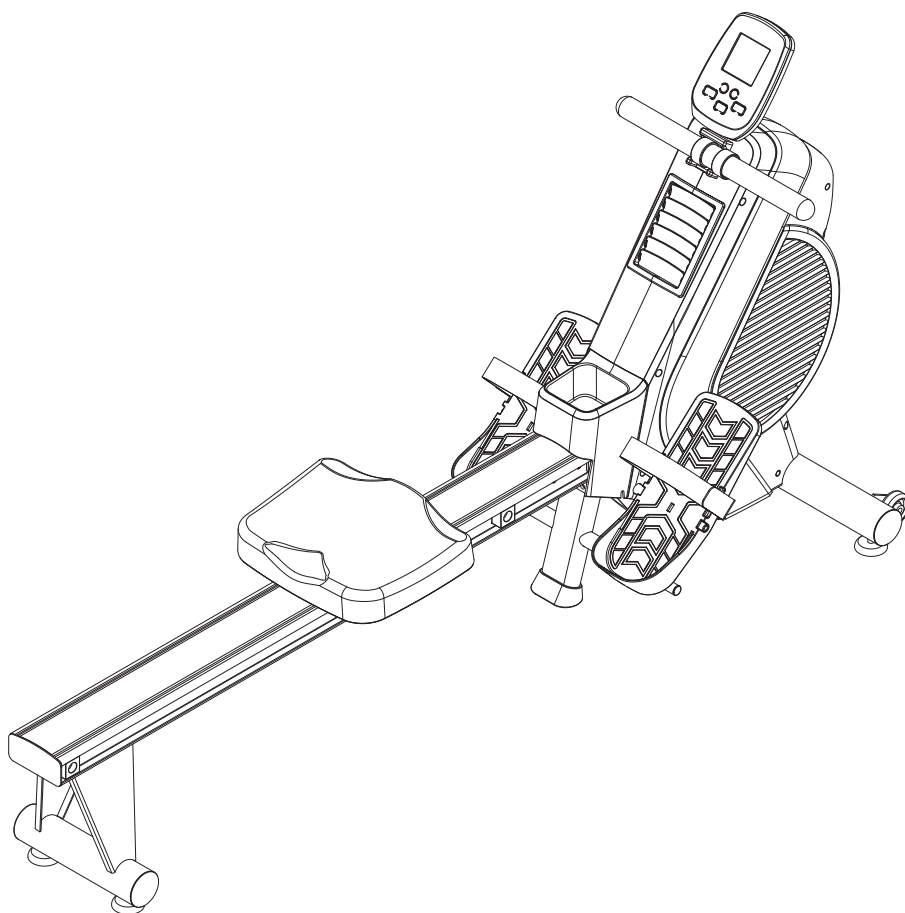




# D T PLUS ROWER

## Owner's Manual



Product May Vary Slightly From Pictured.

**CAUTION:**

Weight on this product should not exceed 250 lbs.

**▲ WARNING**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are 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#: 35-1409**

**S/N: \_\_\_\_\_**

This Product is Distributed Exclusively by



2040 N Alliance Ave, Springfield, MO 65803

Customer Care

1 (800) 375-7520


[www.staminaproducts.com](http://www.staminaproducts.com)

**STAMINA PRODUCTS  
MADE IN CHINA**

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2019, 06

# ACCESS YOUR ONLINE WORKOUT VIDEOS!

## How to Access Your Videos

1. Go to [video.staminaproducts.com](http://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.*

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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® DT Plus Rower.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Stamina® DT Plus Rower** for the first time.
2. Read all warnings and cautions posted on the **Stamina® DT Plus Rower**.
3. The **Stamina® DT Plus Rower** 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® DT Plus Rower**. Do not allow children to use or play on the **Stamina® DT Plus Rower**. Keep children and pets away from the **Stamina® DT Plus Rower** 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® DT Plus Rower** on a solid level surface. Do not position the **Stamina® DT Plus Rower** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **Stamina® DT Plus Rower**.
9. Before using, inspect the **Stamina® DT Plus Rower** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Before using, check the condition of the STRAP(50). Replace the STRAP(50) if it is cracked or broken.
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. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **Stamina® DT Plus Rower**.
14. 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.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Stamina® DT Plus Rower**, loss of balance may result in a fall and bodily injury.
16. Do not use the SEAT(45) to move the **Stamina® DT Plus Rower**. The SEAT(45) will move and the SEAT CARRIAGE(10) may pinch your hand or fingers.
17. The **Stamina® DT Plus Rower** should not be used by persons weighing over 250 pounds.
18. The **Stamina® DT Plus Rower** should be used by only one person at a time.
19. The **Stamina® DT Plus Rower** 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® DT Plus Rower**. We take great pride in 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® DT Plus Rower** 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

