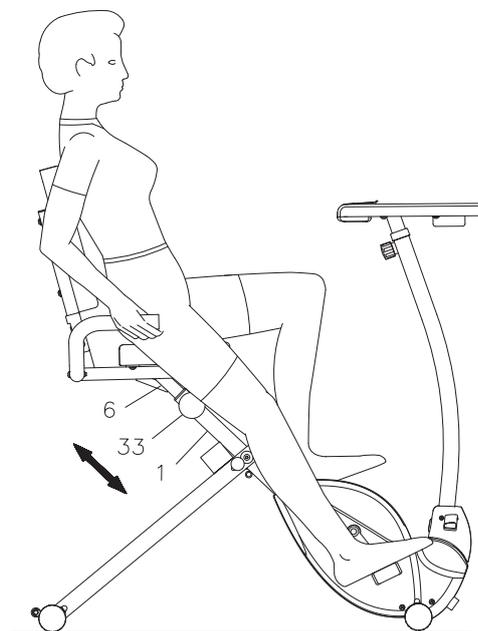


### SEAT ADJUSTMENT

Proper seat adjustment is important.

1. Turn the **ADJUSTMENT KNOB(33)** to loosen, then pull the **ADJUSTMENT KNOB(33)** to release the pin. Slide the **SEAT FRAME(6)** until the **SEAT(37)** is at the proper height. Release the **ADJUSTMENT KNOB(33)** making sure the pin catches in one of the holes of the **SEAT FRAME(6)** and tighten the **ADJUSTMENT KNOB(33)**.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustration.

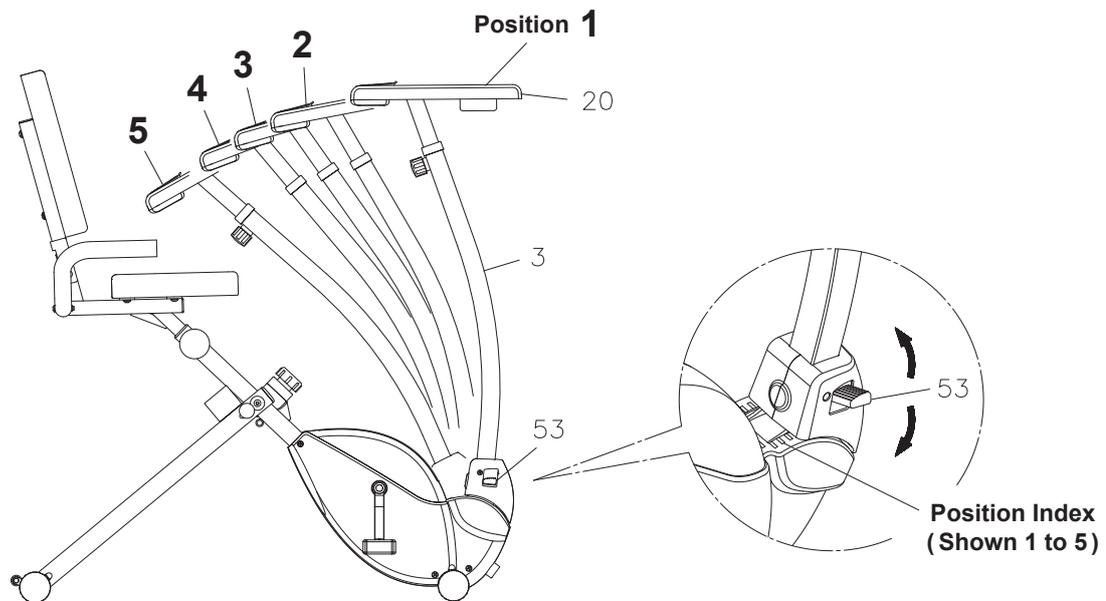
- CAUTION:**
1. Do not attempt to adjust the seat while you are on the **STAMINA® Cycling Workstation**.
  2. Always tighten the **ADJUSTMENT KNOB(33)** after adjusting the seat to a new position.



