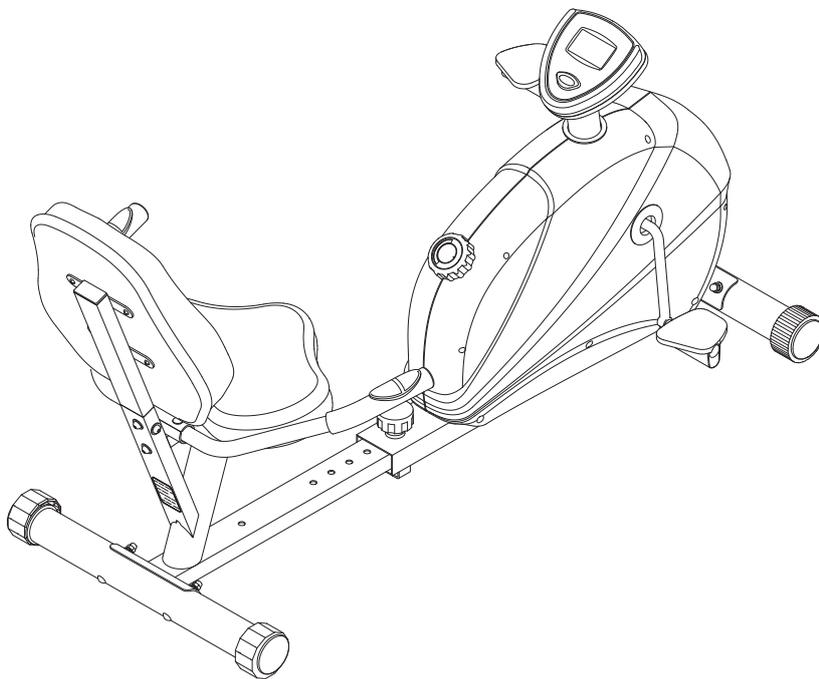


# STAMINA®

## Programmable Magnetic Exercise Bike



Product May Vary Slightly From Pictured.

**CAUTION:**  
Weight on this product should not exceed 250 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#: 15-4831**

**STAMINA PRODUCTS  
MADE IN CHINA**

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2017, 07

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## 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® Programmable Magnetic Exercise Bike.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Stamina® Programmable Magnetic Exercise Bike** for the first time.
2. Read all warnings and cautions posted on the **Stamina® Programmable Magnetic Exercise Bike**.
3. The **Stamina® Programmable Magnetic Exercise Bike** 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® Programmable Magnetic Exercise Bike**. Do not allow children to use or play on the **Stamina® Programmable Magnetic Exercise Bike**. Keep children and pets away from the **Stamina® Programmable Magnetic Exercise Bike** when it is in use.
6. The **Stamina® Programmable Magnetic Exercise Bike** 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® Programmable Magnetic Exercise Bike** on a solid level surface. Do not position the **Stamina® Programmable Magnetic Exercise Bike** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Stamina® Programmable Magnetic Exercise Bike**.
10. Adjust the Leveling Caps(50) on the Rear Stabilizer(4) so that the bike sits on the floor without rocking.
11. Before using, inspect the **Stamina® Programmable Magnetic Exercise Bike** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
12. Before using, always check the Rear Frame(3) to be sure it is secure. The Adjustment Knob(45) must be inserted into one of the holes in the Rear Frame(3) and securely tightened.
13. Each user should adjust the seat per instructions on page 11.
14. Do not attempt to adjust the seat while you are on the **Stamina® Programmable Magnetic Exercise Bike**.
15. 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.
16. 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.
17. Do not wear loose or dangling clothing while using the **Stamina® Programmable Magnetic Exercise Bike**.
18. 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.
19. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Stamina® Programmable Magnetic Exercise Bike**, loss of balance may result in a fall and serious bodily injury.
20. The **Stamina® Programmable Magnetic Exercise Bike** should not be used by persons weighing over 250 pounds.
21. The **Stamina® Programmable Magnetic Exercise Bike** should be used by only one person at a time.
22. Do not ride the **Stamina® Programmable Magnetic Exercise Bike** while standing up.
23. The **Stamina® Programmable Magnetic Exercise Bike** 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® Programmable Magnetic Exercise Bike**. 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® Programmable Magnetic Exercise Bike** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

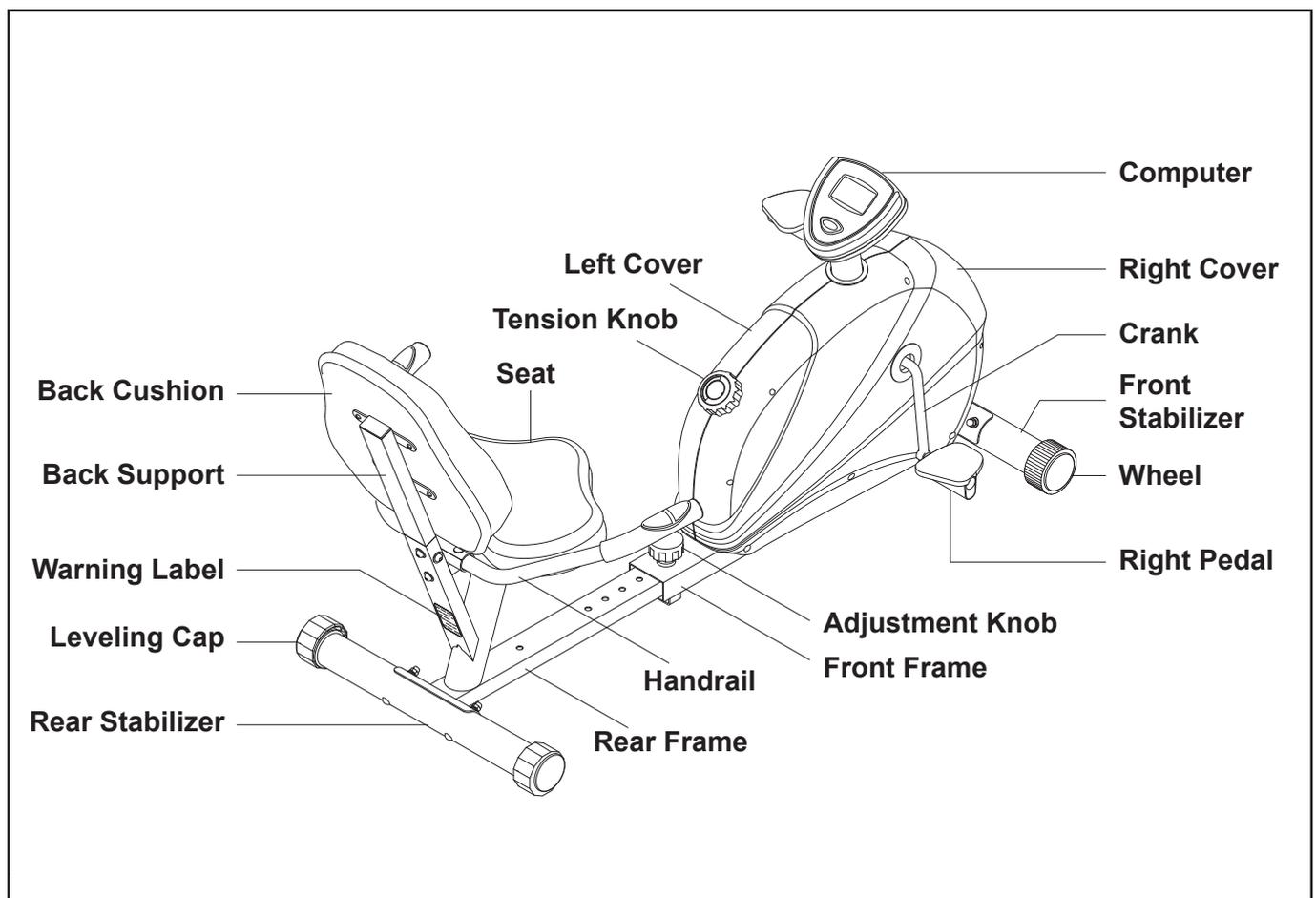
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **Stamina® Programmable Magnetic Exercise Bike**.