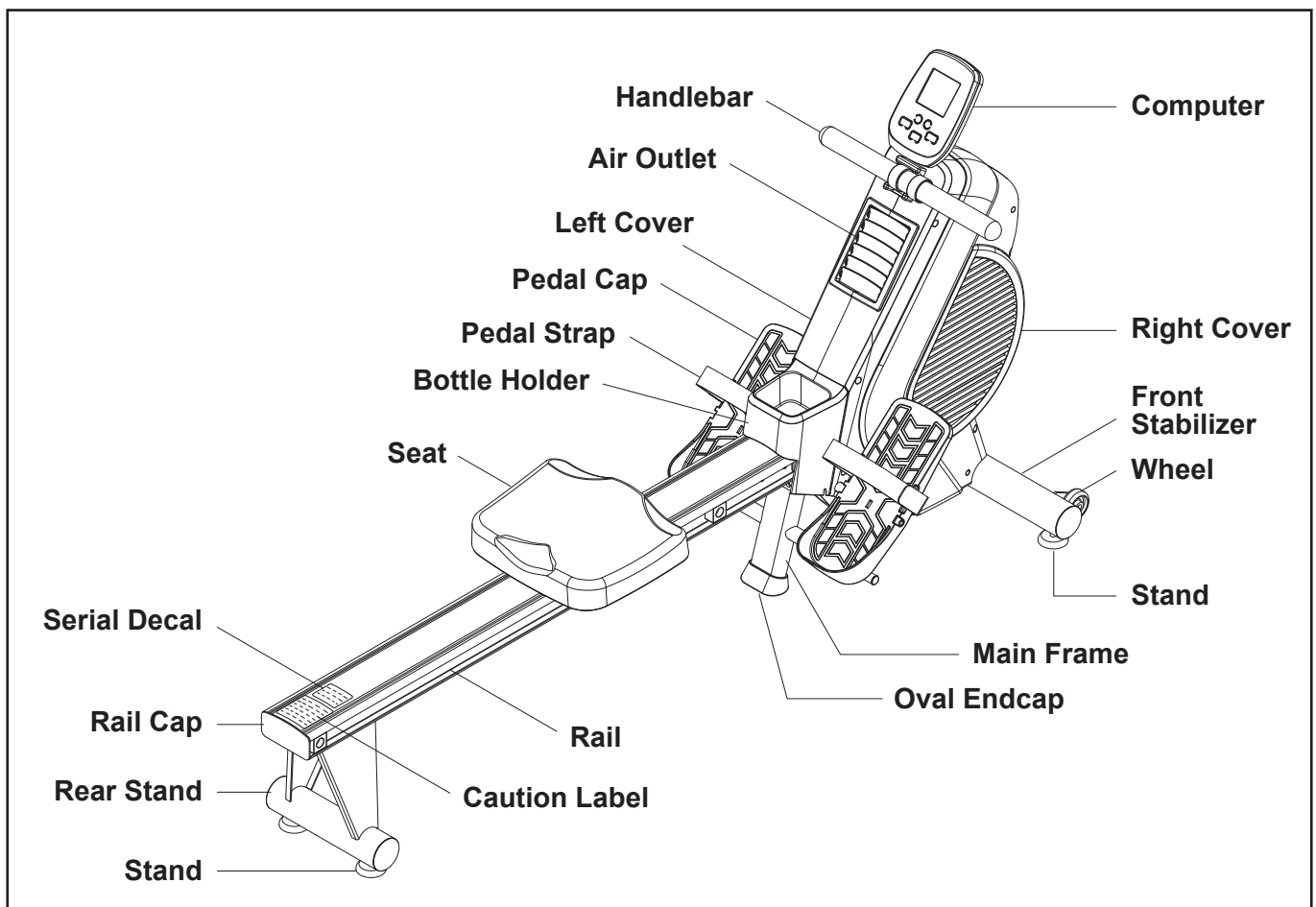
calling for assistance.

Read this manual carefully before using the **Stamina® DT Plus Rower**.