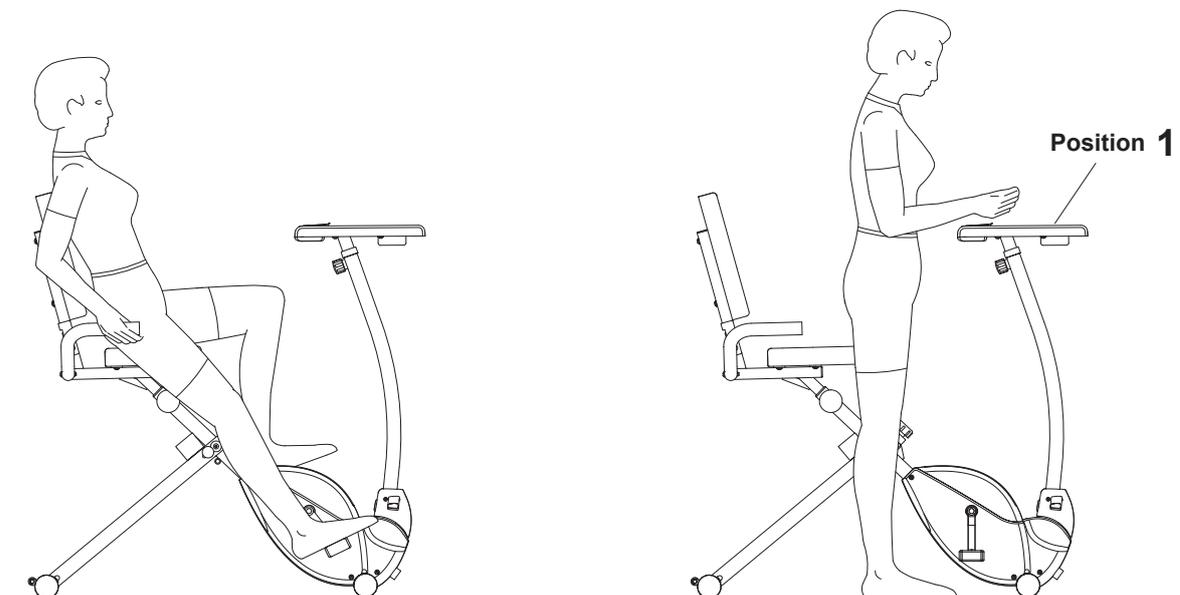
## OPERATIONAL INSTRUCTIONS

### DESKTOP ANGLE ADJUSTMENT

Refer to the illustrations below. The angle of the **DESKTOP(20)** can be set to different angles from **Position 1** to **Position 5**. Lift the **LEVER(53)** up using your right foot, adjust the **UPRIGHT(3)/DESKTOP(20)** to desired position. Then press the **LEVER(53)** down to lock the **UPRIGHT(3)/DESKTOP(20)** in position.