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® Programmable Magnetic Exercise Bike**, 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 (6mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Stamina® Programmable Magnetic Exercise Bike**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

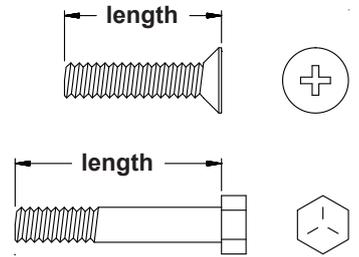
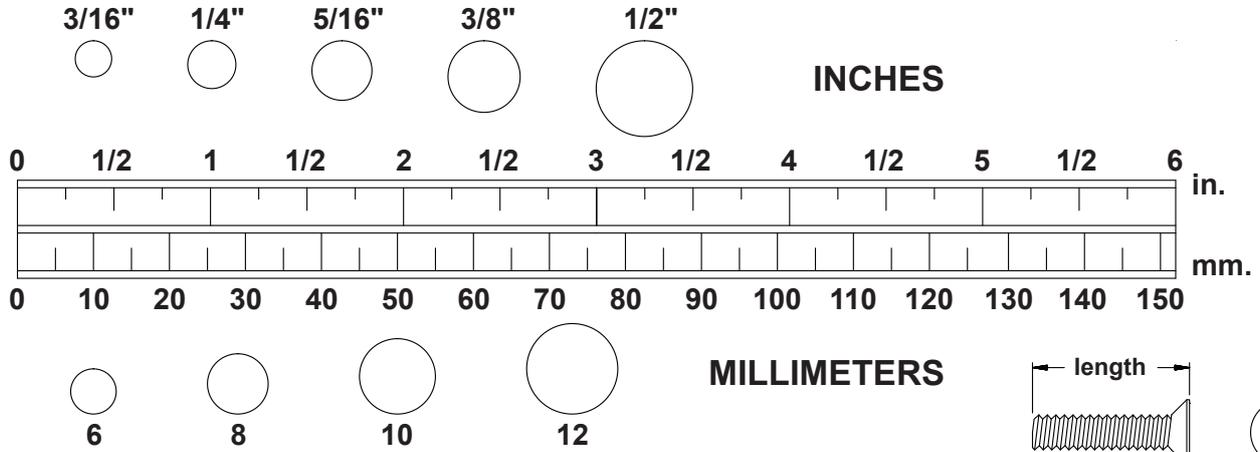
Label is larger than actual size

### **W1** WARNING LABEL(78)



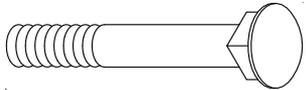
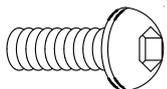
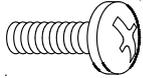
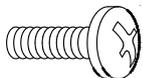
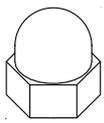
# HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners 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 fasteners. Some fasteners may be already attached to the parts.

	Part No. and Description	Qty
	55 Carriage Bolt (M8 x 1.25 x 45mm)	2
	56 Carriage Bolt (M8 x 1.25 x 75mm)	4
	57 Bolt, Button Head (M8 x 1.25 x 15mm)	5
	61 Bolt, Round Head (M6 x 1 x 20mm)	8
	62 Screw, Round Head (M5 x 0.8 x 15mm)	4
	71 Acorn Nut (M8 x 1.25)	6
	75 Arc Washer (M8)	6
	76 Washer (M8)	4
	77 Lock Washer (M8)	6

