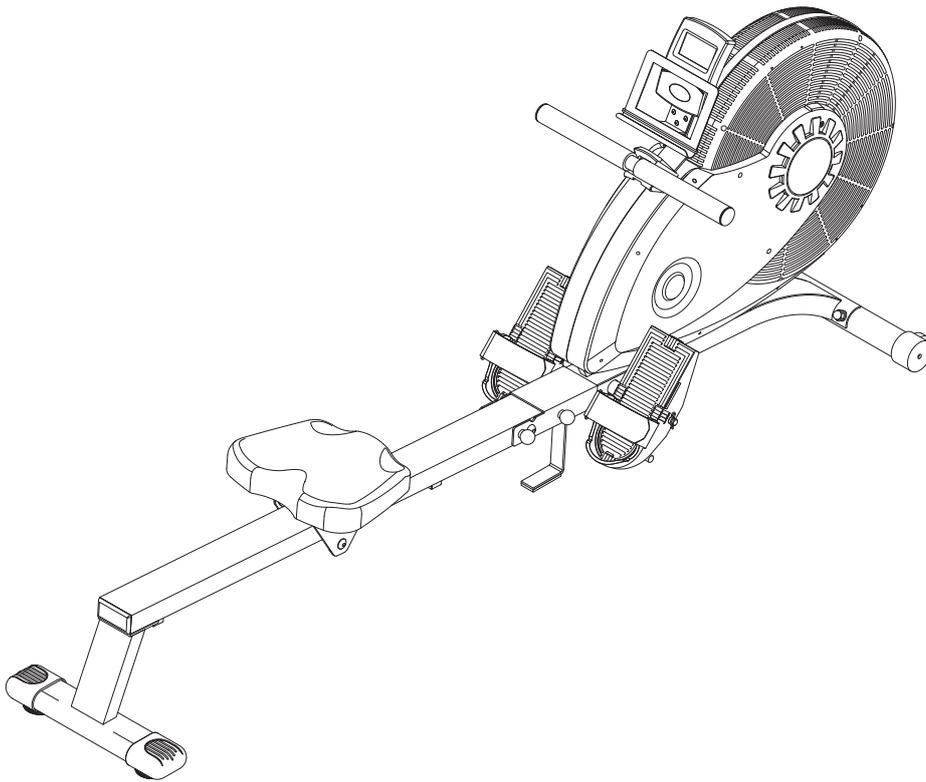




STAMINA[®]

ATS Air Rower 1406

Owner's Manual



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 Ave, Springfield, MO 65803
Customer Care
1 (800) 375-7520
www.staminaproducts.com

⚠ 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 numbers:

Model#: 35-1406

S/N: _____

STAMINA PRODUCTS
MADE IN CHINA

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2019, 05

ACCESS YOUR ONLINE WORKOUT VIDEOS!

How to Access Your Videos

1. Go to video.staminaproducts.com
2. Click 
3. Enter your product VIDEO CODE

*Your **video code** is the model number + serial number. This info can be found on the serial decal.*

**EXAMPLE ONLY. USE MODEL NUMBER + SERIAL NUMBER FROM THE DECAL ON YOUR PRODUCT.*



Coupon Code*

15-033601JAN351450

 REDEEM

Digital product only. No physical DVD will be shipped.

TABLE OF CONTENTS

Safety Instructions	3	Conditioning Guidelines	16
Before You Begin	5	Warm-Up and Cool-Down	17
Equipment Warning & Notice Labels	6	Product Parts Drawing	18
Hardware Identification Chart	7	Parts List	19
Assembly Instructions	8	Warranty	21
Operational Instructions	13	Notes	22
Storage	15	Fax/Mail Ordering Form	23
Maintenance	15		

SAFETY INSTRUCTIONS

⚠ WARNING Cancer and Reproductive Harm 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® ATS Air Rower 1406**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **STAMINA® ATS Air Rower 1406** for the first time.
2. Read all warnings and cautions posted on the **STAMINA® ATS Air Rower 1406**.
3. The **STAMINA® ATS Air Rower 1406** 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® ATS Air Rower 1406**. Do not allow children to use or play on the **STAMINA® ATS Air Rower 1406**. Keep children and pets away from the **STAMINA® ATS Air Rower 1406** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **STAMINA® ATS Air Rower 1406** on a solid level surface. Do not position the **STAMINA® ATS Air Rower 1406** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **STAMINA® ATS Air Rower 1406**.
9. Before using, inspect the **STAMINA® ATS Air Rower 1406** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Before using, always check the RAIL(2) to be sure it is secure. The two PULL PINS(54) must be inserted through the MAIN FRAME(1) and the RAIL(2).
11. 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.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **STAMINA® ATS Air Rower 1406**.
15. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **STAMINA® ATS Air Rower 1406**, loss of balance may result in a fall and serious bodily injury.
17. The **STAMINA® ATS Air Rower 1406** should not be used by persons weighing over 250 pounds.
18. The **STAMINA® ATS Air Rower 1406** should be used by only one person at a time.
19. The **STAMINA® ATS Air Rower 1406** 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
2040 N Alliance Ave
Springfield, MO 65803

 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® ATS Air Rower 1406**. 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® ATS Air Rower 1406** 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. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See page 5 for an image of the serial decal. Model number and serial number are required when