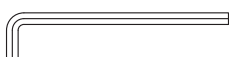
Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your **Stamina® DT Plus Rower**, please do not return the product. Contact us **FIRST!**

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](http://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 :



Allen Wrench (5mm)(2 pieces)



Combination Wrench

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

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

### CAUTION LABEL(35)



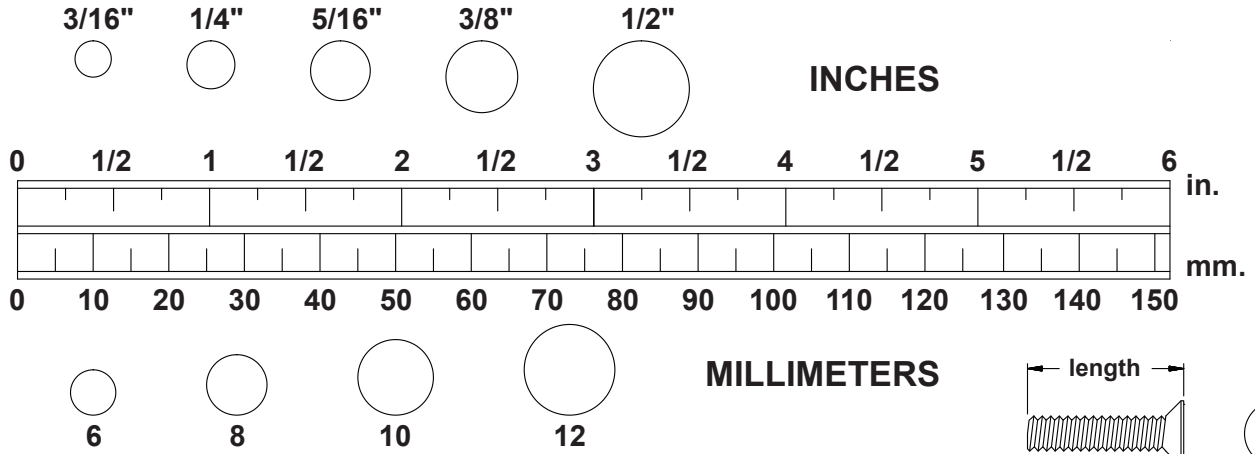
### SERIAL DECAL(103)



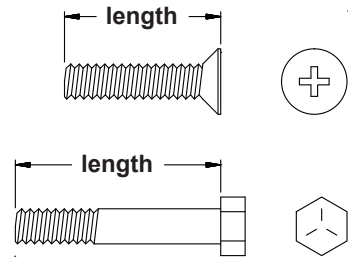
To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

# HARDWARE IDENTIFICATION CHART

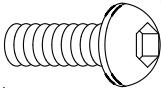

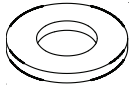
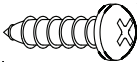
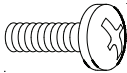
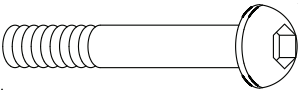

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**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
	66 Bolt, Button Head (M8 x 1.25 x 15mm)	6
	67 Bolt, Button Head (M8 x 1.25 x 20mm)	4
	68 Lock Washer (M8)	12
	69 Washer (M8)	8
	95 Washer (M6)	4
	96 Fender Washer (M8)	2
	72 Screw, Round Head (ST4.2 x 16mm)	2
	93 Bolt, Round Head (M6 x 1 x 10mm)	1
	94 Bolt, Round Head (M6 x 1 x 15mm)	4
	99 Bolt, Round Head (M6 x 1 x 12mm)	1
	97 Bolt, Button Head (M8 x 1.25 x 75mm)	2
	98 Arc Washer (M8)	2