## 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.

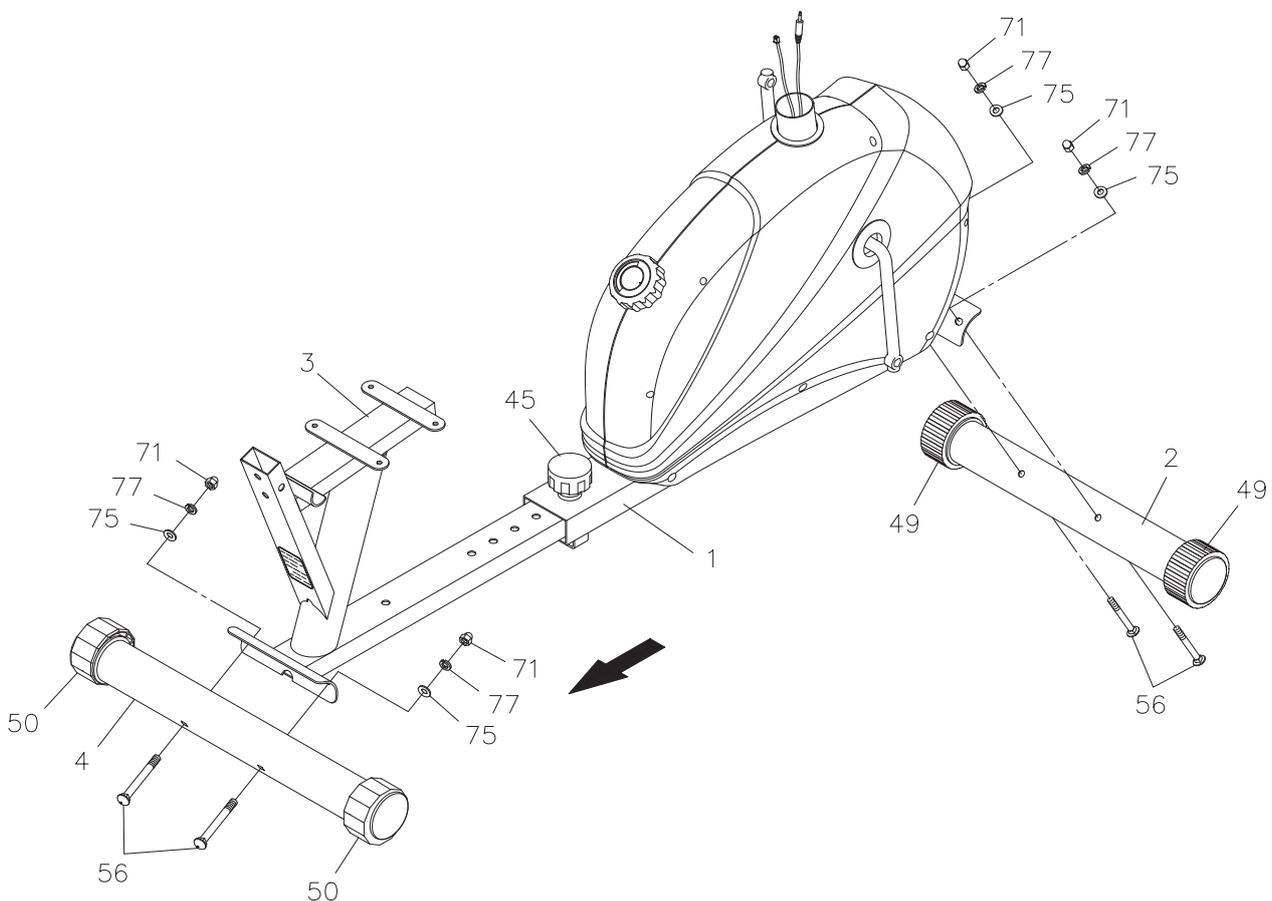
### STEP 1

Attach the **FRONT STABILIZER(2)**, the short one with the **WHEELS(49)**, to the front of the **FRONT FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm)(56)**, **ARC WASHERS(M8)(75)**, **LOCK WASHERS(M8)(77)**, and **ACORN NUTS(M8x1.25)(71)**.

### STEP 2

Rotate the **ADJUSTMENT KNOB(45)** counterclockwise until the knob portion can be pulled. Pull the **ADJUSTMENT KNOB(45)** and slide the **REAR FRAME(3)** backward. Lock the **REAR FRAME(3)** in position by inserting the pin of the **ADJUSTMENT KNOB(45)** into one of the adjustment holes in the **REAR FRAME(3)**, then rotate the **ADJUSTMENT KNOB(45)** clockwise to lock the **REAR FRAME(3)** securely. Attach the **REAR STABILIZER(4)**, the one with the **LEVELING CAPS(50)**, to the **REAR FRAME(3)** with **CARRIAGE BOLTS(M8x1.25x75mm)(56)**, **ARC WASHERS(M8)(75)**, **LOCK WASHERS(M8)(77)**, and **ACORN NUTS(M8x1.25)(71)**.

**NOTE:** You can adjust the **LEVELING CAPS(50)** on the **REAR STABILIZER(4)** to keep the Recumbent Bike stable.



## ASSEMBLY INSTRUCTIONS

### STEP 3

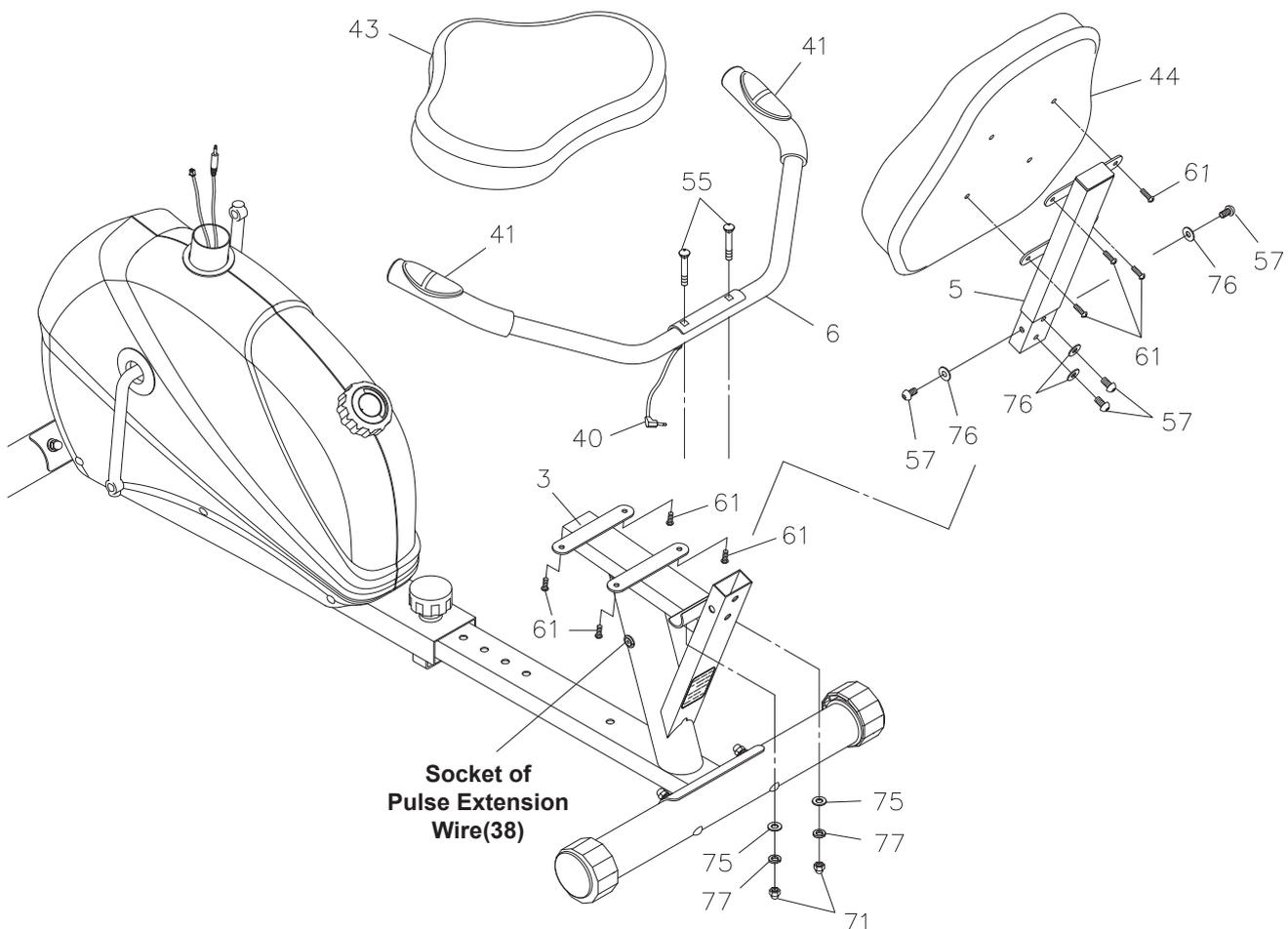
Attach the **HANDRAIL(6)** to the **REAR FRAME(3)** with **CARRIAGE BOLTS(M8x1.25x45mm)(55)**, **ARC WASHERS(M8)(75)**, **LOCK WASHERS(M8)(77)**, and **ACORN NUTS(M8x1.25)(71)**. Plug the **PULSE SENSOR WIRE(40)** into the Socket of the **PULSE EXTENSION WIRE(38)** located on the **REAR FRAME(3)**. Remove the thin plastic protectors from the **PULSE SENSOR PLATES(41)**.

### STEP 4

Attach the **SEAT(43)** to the **REAR FRAME(3)** with **ROUND HEAD BOLTS(M6x1x20mm)(61)**.

### STEP 5

Attach the **BACK SUPPORT(5)** to the **REAR FRAME(3)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(57)** and **WASHERS(M8)(76)**. Attach the **BACK CUSHION(44)** to the **BACK SUPPORT(5)** with **ROUND HEAD BOLTS(M6x1x20mm)(61)**.