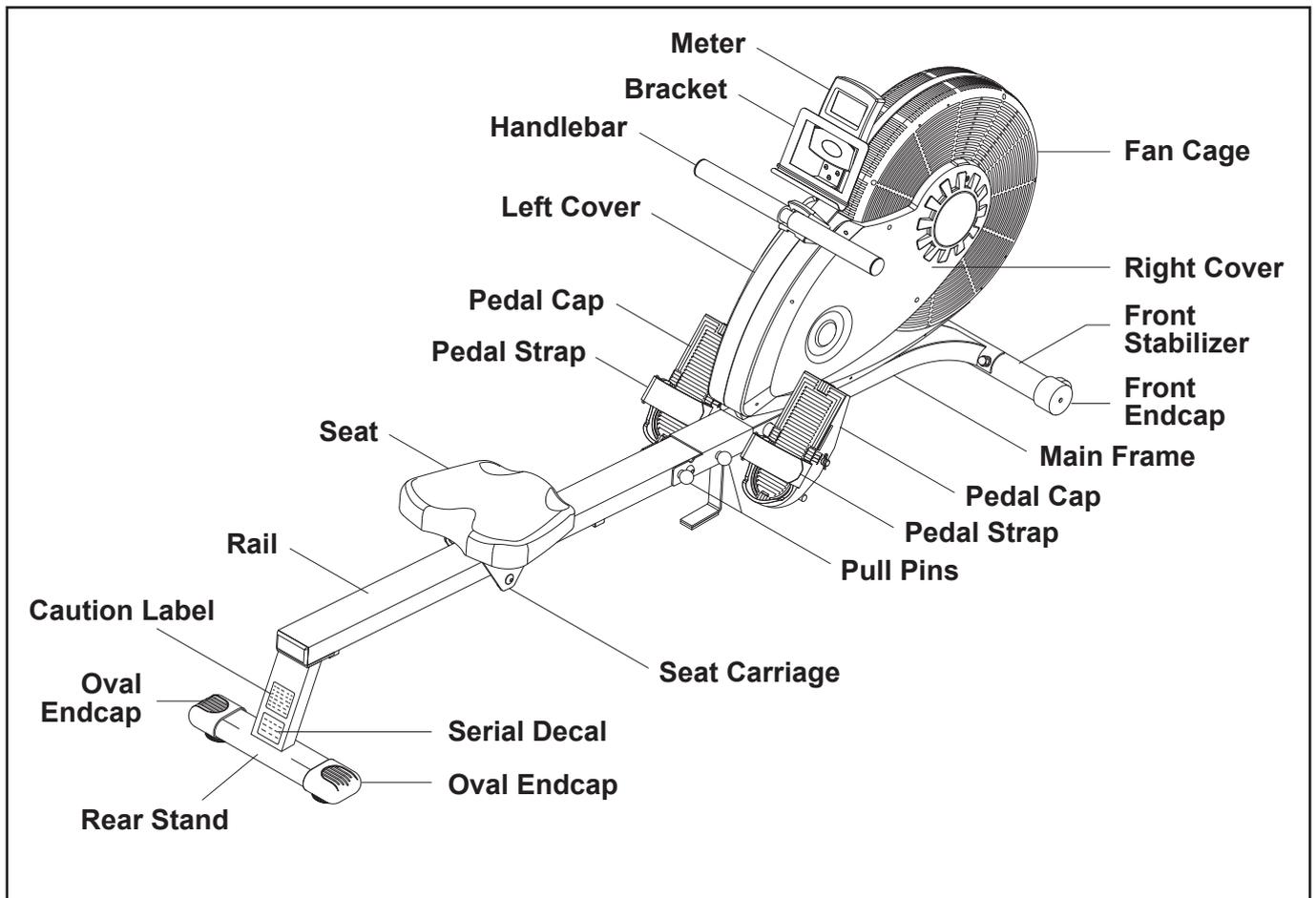
calling for assistance.

Read this manual carefully before using the **STAMINA® ATS Air Rower 1406**.

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® ATS Air Rower 1406**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please contact Customer Care for assistance. Call us toll free at 1-800-375-7520 (in the U.S.) or live chat on staminaproducts.com. 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)



Allen Wrench (6mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA® ATS Air Rower 1406**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

CAUTION LABEL(97)



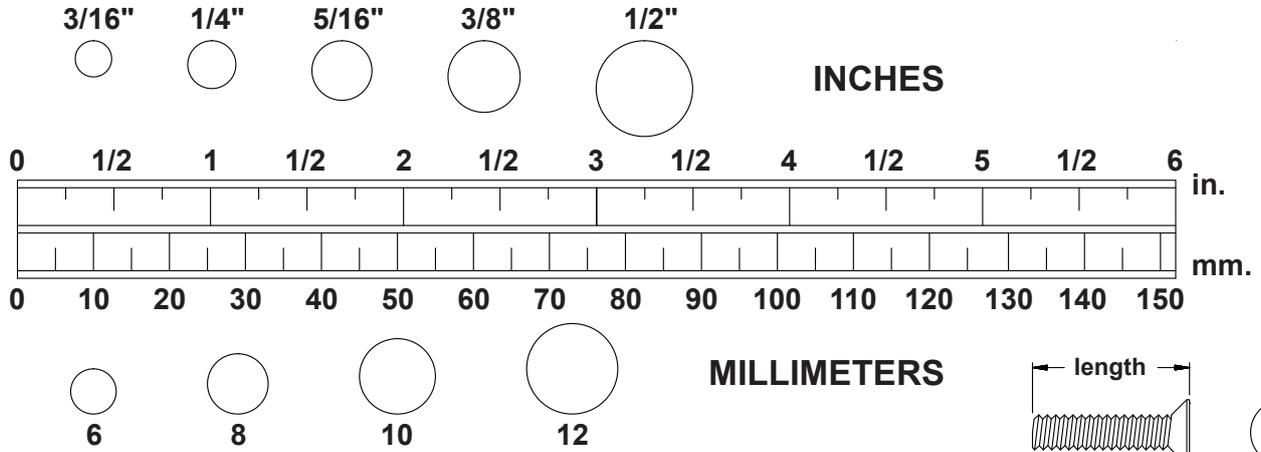
SERIAL DECAL(86)



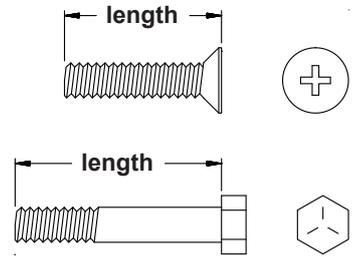
To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

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 Number and Description	Qty
	22 Bolt, Button Head (M8 x 1.25 x 25mm)	2
	98 Bolt, Button Head (M8 x 1.25 x 12mm)	2
	33 Acorn Nut (M8 x 1.25)	2
	51 Acorn Nut (M10 x 1.5)	1
	34 Lock Washer (M8)	3
	35 Arc Washer (M8)	2
	52 Washer (M10)	1
	55 Bolt, Button Head (M10 x 1.5 x 100mm)	1
	57 Bolt, Flat Head (M8 x 1.25 x 15mm)	2
	59 Bolt, Hex Head (M8 x 1.25 x 15mm)	1
	71 Carriage Bolt (M8 x 1.25 x 65mm)	2
	75 Screw, Round Head (M5 x 0.8 x 12mm)	3

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 under the Customer Care section and order the part needed, e-mail us at 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.

Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.

NOTE: There are some packing parts attached on the **STAMINA® ATS Air Rower 1406**. Please follow the steps below to remove them before any assembly. These parts are only for packing, do not dispose of the packing materials until assembly is completed.