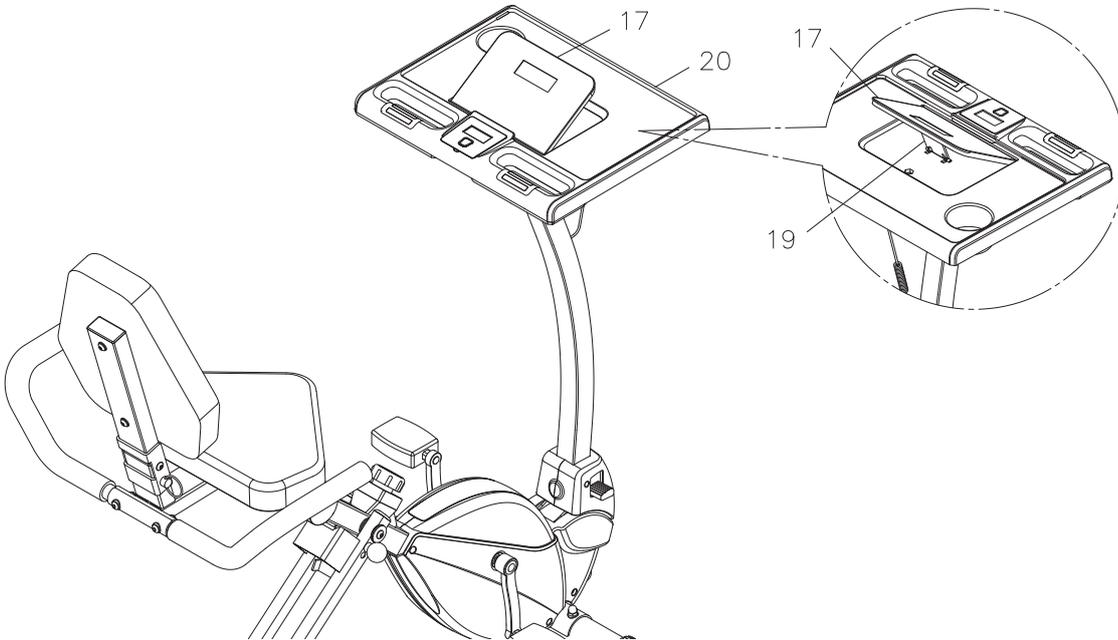
The **STAMINA® Cycling Workstation** can be used while sitting or standing. Refer to the illustrations below. Please always set the **DESKTOP(20)** at **Position 1** for mounting or dismounting the **STAMINA® Cycling Workstation**. For sitting, you can adjust the **DESKTOP(20)** to other angles with the **LEVER(53)** after you are sitting on the bike. For using the **DESKTOP(20)** while standing, please keep the desktop in **Position 1**. **NEVER USE THE PEDALS WHILE STANDING.**



## OPERATIONAL INSTRUCTIONS

### USING A TABLET ON THE DESKTOP

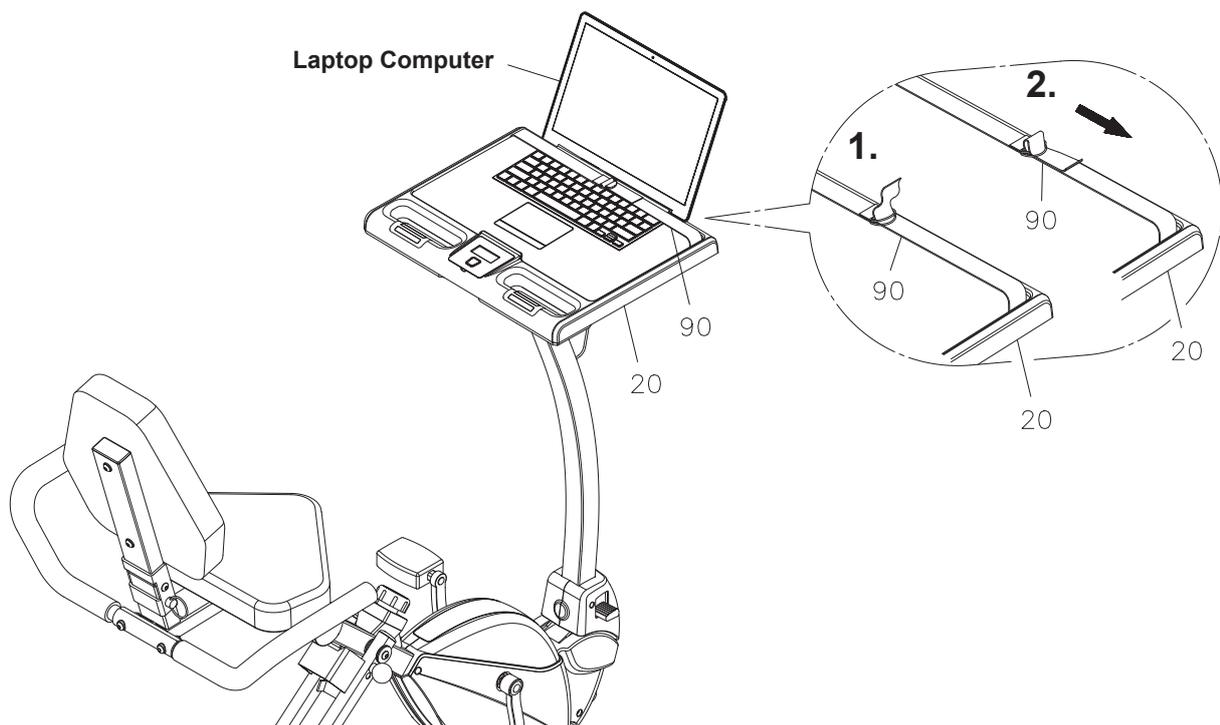
Refer to the illustration below. Set the **TABLET HOLDER(17)** with an angle and use the **TABLET HOLDER SUPPORT(19)** to support the **TABLET HOLDER(17)** from the back. Place your tablet device on the **TABLET HOLDER(17)**.