## ASSEMBLY INSTRUCTIONS

### STEP 6

**NOTE:** The **RIGHT PEDAL(35)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(35)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(34)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(34)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(35)** to the right side of the **CRANK(7)** as shown. Tighten the pedal securely. The shoulder of the **PEDALS(34, 35)** should be in contact with the **CRANK(7)** when securely tightened. Do the same to attach the **LEFT PEDAL(34)** to the left side of the **CRANK(7)**.

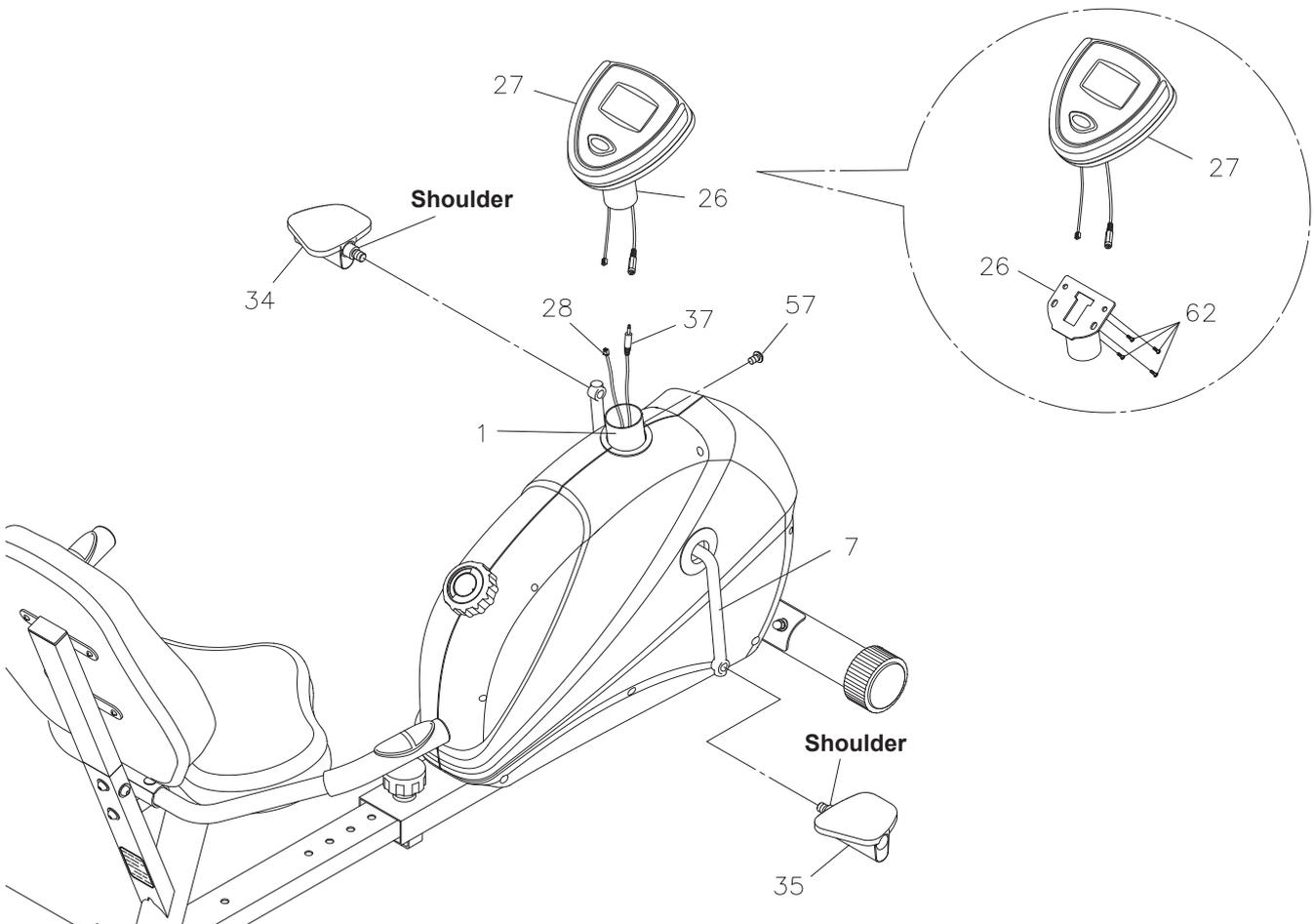
### STEP 7

Install two AA batteries into the **COMPUTER(27)**, the batteries are not included. See page 15 for detailed battery installation instructions. Refer to the inset drawing. Run the Connection Wires of the **COMPUTER(27)** through the **COMPUTER POST(26)** from the square hole on the top of the **COMPUTER POST(26)** until the Connection Wires extend out of the bottom end of the **COMPUTER POST(26)**. Place the **COMPUTER(27)** onto the plate on the **COMPUTER POST(26)** and secure with **ROUND HEAD SCREWS(M5x0.8x15mm)(62)**.

### STEP 8

Connect the **SENSOR WIRE(28)** and the **PULSE PLUG WIRE(37)** to the Connection Wires of the **COMPUTER(27)**, and push the excess wires back into the **FRONT FRAME(1)**. Then insert the **COMPUTER POST(26)** into the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLT(M8x1.25x15mm)(57)**.