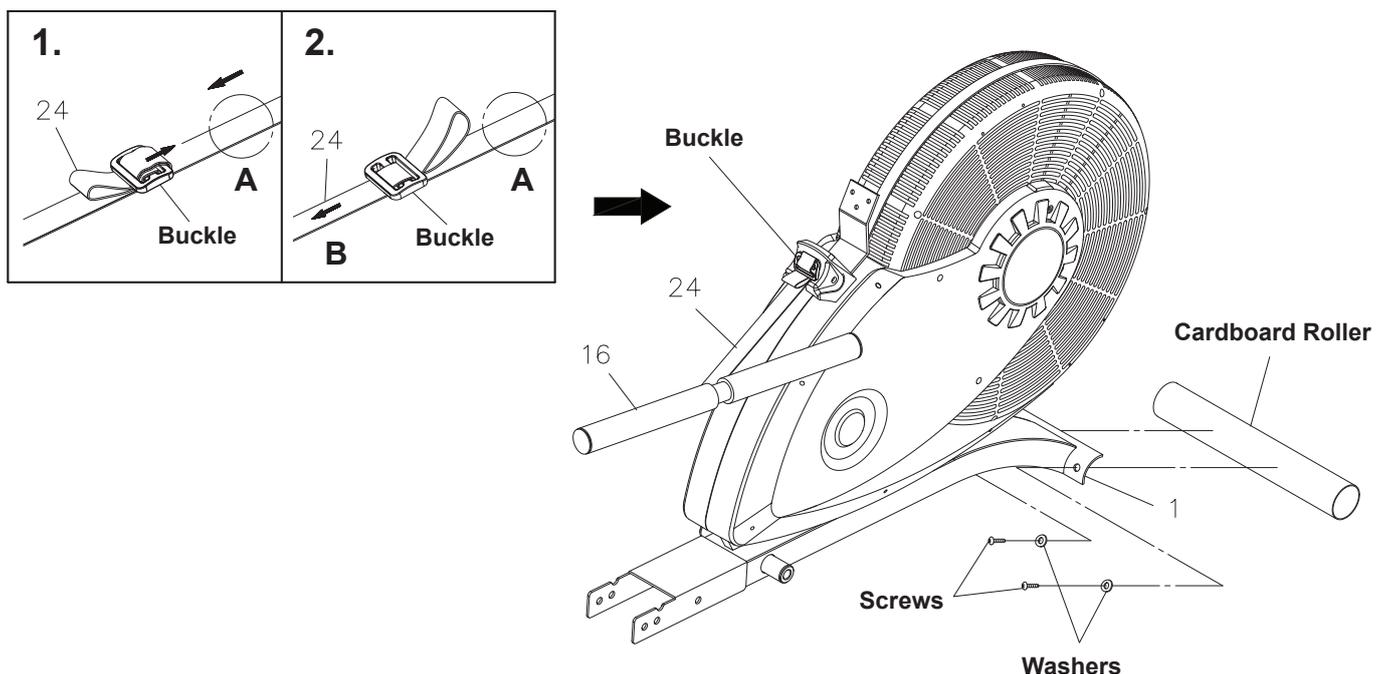
STEP 1

Remove the **CARDBOARD ROLLER** from the front of the **MAIN FRAME(1)** by removing the **SCREWS** and **WASHERS**.

STEP 2

A **BUCKLE** has been attached to the **STRAP(24)** to prevent the **STRAP(24)** from returning into the main body of the **STAMINA® ATS Air Rower 1406** during shipping. Remove the **BUCKLE** by following these steps:

1. Refer to detail view 1. Pull the **STRAP(24)** away from the main body about 8 inches. Use one hand to hold the **STRAP(24)** at position **A** while using the other hand to pull the **STRAP(24)** loop on the top of the **BUCKLE** to the position as shown in detail view 2.
2. Refer to detail view 2. Continue to hold the **STRAP(24)** at position **A**. Pull the **STRAP(24)** from position **B** until the **STRAP(24)** is completely removed from the **BUCKLE**. Make sure the **STRAP(24)** isn't twisted and let it return into the main body of the **STAMINA® ATS Air Rower 1406**. The **STRAP(24)** will hold the **HANDLEBAR(16)** taut against the **MAIN FRAME(1)**.



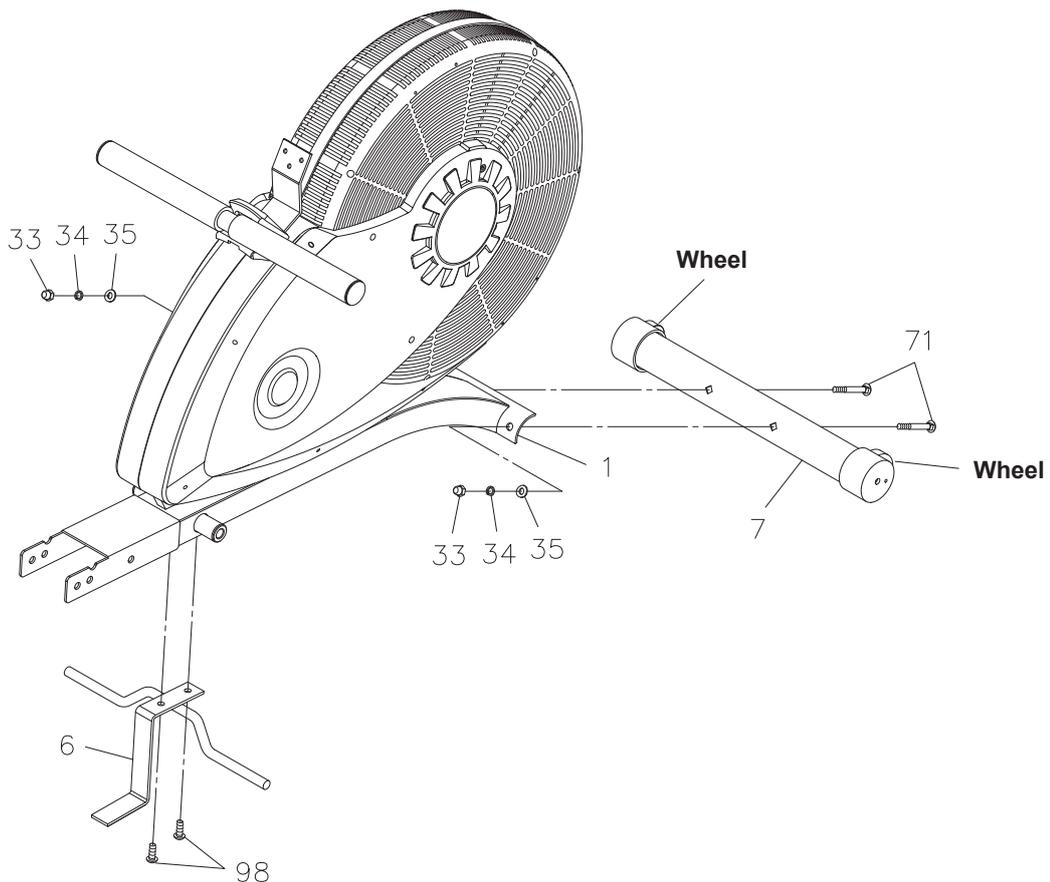
ASSEMBLY INSTRUCTIONS

STEP 3

Make sure the Wheels on the **FRONT STABILIZER(7)** face the front. Attach the **FRONT STABILIZER(7)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x65mm)(71)**, **ARC WASHERS(M8)(35)**, **LOCK WASHERS(M8)(34)**, and **ACORN NUTS(M8x1.25)(33)**.