### USING A LAPTOP COMPUTER ON THE DESKTOP

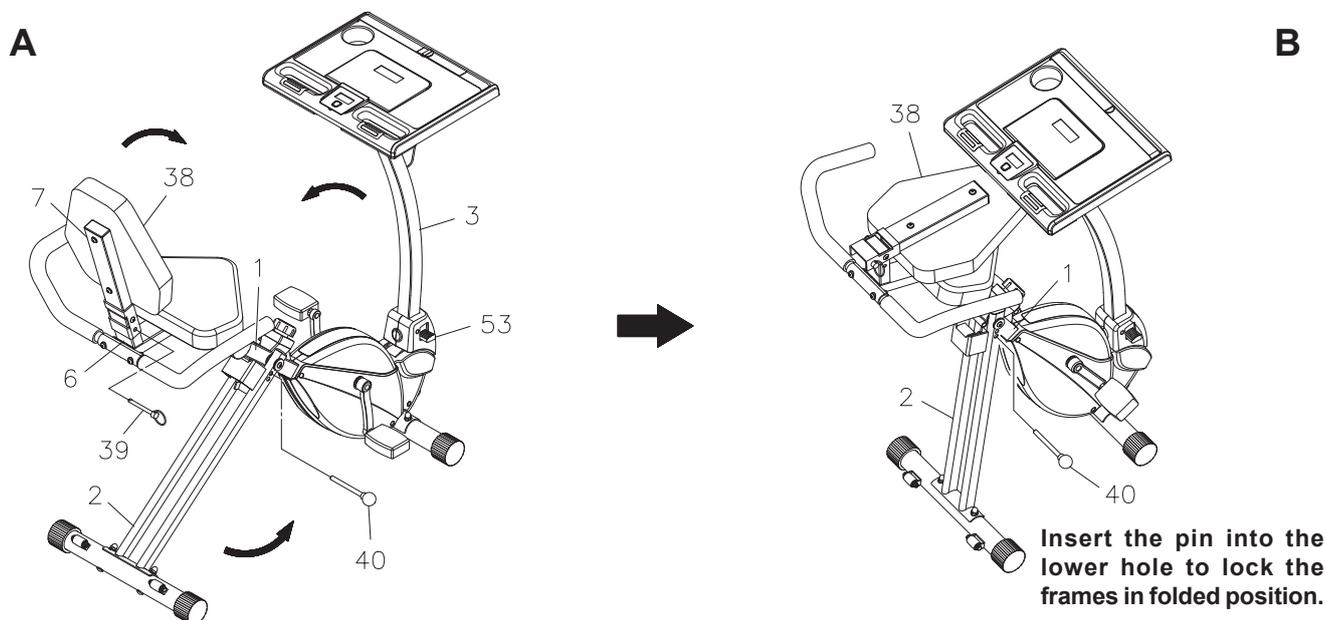
Refer to the illustration below. Place your laptop computer on the **DESKTOP(20)**. Use the **STRAP(90)** to secure the laptop as shown in details view 1 and 2.

1. Refer to detail view 1. Run the **STRAP(90)** through the two D Rings.
2. Refer to detail view 2. Run the **STRAP(90)** into the gap between the two D Rings, then go through the D Ring at the bottom. Pull the **STRAP(90)** tighten to secure the laptop.