**NOTE:** Be careful not to damage the wires when attaching the **COMPUTER(27)** and the **COMPUTER POST(26)**.

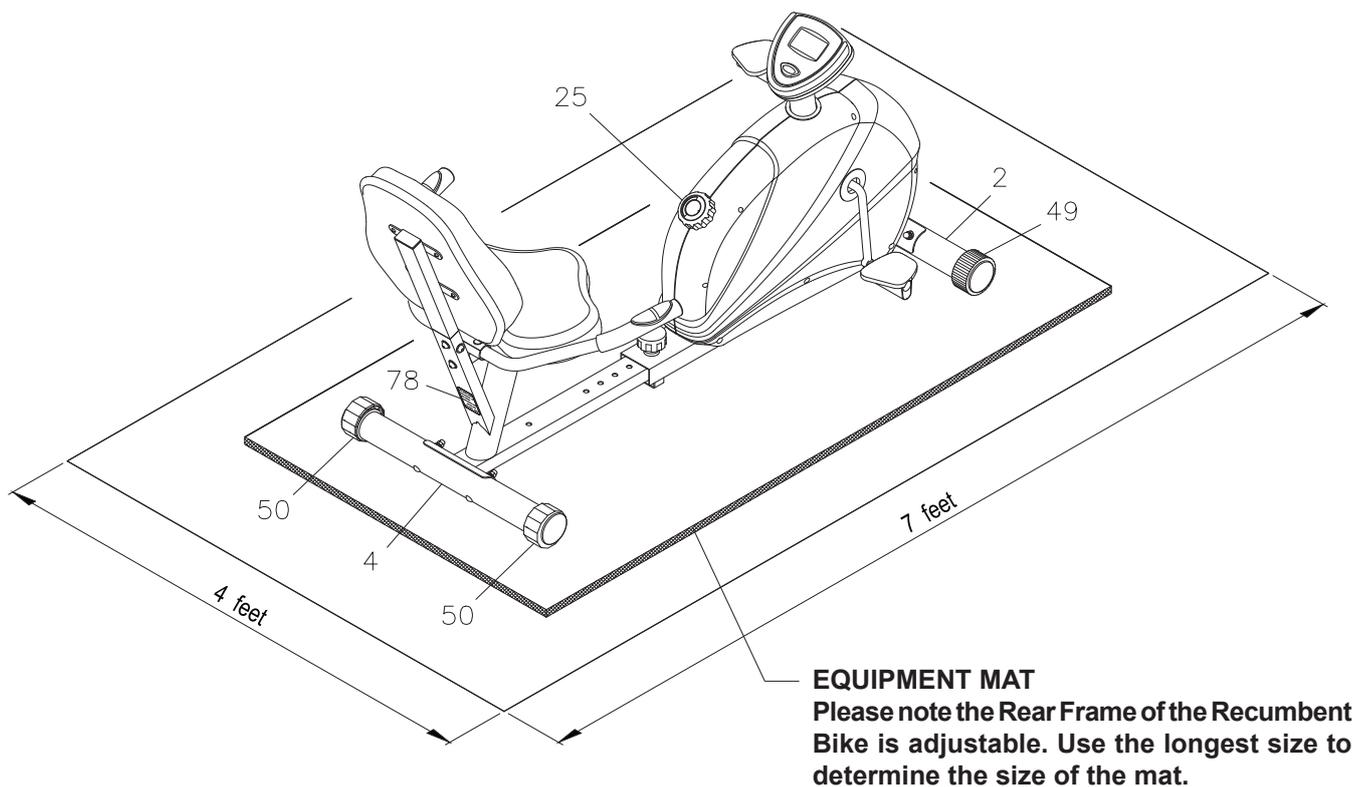


## SET UP INSTRUCTIONS

Place the **Stamina® Programmable Magnetic Exercise Bike** in the area where it will be used. It is recommended that the **Stamina® Programmable Magnetic Exercise Bike** be placed on an equipment mat. The **Stamina® Programmable Magnetic Exercise Bike** is approximately 58 inches long (max.) x 26 3/4 inches wide x 31 3/4 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **Stamina® Programmable Magnetic Exercise Bike**. Make sure that adequate space is available for access to and passage around the **Stamina® Programmable Magnetic Exercise Bike**.

**LEVELING:** Adjust the **LEVELING CAPS(50)** on the **REAR STABILIZER(4)** so that the **Stamina® Programmable Magnetic Exercise Bike** sits on the floor without rocking.

**MOVING:** The **Stamina® Programmable Magnetic Exercise Bike** has a pair of **WHEELS(49)** on the **FRONT STABILIZER(2)**. Lift up the **REAR STABILIZER(4)** to move the **Stamina® Programmable Magnetic Exercise Bike**.



### FUNCTION INSPECTION:

Visually inspect the **Stamina® Programmable Magnetic Exercise Bike** to verify that assembly is as shown in the above illustration. Check the function of the **Stamina® Programmable Magnetic Exercise Bike** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(25)** and verify that it functions properly and the resistance changes.

**CAUTION:** Locate and read the **WARNING LABEL(78)** on the **Stamina® Programmable Magnetic Exercise Bike**. Make sure that all users read the **WARNING LABEL(78)** before using the product.

## OPERATIONAL INSTRUCTIONS

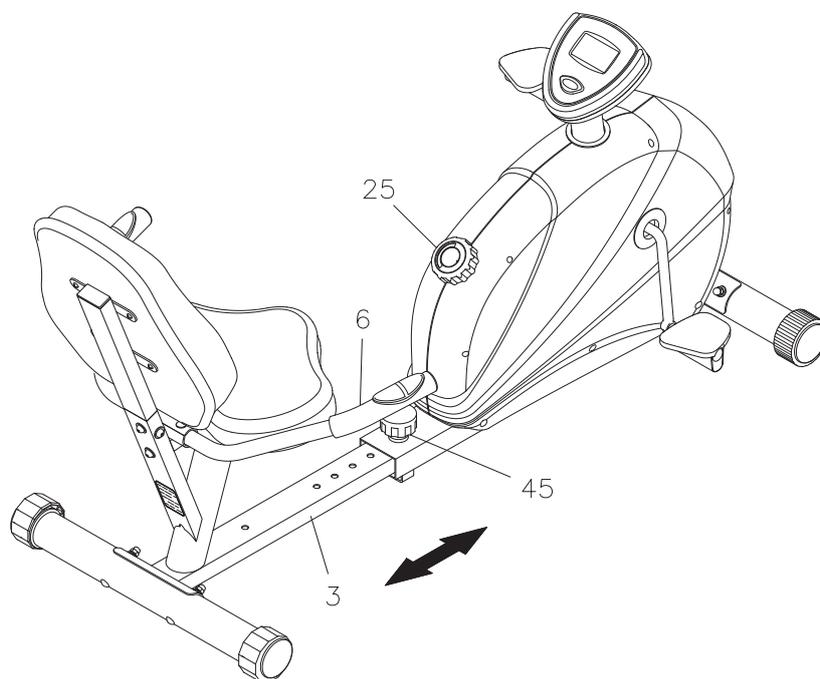
### SEAT ADJUSTMENT

Proper seat adjustment is important. There are seven adjustment holes in the **REAR FRAME(3)**. These adjustment holes allow users to adjust the position of the seat for efficient exercise.

1. Rotate the **ADJUSTMENT KNOB(45)** counterclockwise until the knob portion can be pulled. Pull the **ADJUSTMENT KNOB(45)** and slide the **REAR FRAME(3)** backward. Lock the **REAR FRAME(3)** in position by inserting the pin of the **ADJUSTMENT KNOB(45)** into one of the adjustment holes in the **REAR FRAME(3)**, then rotate the **ADJUSTMENT KNOB(45)** clockwise to lock the **REAR FRAME(3)** securely.
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.

#### CAUTION:

1. Do not attempt to adjust the seat while you are on the **Stamina® Programmable Magnetic Exercise Bike**.
2. Always tighten the **ADJUSTMENT KNOB(45)** after adjusting the seat to a new position.



**CAUTION: Do not use the HANDRAIL(6) to raise or lower your full body weight.**

### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(25)** clockwise. To decrease the load, turn the **TENSION KNOB(25)** counterclockwise. There are eight levels for the load adjustment.