STEP 4

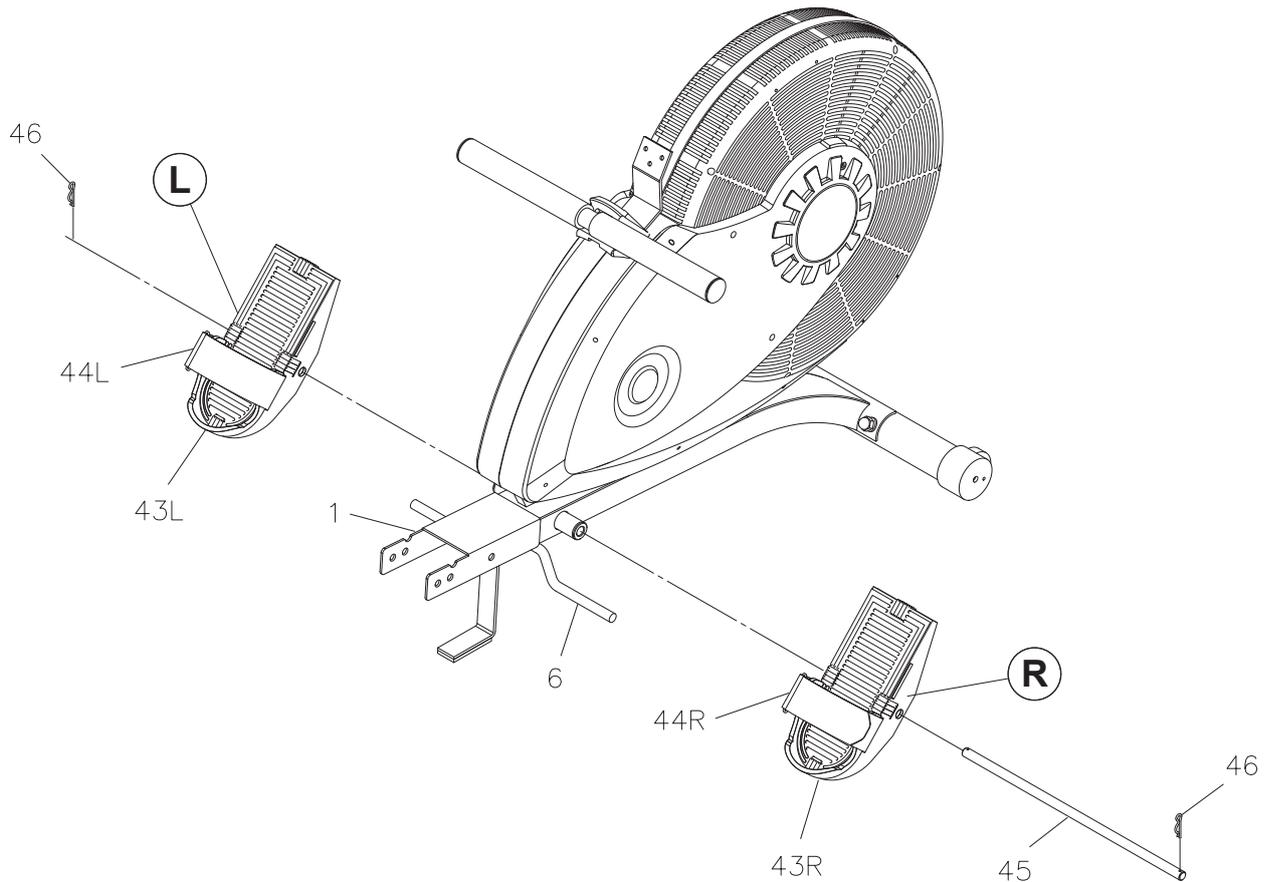
Attach the **STOPPER BAR(6)** to the bottom side of the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS (M8x1.25x12mm)(98)**.



ASSEMBLY INSTRUCTIONS

STEP 5

There is an “L” decal on the **LEFT PEDAL CAP(43L)**, and an “R” decal on the **RIGHT PEDAL CAP(43R)**. Insert the **R-CLIP(46)** through the hole in one of the ends of the **PEDAL SHAFT(45)**. Insert the other end of the **PEDAL SHAFT(45)** through the holes in the **RIGHT PEDAL CAP(43R)** and the **MAIN FRAME(1)** from the right side. Place the **LEFT PEDAL CAP(43L)** onto the left end of the **PEDAL SHAFT(45)**, and secure by inserting the **R-CLIP(46)** through the hole in left one of the **PEDAL SHAFT(45)**.