## STORAGE

1. Remove all items from the **DESKTOP(20)** before moving or folding the **STAMINA® Cycling Workstation**.
2. To store the **STAMINA® Cycling Workstation**, simply keep it in a clean dry place.
3. To avoid damage to the electronics, remove the batteries before storing the **STAMINA® Cycling Workstation** for one year or more.
4. To move the **STAMINA® Cycling Workstation**, hold the **HANDRAIL(8)** and tilt the **STAMINA® Cycling Workstation** onto the **WHEELS(31)** of the **REAR STABILIZER(9)**.
5. The minimum folded dimensions of the **STAMINA® Cycling Workstation** are approximately 32.7 inches long x 25.2 inches wide x 43 inches tall. Please measure your **STAMINA® Cycling Workstation** if exact dimensions are needed.
  - a. Remove the **PULL PIN(39)**. Fold the **BACK CUSHION(38)** flat. Insert the **PULL PIN(39)** back to the **BACK SUPPORT(7)** for storage.
  - b. Use the **LEVER(53)** to adjust the **UPRIGHT(3)** backward to **Position 5**.
  - c. Remove the **BALL PIN(40)**. Fold the **REAR FRAME(2)** forward. Insert the **BALL PIN(40)** into the lower hole in the **REAR FRAME(2)** after folding. Make sure the **BALL PIN(40)** goes through the holes on both sides of the **REAR FRAME(2)** and the tube on the **MAIN FRAME(1)**.



## MAINTENANCE

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

1. Adjust the **TENSION KNOB(58)** and verify that it functions properly and the resistance changes.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the **CAUTION LABEL(105)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(105)** if it is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components must be replaced immediately or the **STAMINA® Cycling Workstation** removed from service until repair is made.
7. Only Stamina Products supplied components should be used to maintain/repair the **STAMINA® Cycling Workstation**.
8. Keep your **STAMINA® Cycling Workstation** 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.

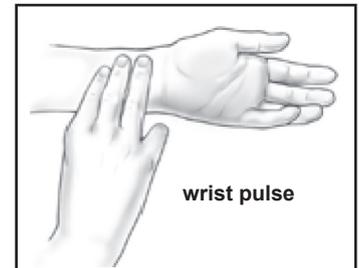
Remember to follow these essentials:

- 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

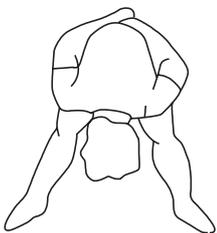
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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.

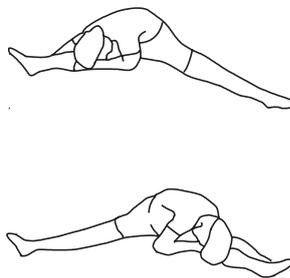
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



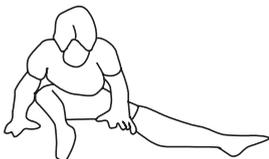
#### Lower Body Stretch

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.



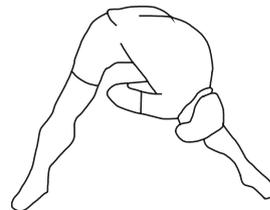
#### Floor Stretch

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 15-0321A

### WARRANTY

Stamina Products, Inc. ("Stamina") warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation in accordance with product warnings/instructions 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 KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.** Commercial use includes use of product in athletic clubs, health clubs, spas, gyms, and all 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 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 [customer.care@staminaproducts.com](mailto:customer.care@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 (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER. These warranties are 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.** If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina'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.