## OPERATIONAL INSTRUCTIONS

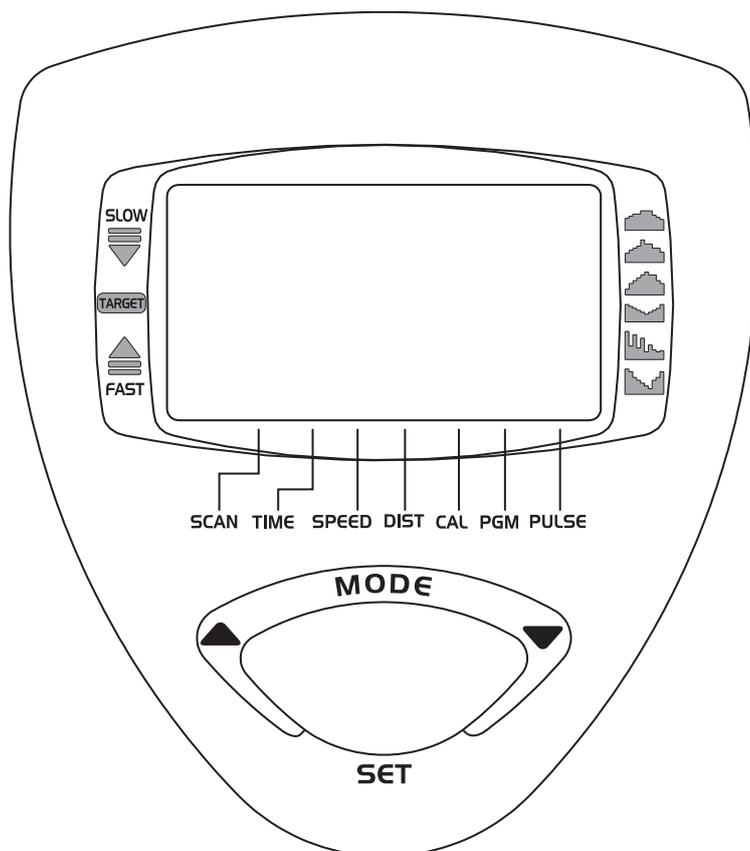
### COMPUTER INSTRUCTIONS

This computer provides different programs designed to help you meet your fitness goals. Simply choose the program you like, set the time for the workout, and begin exercising. The computer display will show the elapsed time, speed, distance, pulse, and approximate calories burned.

### MAIN DISPLAY PANEL

#### LCD MONITOR:

1. The LCD displays TIME, SPEED, DISTANCE, CALORIES, PROGRAM, and PULSE.
2. Use the MODE, SET, UP, and DOWN buttons to select a program and time.



#### LCD FEATURES :

**SCAN:** Automatically scans each function of **TIME, SPEED, DISTANCE, CALORIES, PROGRAM,** and **PULSE** in sequence with change every 5 seconds.

**NOTE:** If you do not want to use the **SCAN** function, press the **MODE** button to select one of the other functions.

**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 99.99 miles.

**CALORIES:** Displays the calorie burned from zero to 9999 Kcal.

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

**PROGRAM:** Displays programs for selection during setup from P0 to P6. Displays Target Speed during exercise for programs P1 to P6.

**PULSE:** Displays the pulse rate from 39 to 240 beats per minute. To display pulse, you must place both of your hands on the Pulse Sensors on the Handrail, one in each hand, to input the pulse signal. If you do not place your hands correctly and 8 seconds passes without a pulse input, the computer will turn off the pulse circuit. This is a power saving measure and you can press **MODE** button to restart the pulse function.

**NOTE:** The pulse function is a great tool to optimize your workout, but should be used as a reference only.

#### TARGET ZONE :

Displays the zone of current speed. The **TARGET** zone is preset by the program that you selected. Adjust your pedaling speed to keep the current speed display within the **TARGET** zone. Refer to the instructions on page 14 to read the **TARGET** zone correctly.

# OPERATIONAL INSTRUCTIONS

## PROGRAM DESCRIPTIONS

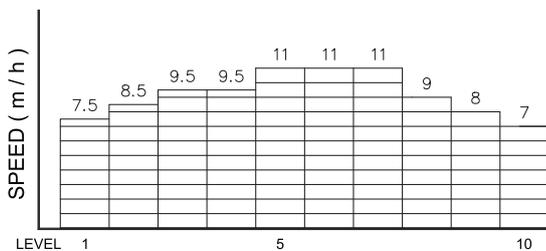
This computer offers a unique user interactive **TARGET** zone feature. You have the option of interacting with any of six different programs to achieve a workout that is fun and exhilarating. These programs set speed targets that change throughout the program. The **TARGET** zone display will tell you if your speed is too fast or too slow.

**NOTE:** You may set the **TENSION KNOB(25)** at any resistance level you choose. You may change the **TENSION KNOB(25)** setting at any time during the program. See page 11 for **LOAD ADJUSTMENT** instructions.

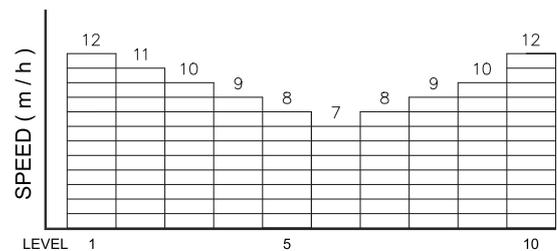
**PROGRAM 0 (P0):** This is a manual program.

**PROGRAMS (P1-P6):** Choose from six preset programs. Each program lets you determine the intensity based on the time you set. The minimum preset value of the program time is 20 minutes. You can change the tension during your workout.

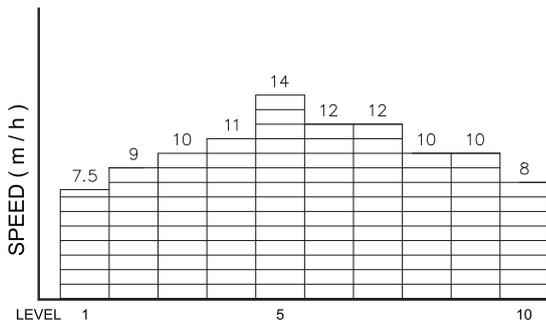
### P1 - FAT BURN



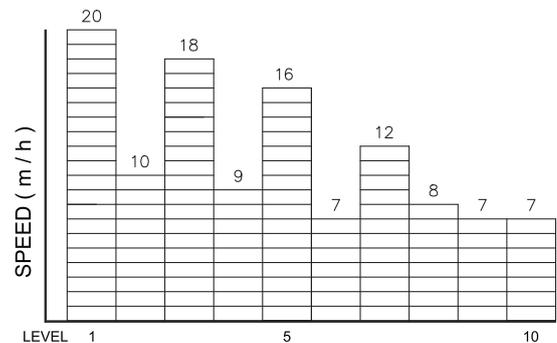
### P4 - HILL



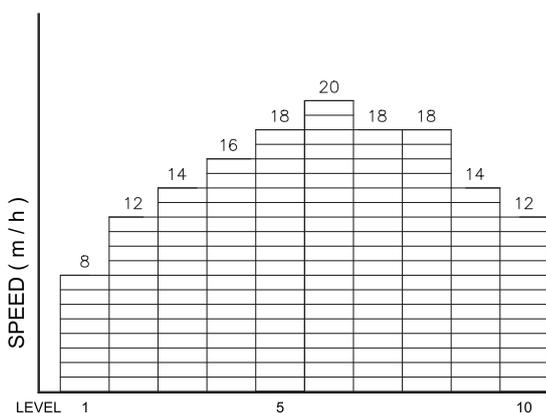
### P2 - MAX. FAT BURN



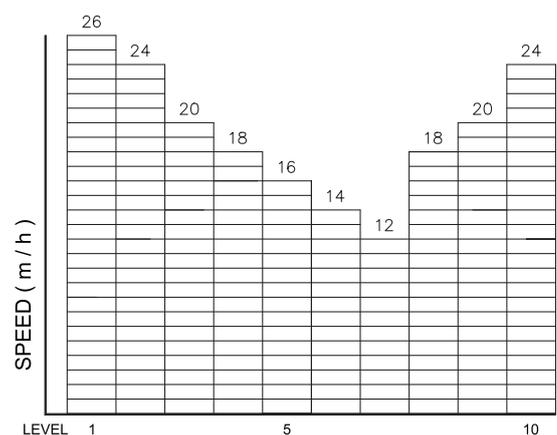
### P5 - INTERVAL



### P3 - AEROBIC



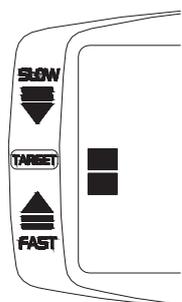
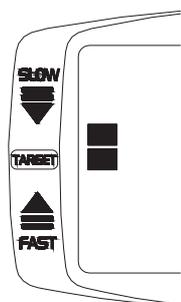
### P6 - MOUNTAIN



## OPERATIONAL INSTRUCTIONS

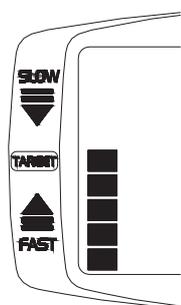
### SPEED INDICATOR

A pre-programmed course requires you to keep pace within the **TARGET** zone. If you pedal too slowly the Speed Indicator will drift toward the **FAST** zone reminding you to pedal faster. When you pedal faster it will drift back to the **TARGET** zone. In addition, if you are pedaling too fast the Speed Indicator will drift toward the **SLOW** zone reminding you to slow down your pedaling.