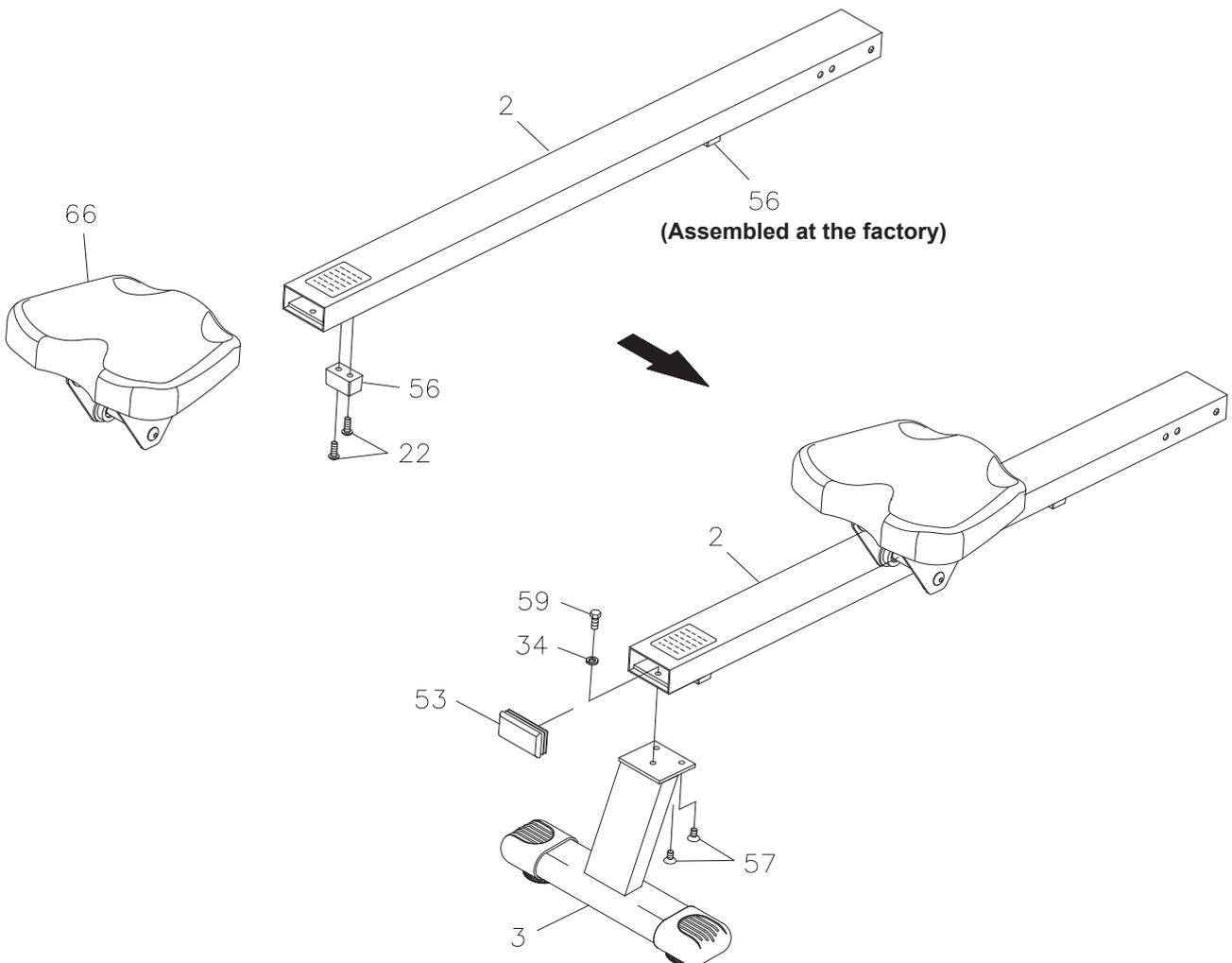
ASSEMBLY INSTRUCTIONS

STEP 6

Slide the **SEAT(66)** onto the **RAIL(2)**. Attach the **STOPPER BUMPER(56)** to the **RAIL(2)** with **BUTTON HEAD BOLTS(M8x1.25x25mm)(22)**. Also, please verify that the other **STOPPER BUMPER(56)** has already been assembled at the factory. If it has not been pre-assembled, then please assemble at this time.

STEP 7

Attach the **REAR STAND(3)** to the **RAIL(2)** with a **HEX BOLT(M8x1.25x15mm)(59)** and a **LOCK WASHER(M8)(34)** from inside the **RAIL(2)** and two **FLAT HEAD BOLTS(M8x1.25x15mm)(57)** from underneath. Tighten all three bolts only after all three have been started. Press the **RAIL CAP(53)** into the back end of the **RAIL(2)**.



ASSEMBLY INSTRUCTIONS

STEP 8

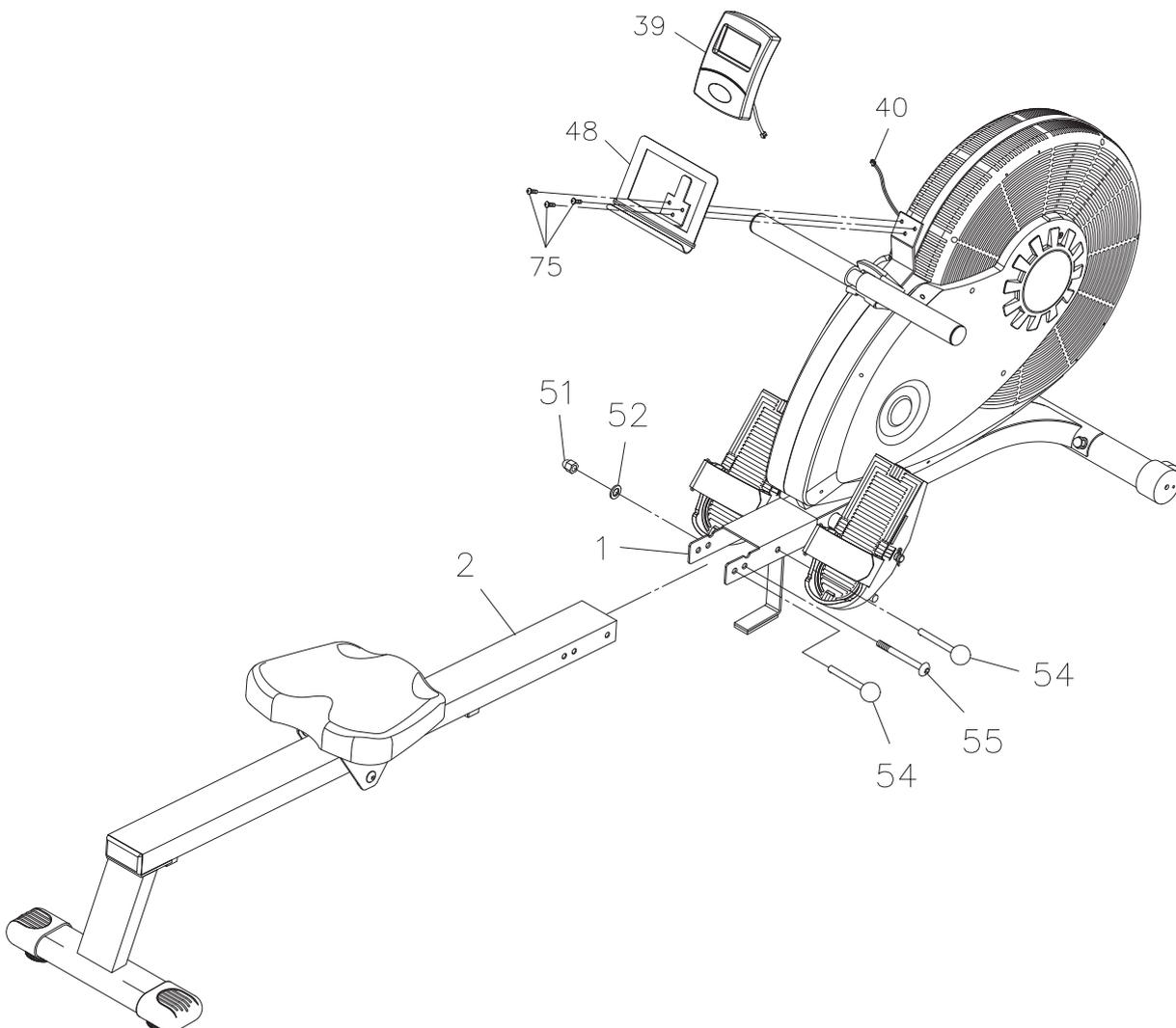
Attach the **RAIL(2)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLT(M10x1.5x100mm)(55)**, **WASHER(M10)(52)**, and **ACORN NUT(M10x1.5)(51)**. Lock the **RAIL(2)** in position with the two **PULL PINS(54)**.