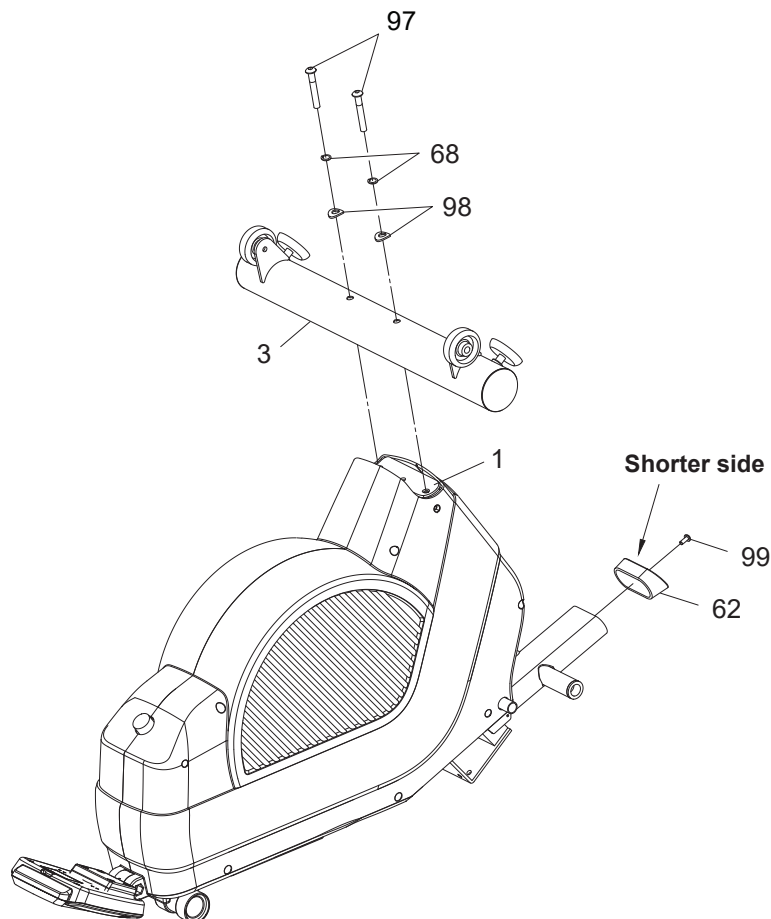
## ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to [staminaproducts.com](http://staminaproducts.com) 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.

**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.**

### STEP 1

Position the main assembly of the **Stamina® DT Plus Rower** as shown in the illustration below. Attach the **FRONT STABILIZER(3)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x75mm)(97)**, **LOCK