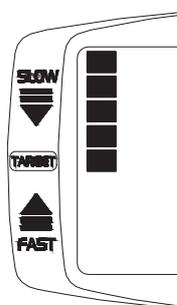


#### CORRECT PEDALING SPEED DISPLAYS ONE OR TWO BLOCKS IN THE CENTER

**NOTE:** If two blocks are displayed, your speed is within the acceptable range.  
If only one block is displayed in the center, your speed matches the target speed.



**PEDALING SPEED TOO SLOW  
PEDAL FASTER**



**PEDALING SPEED TOO FAST  
PEDAL SLOWER**

### COMPUTER OPERATION

#### STEP 1: POWER ON

Start pedaling or press the **MODE** button.

#### STEP 2: SET THE PROGRAM

Stop pedaling for four seconds. Press the **SET** button and the display will flash one of the following seven programs, P0, P1, P2, P3, P4, P5, or P6. Press the **UP** or **DOWN** button to select a program. Press the **SET** button when the desired program number appears. You are now ready to set the program time.

#### STEP 3: SET THE PROGRAM TIME

1. If you selected the program **P0**, the **TIME** function mode will appear with the display flashing **0:00**. Use the **UP** and **DOWN** buttons to set the program time from one minute up to 99 minutes in one minute increments. When desired time is chosen press the **SET** button.  
The **TIME** will count down from preset value. If you set the time at **0:00**, the **TIME** will count up from **0:00**.
2. If you selected one of the programs **P1 - P6**, the **TIME** function mode will appear with the display flashing **20:00**. The minimum program time value is **20:00** minutes. Use the **UP** and **DOWN** buttons to set the program time from 20 minutes up to 99 minutes in one minute increments. When desired time is displayed press the **SET** button. The **TIME** will count down from preset value.

#### STEP 4:

Now you are ready to begin exercising. The program will not start until you start pedaling.

**NOTE:** Time example: If the program time is set at 30 minutes, the timer will count down from 30:00 to 00:00. Then the display will flash the program time (30:00) four times and start counting up from 00:00. The program (PGM) will be repeated.

## OPERATIONAL INSTRUCTIONS

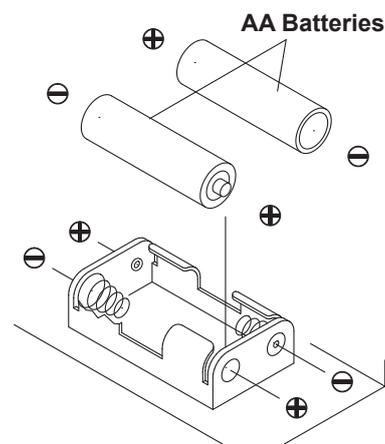
### OPERATION DESCRIPTIONS

1. To stop a running program, stop pedaling for 4 seconds to switch into **STOP** mode. In this mode, you can move the pedals again to continue to run the current program, or you can press the **SET** button to select a new program. The function values of **DISTANCE** and **CALORIES** will continue to accumulate.
2. When you complete a program, you can stop pedaling and press **SET** button to select a new program. The function values of **DISTANCE** and **CALORIES** will continue to accumulate. This will allow you to run several programs and still know the total **DISTANCE** and **CALORIES** during the workout.
3. If you want to restart with a new program, press and hold the **MODE** button down for two seconds to reset all of the function values to zero. Press **SET** button to select a new program.
4. The computer will shut off automatically after 3 minutes of inactivity and all function values will be reset to zero.

### HOW TO INSTALL AND REPLACE BATTERY:

1. Open the Battery Door on the back of the computer.
2. The computer operates with two AA batteries, the batteries are not 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.
  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.**



### STORAGE

1. To store the **Stamina® Programmable Magnetic Exercise Bike**, simply keep it in a clean dry place.
2. Adjust the **REAR FRAME(3)** and **FRONT FRAME(1)** to the shortest position. The **Stamina® Programmable Magnetic Exercise Bike** is approximately 42 3/8 inches long x 26 3/4 inches wide x 31 3/4 inches tall. These dimensions will vary. Please measure your **Stamina® Programmable Magnetic Exercise Bike** if exact dimensions are needed.
3. To move the **Stamina® Programmable Magnetic Exercise Bike**, lift the **REAR STABILIZER(4)** and use the **WHEELS(49)** on the **FRONT STABILIZER(2)**.
4. To avoid damage to the electronics, remove the batteries before storing the **Stamina® Programmable Magnetic Exercise Bike** for one year or more.

### MAINTENANCE

The safety and integrity designed into the **Stamina® Programmable Magnetic Exercise Bike** can only be maintained when the **Stamina® Programmable Magnetic Exercise Bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(25)** 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 the **WARNING LABEL(78)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(78)** 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 must be replaced immediately or the **Stamina® Programmable Magnetic Exercise Bike** removed from service until repair is made.
6. Only Stamina Products supplied components should be used to maintain/repair the **Stamina® Programmable Magnetic Exercise Bike**.
7. Keep your **Stamina® Programmable Magnetic Exercise Bike** 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.

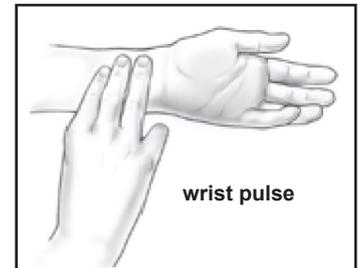
Remember to follow these essentials:

- 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

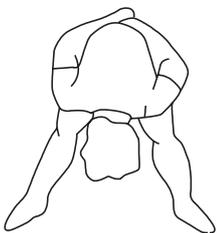
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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.

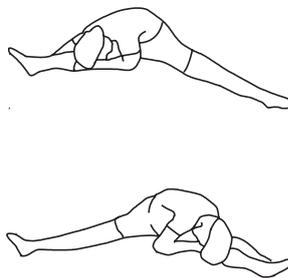
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



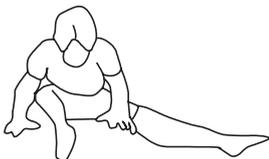
#### Lower Body Stretch

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.