STEP 9

Attach the **BRACKET(48)** to the **MAIN FRAME(1)** with **ROUND HEAD SCREWS(M5x0.8x12mm)(75)**.

STEP 10

Install two AA batteries into the **METER(39)**, the batteries are not included. See page 13 for detailed battery installation instructions. Connect the **SENSOR WIRE(40)** to the **METER(39)**. Insert the **METER(39)** onto the plate in the **BRACKET(48)**.



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

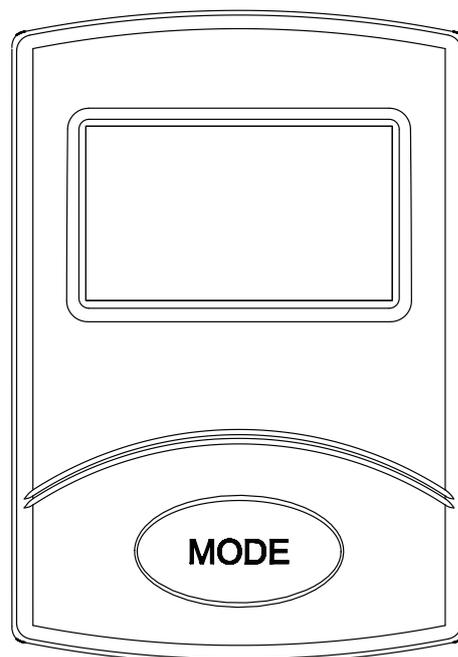
POWER ON : Pull the **HANDLEBAR(16)** or push the **MODE** button.

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

MODE BUTTON:

Press to select the function value displays of **TIME**, **SPEED**, **DISTANCE**, and **CALORIES**.

Reset all functions to zero by pressing the button and holding it down for three seconds.



FUNCTIONS:

SCAN: Automatically scans each function of **TIME**, **SPEED**, **DISTANCE**, and **CALORIES** in sequence with change every four seconds. Press and release the **MODE** button until "**SCAN**" appears on the display.

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 calories burned from zero to 999.9 Kcal.

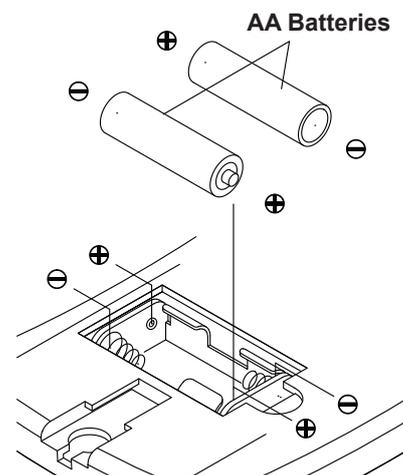
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. You can continue to workout with these function values, or press the **MODE** button and hold it down for three seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Use your hand or a simple tool to pry the **METER(39)** from the side covers.
2. The meter operates with two AA batteries (1.5V each), 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.**

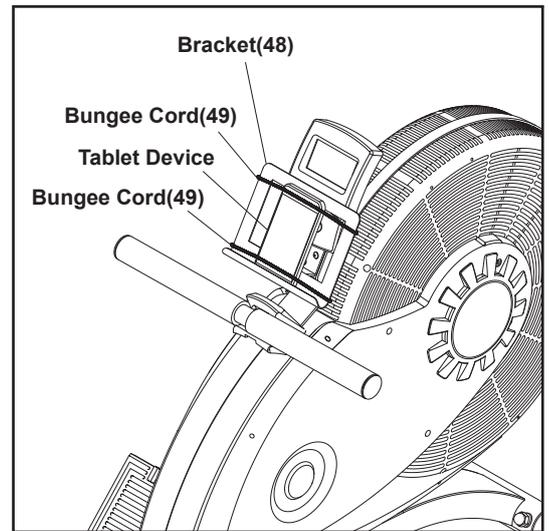


OPERATIONAL INSTRUCTIONS

USING THE BRACKET

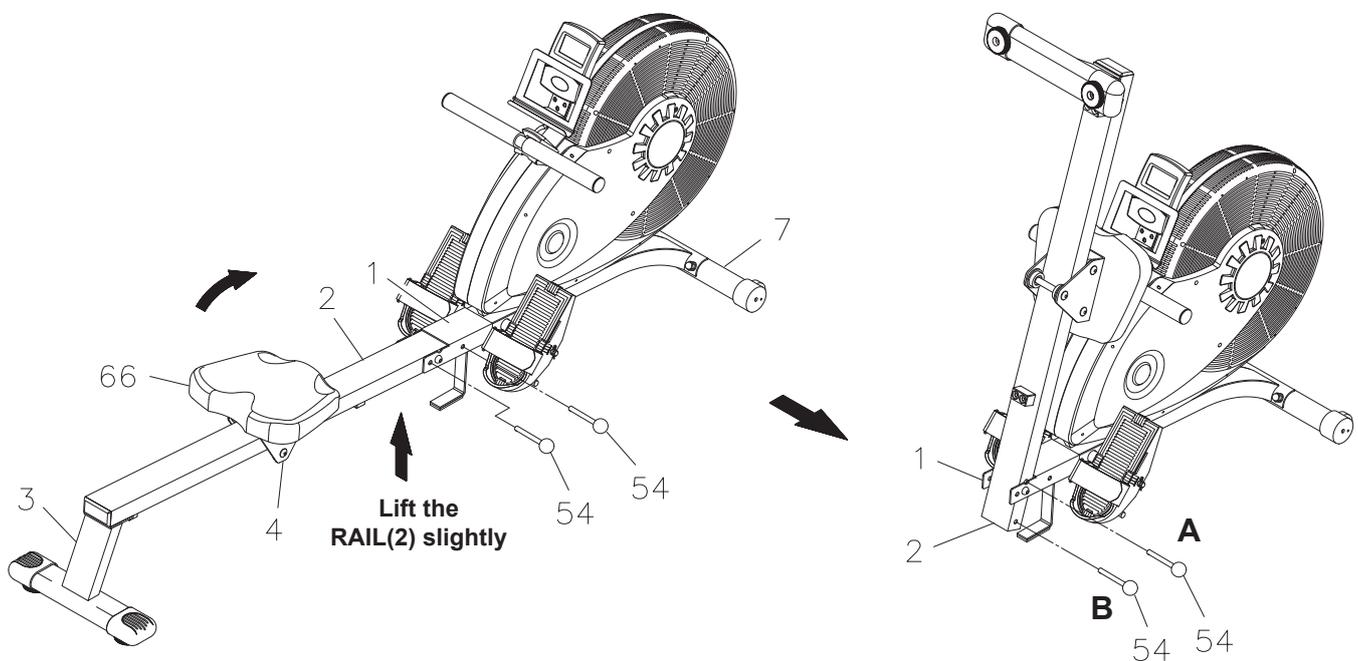
Ensure your device is properly secured prior to using the rower.