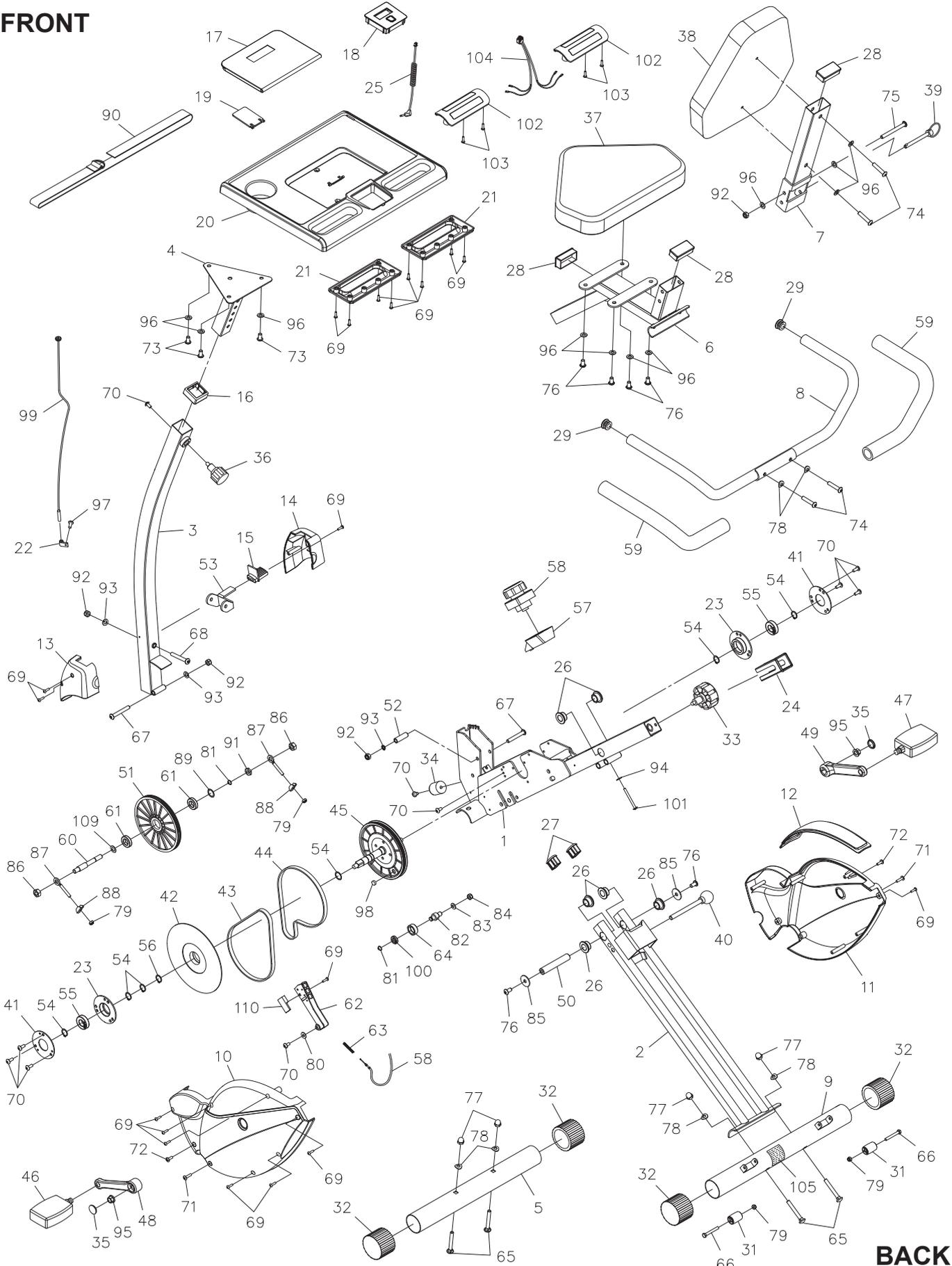
Stamina **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

**THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY. NO ORAL OR WRITTEN INFORMATION GIVEN BY STAMINA, ITS AGENTS OR EMPLOYEES, SHALL CREATE A WARRANTY OR IN ANY WAY INCREASE THE SCOPE OF THIS WARRANTY.** 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 OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some states affect the disclaimer or limitation of implied warranties and consequential and incidental damages. If any such law is found applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages shall be deemed to be modified to the extent necessary to comply with applicable law.