WASHERS(M8)(68)**, and **ARC WASHERS(M8)(98)**. Attach the **OVAL ENDCAP(62)** to the **MAIN FRAME(1)** with **ROUND HEAD BOLT(M6x1x12mm)(99)**.





## ASSEMBLY INSTRUCTIONS

### STEP 2

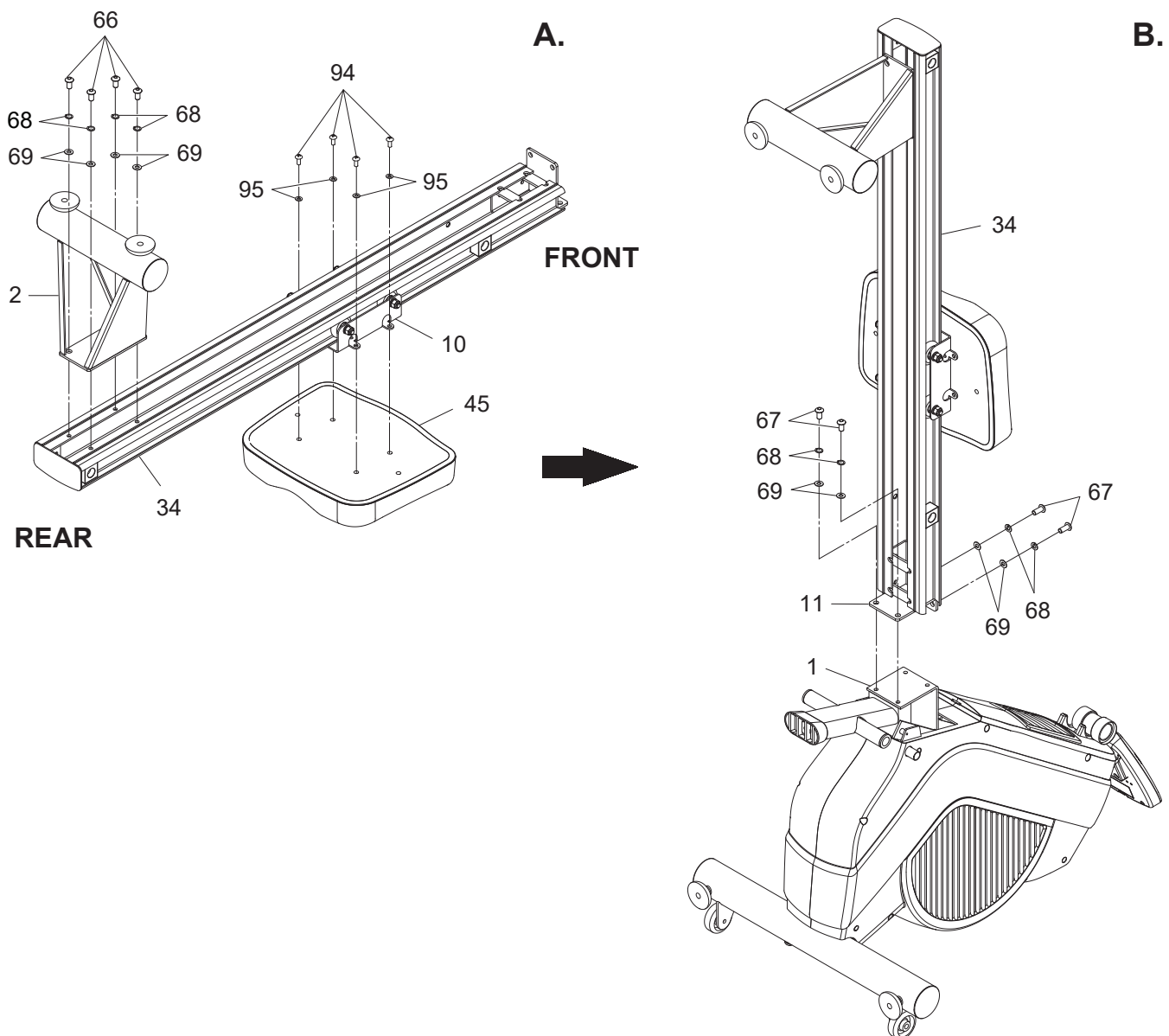
Refer to illustration A. Attach the **REAR STAND(2)** to the **RAIL(34)** with **BUTTON HEAD BOLTS (M8x1.25x15mm)(66)**, **LOCK WASHERS(M8)(68)**, and **WASHERS(M8)(69)**.