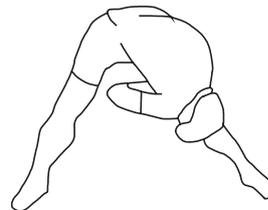
#### Floor Stretch

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

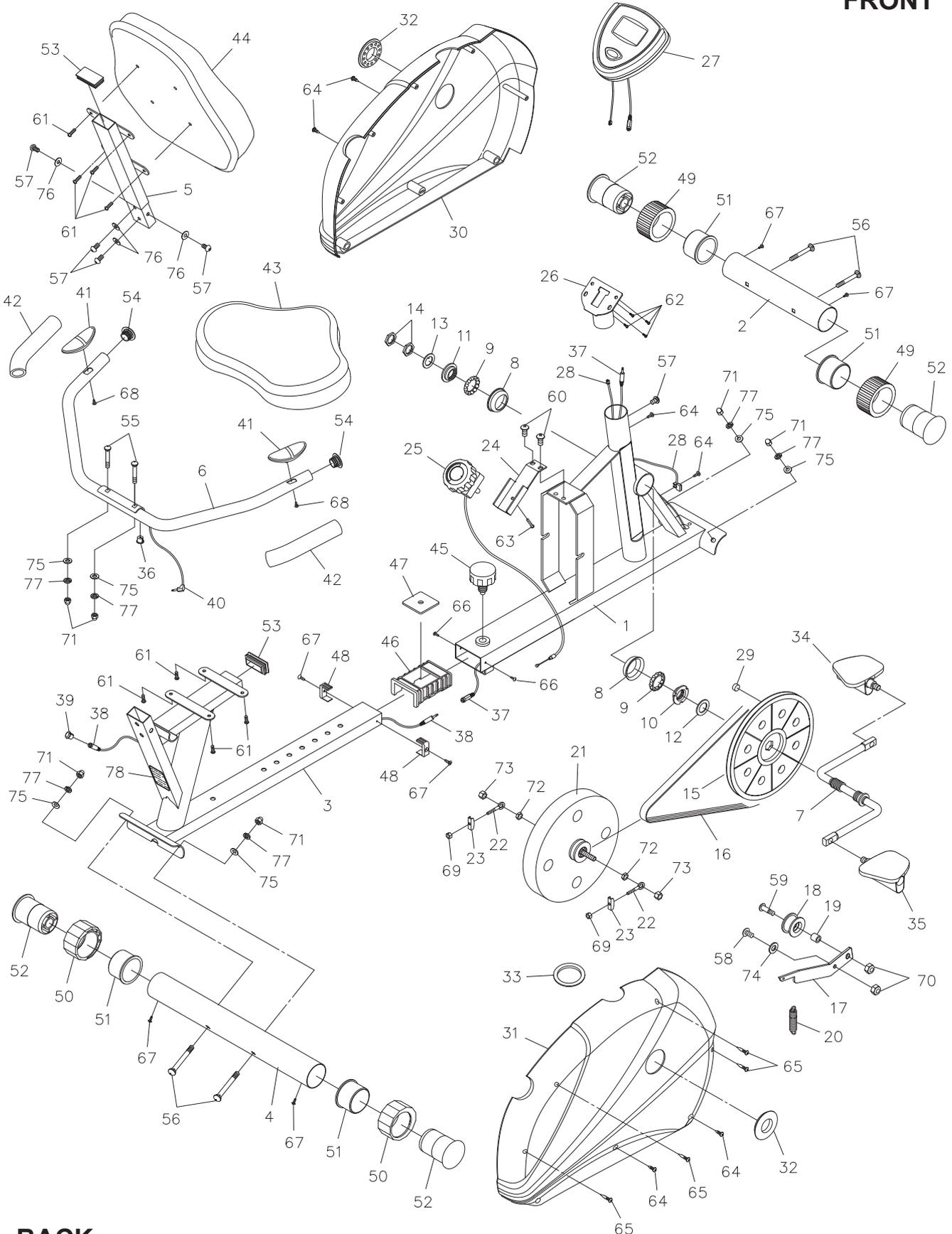
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times 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 Frame	1
2	Front Stabilizer	1
3	Rear Frame	1
4	Rear Stabilizer	1
5	Back Support	1
6	Handrail	1
7	Crank	1
8	Bearing Housing	2
9	Ball Bearing	2
10	Inside Bearing Collar	1
11	Outside Bearing Collar	1
12	Bearing Washer	1
13	Bearing Snap Washer	1
14	Bearing Nut	2
15	Pulley	1
16	V-Ribbed Belt	1
17	Idler Arm	1
18	Idler Wheel	1
19	Idler Wheel Bushing	1
20	Tension Spring	1
21	Magnetic Unit	1
22	Eyebolt	2
23	Tension Bracket	2
24	Tension Knob Support	1
25	Tension Knob	1
26	Computer Post	1
27	Computer	1
28	Sensor Wire	1
29	Magnet	1
30	Left Cover	1
31	Right Cover	1
32	Cover Cap	2
33	Ring Cap	1
34	Left Pedal	1
35	Right Pedal	1
36	Grommet Plug	1
37	Pulse Plug Wire	1
38	Pulse Extension Wire	1
39	Securing Plug	1
40	Pulse Sensor Wire	1
41	Pulse Sensor Plate	2
42	Foam Grip	2
43	Seat	1
44	Back Cushion	1
45	Adjustment Knob	1
46	Bushing	1
47	Press Plate	1

## PARTS LIST

PART#	PART NAME	QTY
48	End Stopper	2
49	Wheel	2
50	Leveling Cap	2
51	Cap Bushing	4
52	Securing Cap	4
53	Rectangular Plug (25.4mm x 50.8mm)	2
54	Round Plug (25.4mm)	2
55	Carriage Bolt (M8 x 1.25 x 45mm)	2
56	Carriage Bolt (M8 x 1.25 x 75mm)	4
57	Bolt, Button Head (M8 x 1.25 x 15mm)	5
58	Bolt, Flat Head (M10 x 1.5 x 20mm)	1
59	Bolt, Flat Head (M10 x 1.5 x 40mm)	1
60	Bolt, Round Head (M8 x 1.25 x 12mm)	2
61	Bolt, Round Head (M6 x 1 x 20mm)	8
62	Screw, Round Head (M5 x 0.8 x 15mm)	4
63	Screw, Round Head (M5 x 0.8 x 20mm)	1
64	Screw, Round Head (M5 x 15mm)	6
65	Screw, Small Round Head (M5 x 25mm)	4
66	Screw, Round Head (M4 x 8mm)	2
67	Screw, Round Head (M4 x 12mm)	6
68	Screw, Round Head (M4 x 15mm)	2
69	Nut (M6 x 1)	2
70	Nylock Nut (M10 x 1.5 x 7mm thick)	2
71	Acorn Nut (M8 x 1.25)	6
72	Thin Nut (3/8" - 26 x 5/32" thick)	2
73	Nut (3/8" - 26 x 9/32" thick)	2
74	Large Washer (ø16.5 x ø32 x 1mm thick)	1
75	Arc Washer (M8)	6
76	Washer (M8)	4
77	Lock Washer (M8)	6
78	Warning Label	1
79	Wrench	1
80	Allen Wrench (6mm)	1
81	Manual	1

## LIMITED WARRANTY

MODEL 15-4831

### 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 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 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.

## **NOTES**

## 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: .....		
<b>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!</b>		
PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1