# PRODUCT PARTS DRAWING

FRONT



BACK

## PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rear Frame	1
3	Upright	1
4	Table Post	1
5	Front Stabilizer	1
6	Seat Frame	1
7	Back Support	1
8	Handrail	1
9	Rear Stabilizer	1
10	Left Cover	1
11	Right Cover	1
12	Top Cover	1
13	Left Front Cover	1
14	Right Front Cover	1
15	Lever Cover	1
16	Hollow Cap	1
17	Tablet Holder	1
18	Meter	1
19	Tablet Holder Support	1
20	Desktop	1
21	Bottom Cap	2
22	Sensor Clip	1
23	Bearing Housing	2
24	Bushing	1
25	Connection Wire	1
26	Plastic Bushing	6
27	Oval Plug (20mm x 40mm)	2
28	Rectangular Plug (30mm x 60mm)	3
29	Round Plug (25mm)	2
31	Wheel	2
32	Endcap	4
33	Adjustment Knob	1
34	Bumper	1
35	Crank Cap	2
36	Small Adjustment Knob	1
37	Seat	1
38	Back Cushion	1
39	Pull Pin	1
40	Ball Pin	1
41	Bearing Housing Cover	2
42	Magnetic Disc	1
43	V-Ribbed Belt (230J3)	1
44	V-Ribbed Belt (240J3)	1
45	Pulley w/ Shaft	1
46	Left Pedal	1
47	Right Pedal	1
48	Left Crank	1
49	Right Crank	1
50	Shaft	1
51	Pulley	1
52	Sleeve	1
53	Lever	1
54	C Ring (17mm)	6
55	Ball Bearing (6003RS)	2
56	Wave Washer (S17)	1

## PARTS LIST

PART#	PART NAME	QTY
57	Tension Knob Housing	1
58	Tension Knob	1
59	Foam Grip	2
60	Pulley Shaft	1
61	Ball Bearing (6000ZZ)	2
62	Magnetic Brake	1
63	Spring	1
64	Idler Wheel	1
65	Carriage Bolt (M8 x 1.25 x 60mm)	4
66	Bolt, Hex Head (M6 x 1 x 45mm)	2
67	Bolt, Button Head (M8 x 1.25 x 55mm)	2
68	Bolt, Button Head (M8 x 1.25 x 68mm)	1
69	Screw, Round Head (M4 x 15mm)	19
70	Bolt, Round Head (M6 x 1 x 12mm)	10
71	Screw, Round Head (M5 x 20mm)	2
72	Screw, Round Head (M5 x 15mm)	2
73	Bolt, Button Head (M8 x 1.25 x 12mm)	3
74	Bolt, Button Head (M8 x 1.25 x 40mm)	4
75	Bolt, Button Head (M8 x 1.25 x 80mm)	1
76	Bolt, Button Head (M8 x 1.25 x 20mm)	4
77	Acorn Nut (M8 x 1.25)	4
78	Arc Washer (M8)	6
79	Nylock Nut (M6 x 1)	4
80	Washer (M6)	1
81	C Ring (10mm)	2
82	Idler Shaft	1
83	Washer (M10)	1
84	Nylock Nut (M10 x 1.25)	1
85	Large Washer (ø8.2 x ø25 x 2mm Thick)	2
86	Nut (M10 x 1.25 x 7mm thick)	2
87	Eye Bolt (M6 x 1)	2
88	Tension Bracket	2
89	Wave Washer (S10)	1
90	Strap	1
91	Nut (M10 x 1.25 x 4mm thick)	1
92	Nylock Nut (M8 x 1.25)	4
93	Lock Washer (M8)	3
94	Washer (M5)	1
95	Flange Nut (M10 x 1.25)	2
96	Washer (M8)	11
97	Screw, Round Head (M4 x 0.6 x 10mm)	1
98	Magnet	1
99	Sensor Wire	1
100	Ball Bearing (6200ZZ)	1
101	Screw, Round Head (M5 x 55mm)	1
102	Pulse Sensor	2
103	Screw, Round Head (M4 x 25mm)	4
104	Pulse Sensor Wire	1
105	Caution Label	1
106	Wrench	1
107	Allen Wrench (5mm) w/ Screwdriver	1
108	Manual	1
109	Plastic Washer (M10)	1
110	Guide Block	1

## TO CONTACT CUSTOMER CARE

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



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



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



**MAIL**  
**STAMINA PRODUCTS, INC.**  
ATTN: Customer Care  
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 care 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 care. 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