### STEP 3

Refer to illustration A. Attach the **SEAT(45)** to the **SEAT CARRIAGE(10)** with **ROUND HEAD BOLTS (M6x1x15mm)(94)** and **WASHERS(M6)(95)**.

### STEP 4

Position the main assembly of the **Stamina® DT Plus Rower** as shown in the illustration B. Assemble the **RAIL(34)** by attaching the **RAIL CONNECTOR(11)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS (M8x1.25x20mm)(67)**, **LOCK WASHERS(M8)(68)**, and **WASHERS(M8)(69)**.



## ASSEMBLY INSTRUCTIONS

### STEP 5

Insert the **HANDLEBAR(13)** through the **HANDLEBAR SLEEVE(48)**. Slide the **FOAM GRIP(46)** onto the protruding end of the **HANDLEBAR(13)**.

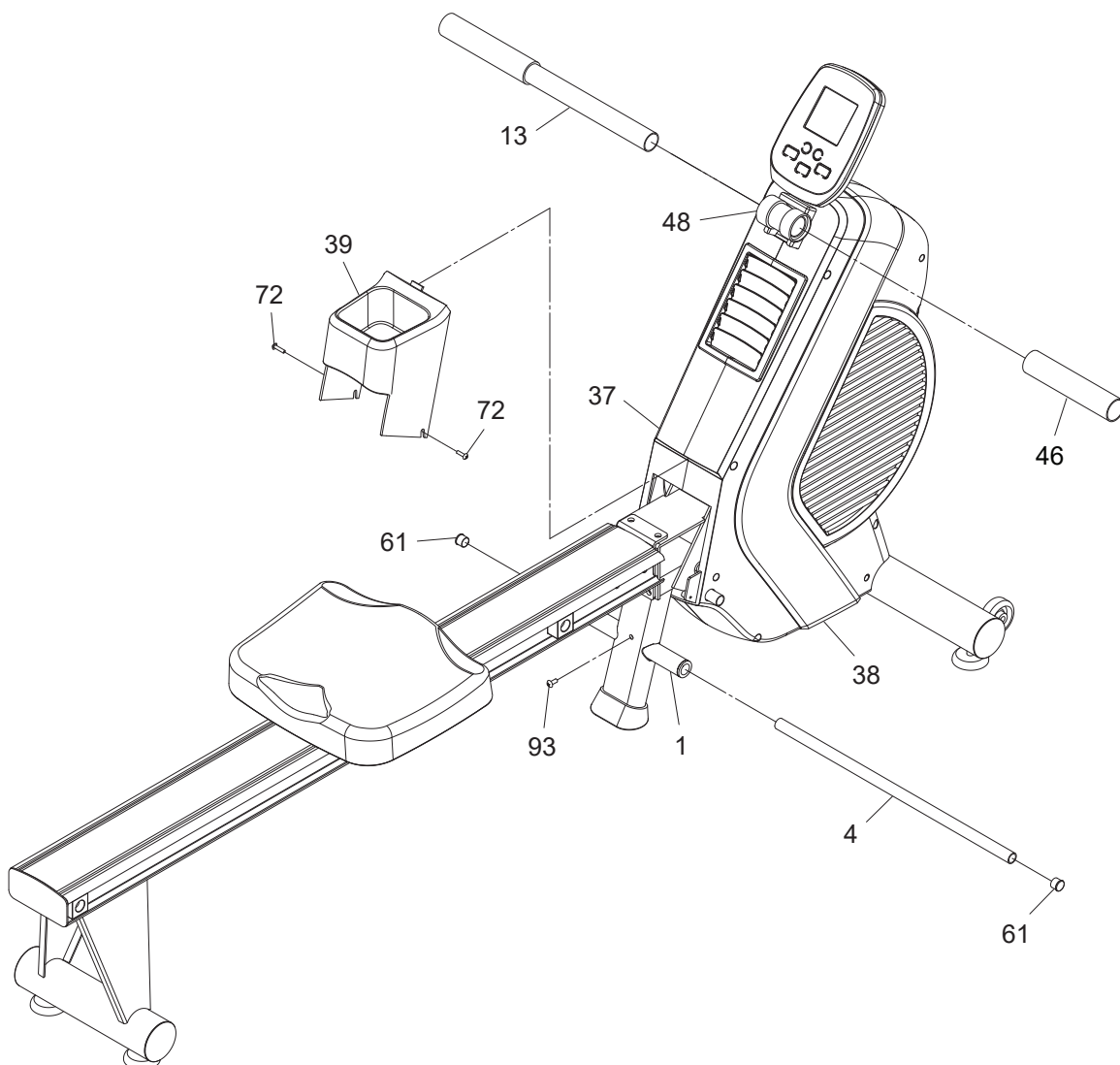
**NOTE:** Lubricate the **HANDLEBAR(13)** with a small amount of liquid soap or water for easier installation of the **FOAM GRIP(46)**.