Refer to the illustration. Insert your tablet device between the **BUNGEE CORD(49)** and the **BRACKET(48)**. Move the **BUNGEE CORD(49)** up or down to secure the tablet device properly.



STORAGE

1. To store the **STAMINA® ATS Air Rower 1406**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries before storing the **STAMINA® ATS Air Rower 1406** for one year or more.
3. Move the **STAMINA® ATS Air Rower 1406** with the moving wheels on the **FRONT STABILIZER(7)**. Grasp and lift the **REAR STAND(3)** to move the **STAMINA® ATS Air Rower 1406**. Do not use the **SEAT(66)** to move the **STAMINA® ATS Air Rower 1406**. The **SEAT(66)** will move and the **SEAT CARRIAGE(4)** may pinch your hand or fingers.
4. Follow this process as described and illustrated to fold the **STAMINA® ATS Air Rower 1406** for easy storage.
 - a. Remove the **PULL PINS(54)** from the **MAIN FRAME(1)**.
NOTE: Lifting the **RAIL(2)** slightly will make it easier to remove the **PULL PINS(54)**.
 - b. Fold the **RAIL(2)** upward. Secure the **RAIL(2)** in folded position by inserting a **PULL PIN(54)** into the **RAIL(2)** at position **A**.
 - c. Insert another **PULL PIN(54)** into the lower end of the **RAIL(2)** at **B** for storage.



MAINTENANCE

The safety and integrity designed into the **STAMINA® ATS Air Rower 1406** can only be maintained when the **STAMINA® ATS Air Rower 1406** is regularly examined for damage and wear. Special attention should be given to the following:

1. Sit on the **SEAT(66)** and pull on the **HANDLEBAR(16)** to verify that the Fan System provides resistance and the Seat travel is smooth and stable.
2. Clean the roller tracks on the **RAIL(2)** with an absorbent cloth.
3. Verify that the **CAUTION LABEL(97)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(97)** 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® ATS Air Rower 1406** removed from service until repair is made.
6. Only Stamina Products supplied components should be used to maintain/repair the **STAMINA® ATS Air Rower 1406**.
7. Keep your **STAMINA® ATS Air Rower 1406** 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.

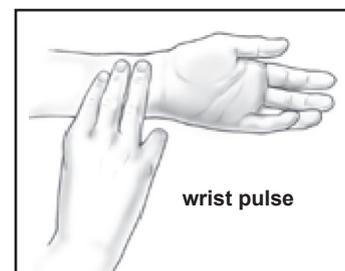
Remember to follow these essentials:

- 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

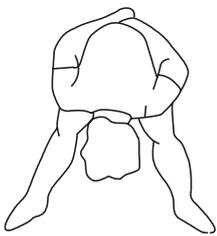
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

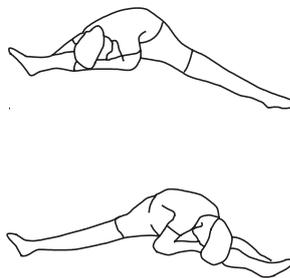
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



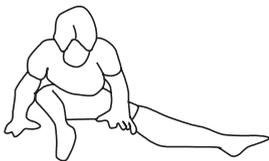
Lower Body Stretch

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.



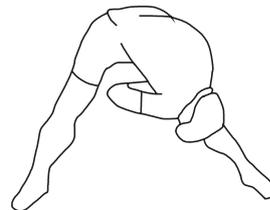
Floor Stretch

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.