### STEP 6

Insert the **PEDAL STOPPER BAR(4)** through the tube located on the **MAIN FRAME(1)** and position it at the center. Lock the **PEDAL STOPPER BAR(4)** in position with **ROUND HEAD BOLT(M6x1x10mm)(93)**. Press the **ROUND PLUGS(ø16mm)(61)** into both ends of the **PEDAL STOPPER BAR(4)**.

### STEP 7

Push the **BOTTLE HOLDER(39)** into the gap of the **LEFT** and **RIGHT COVERS(37, 38)**. Attach the **BOTTLE HOLDER(39)** to the **LEFT** and **RIGHT COVERS(37, 38)** with **ROUND HEAD SCREWS(ST4.2x16mm)(72)**.



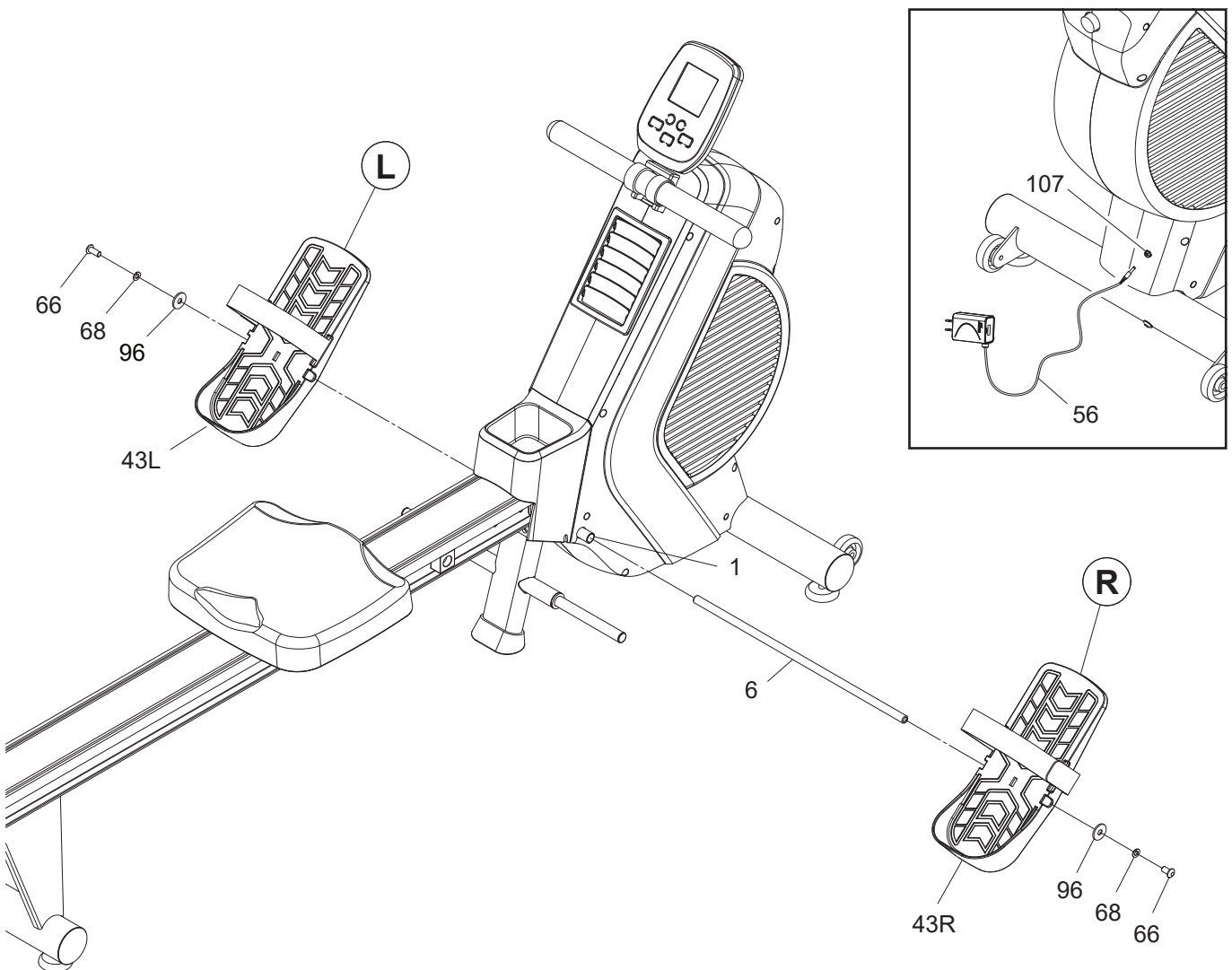
## ASSEMBLY INSTRUCTIONS

### STEP 8

There is an “L” decal on the left **PEDAL CAP(43L)**, and an “R” decal on the right **PEDAL CAP(43R)**. Insert the **PEDAL SHAFT(6)** through the tube located on the **MAIN FRAME(1)**. Slide the left **PEDAL CAP(43L)** onto the left side of the **PEDAL SHAFT(6)**. Slide the right **PEDAL CAP(43R)** onto the right side of the **PEDAL SHAFT(6)**. Then secure the **PEDAL CAPS(43)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(66)**, **LOCK WASHERS(68)**, and **FENDER WASHERS(M8)(96)** at both ends of the **PEDAL SHAFT(6)**. You need to use two Allen Wrenches to tighten the **BUTTON HEAD BOLTS(M8x1.25x15mm)(66)** at both ends of the **PEDAL SHAFT(6)** at the same time.

### STEP 9

Refer to detail view. Plug the **ADAPTER(56)** into the **SOCKET** of the **POWER WIRE(107)** located on the front of the rower. Plug the **ADAPTER(56)** into an electrical outlet.



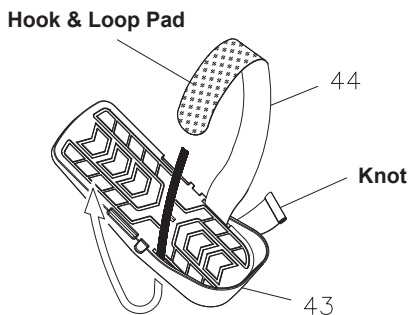
## OPERATIONAL INSTRUCTIONS

### PEDAL STRAP ADJUSTMENT

If you feel it is more comfortable for your workout, you can attach the **PEDAL STRAP(44)** to the lower position in the **PEDAL CAP(43)** as shown in illustration 1 below. Run the **PEDAL STRAP(44)** through the opening from the bottom of the **PEDAL CAP(43)**. Pull the **PEDAL STRAP(44)** to make the Knot against the bottom of the **PEDAL CAP(43)**. Run the **PEDAL STRAP(44)** through the opening in the **PEDAL CAP(43)** on the other side from the top as shown in illustration 1, then pull the end of the **PEDAL STRAP(44)** up to attach onto the upper part of the **PEDAL STRAP(44)** with the Hook & Loop Pad.