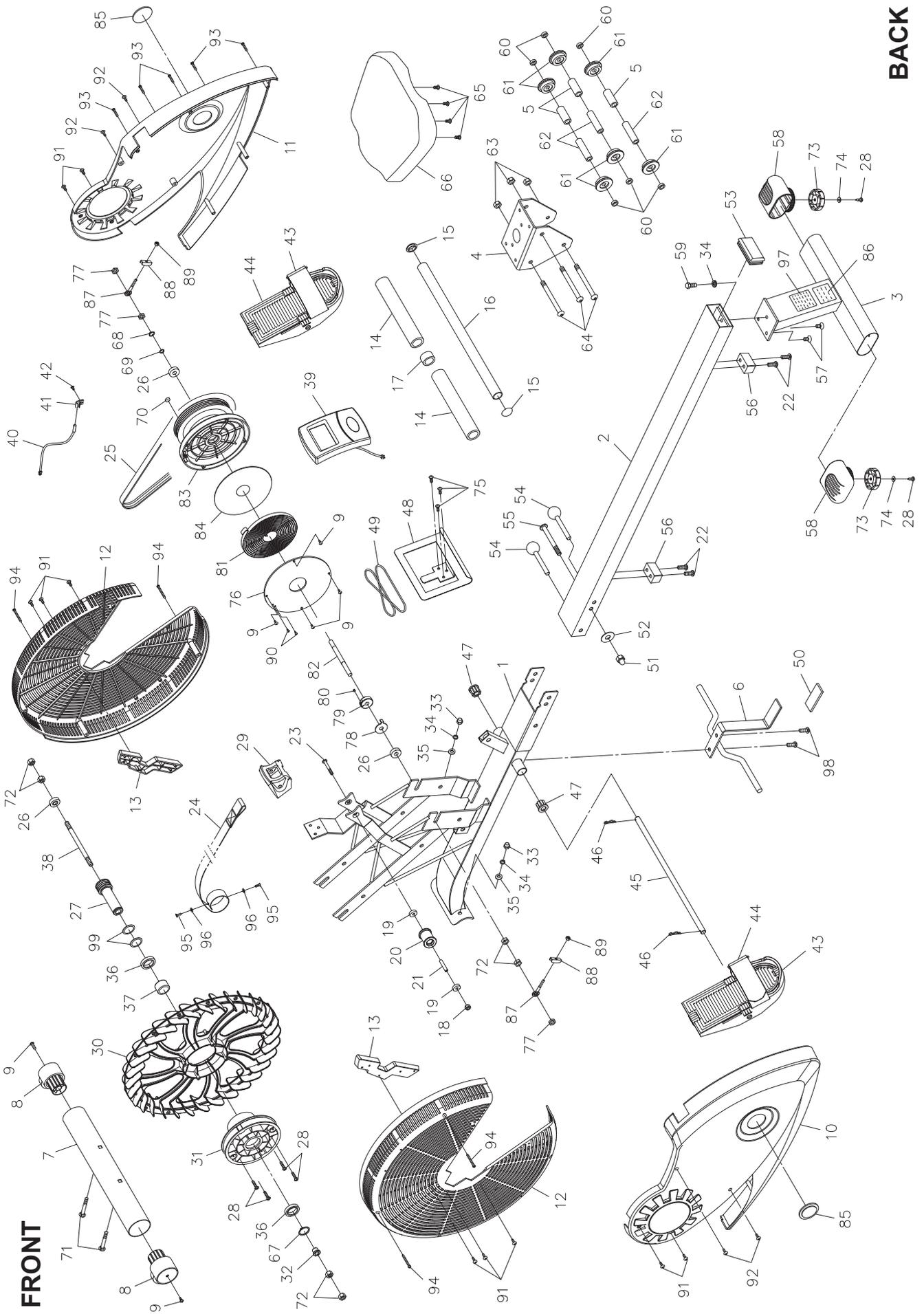
Bent Over Leg Stretch

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	Main Frame	1
2	Rail	1
3	Rear Stand	1
4	Seat Carriage	1
5	Foam Spacer	3
6	Stopper Bar	1
7	Front Stabilizer	1
8	Front Endcap	2
9	Screw, Round Head (M4 x 12mm)	6
10	Left Cover	1
11	Right Cover	1
12	Fan Cage	2
13	Cover Connector	2
14	Foam Grip	2
15	Round Plug (ø25.4mm)	2
16	Handlebar	1
17	Strap Bushing	1
18	Nylock Nut (M8 x 1.25)	1
19	Bearing (698z)	2
20	Strap Roller	1
21	Spacer Sleeve (ø8.2 x ø10.5 x 26.2mm)	1
22	Bolt, Button Head (M8 x 1.25 x 25mm)	4
23	Bolt, Button Head (M8 x 1.25 x 65mm)	1
24	Strap	1
25	V-Ribed Belt	1
26	Bearing (6000z)	3
27	Small Belt Pulley	1
28	Screw, Round Head (M5 x 20mm)	6
29	Handlebar Holder	1
30	Fan (32 blades)	1
31	Fan Hub	1
32	Bushing	1
33	Acorn Nut (M8 x 1.25)	2
34	Lock Washer (M8)	3
35	Arc Washer (M8)	2
36	Bearing (6903z)	2
37	One Way Bearing (HF1716)	1
38	Fan Axle	1
39	Meter	1
40	Sensor Wire	1
41	Sensor Clip	1
42	Screw, Round Head (M5 x 8mm)	1
43	Pedal Cap	2
44	Pedal Strap	2
45	Pedal Shaft	1
46	R-Clip	2
47	Bushing (ø13 x ø25.4 x 20mm)	2
48	Bracket	1
49	Bungee Cord	1
50	Foam Pad	1
51	Acorn Nut (M10 x 1.5)	1
52	Washer (M10)	1
53	Rail Cap	1
54	Pull Pin	2

PARTS LIST

PART#	PART NAME	QTY
55	Bolt, Button Head (M10 x 1.5 x 100mm)	1
56	Stopper Bumper	2
57	Bolt, Flat Head (M8 x 1.25 x 15mm)	2
58	Oval Endcap (30mm x 60mm)	2
59	Bolt, Hex Head (M8 x 1.25 x 15mm)	1
60	Roller Spacer (ø10.2 x ø16 x 5.5mm)	6
61	Roller	6
62	Spacer Tube (ø10.2 x ø12 x 66mm)	3
63	Nylock Nut (M10 x 1.5 x 7mm Thick)	3
64	Bolt, Button Head (M10 x 1.5 x 105mm)	3
65	Bolt, Round Head (M6 x 1 x 15mm)	4
66	Seat	1
67	C Ring (S17)	1
68	C Ring (S9)	1
69	Washer (ø10.2 x ø13 x 0.5 mm thick)	1
70	Magnet	1
71	Carriage Bolt (M8 x 1.25 x 65mm)	2
72	Nut (3/8"-26 x 0.32" thick)	6
73	Rubber Stand	2
74	Washer (M6)	2
75	Screw, Round Head (M5 x 0.8 x 12mm)	3
76	Spring Box Cover	1
77	Thin Nut (3/8"-26, 0.16" thick)	3
78	Spring Holder	1
79	Spring Core	1
80	Set Screw (M4 x 0.7 x 6mm)	1
81	Spring	1
82	Pulley Axle	1
83	Spring Box w/ Pulley	1
84	Rubbing Disc	1
85	Cover Cap	2
86	Serial Decal	1
87	Eyelet Bolt (M6 x 1 x 35mm)	2
88	Tension Bracket	2
89	Nut (M6 x 1)	2
90	Screw, Round Head (M3 x 12mm)	2
91	Screw, Round Head (M4 x 15mm)	10
92	Screw, Round Head (M5 x 15mm)	4
93	Screw, Round Head (M5 x 25mm)	5
94	Screw, Round Head (M5 x 63mm)	4
95	Screw, Flat Head (M5 x 0.8 x 12mm)	2
96	Washer (ø5 x ø11 x 1 mm thick)	2
97	Caution Label	1
98	Bolt, Button Head (M8 x 1.25 x 12mm)	2
99	Nylon Washer (ø17.5 x ø25 x 0.5 mm thick)	2
100	Wrench	1
101	Allen Wrench (5mm)	1
102	Allen Wrench (6mm) w/ Screwdriver	1
103	Manual	1

LIMITED WARRANTY

MODEL 35-1406

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. 2040 N Alliance Ave, Springfield, Missouri, USA, MO 65803, or email us at 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.

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NOTES

TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at 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
2040 N Alliance Ave, Springfield, MO 65803

Would you like to receive email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to 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.; 2040 N Alliance Ave, Springfield, MO 65803.

PRODUCT REGISTRATION FORM		Stamina Products, Inc. 2040 N Alliance Ave, Springfield, MO 65803	
Model Number:		Serial Number:	
Product Name:			
Place Purchased:			
Date of Purchase:		Purchase Price:	
First Name:		Last Name:	
City:	State:	Phone #: ()	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 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



PARTS ORDER FORM		Stamina Products, Inc. 2040 N Alliance Ave, Springfield, MO 65803	
Mr./Ms:			
Address:		Apt. #:	
City:	State:	Zip Code:	
IMPORTANT : We require your phone number to process the order!			
Phone #: ()		Work Phone #: ()	
Date of Purchase:			
Model #:			
Purchased From:			
IMPORTANT: Before filling out the portion 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	