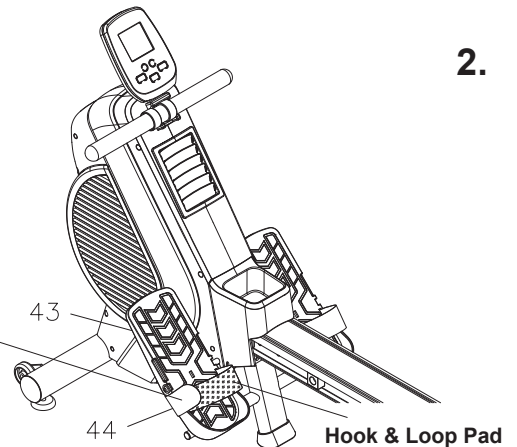
Attach the end of the **PEDAL STRAP(44)** to different position with the Hook & Loop Pad to adjust the length. Refer to illustration 2.

1.



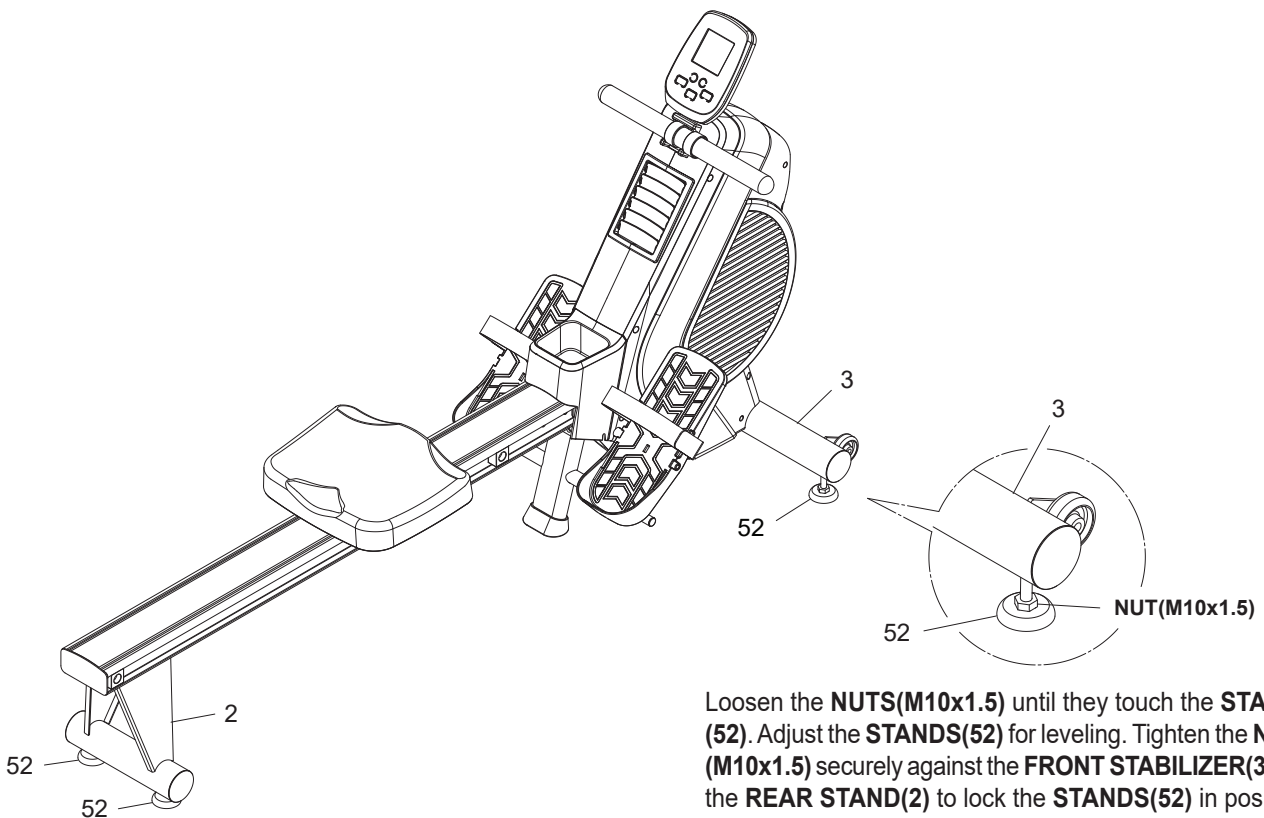
End of Pedal Strap

2.



### LEVELING THE Stamina® DT Plus Rower

Place the **Stamina® DT Plus Rower** in the area where it will be used. It is recommended that the **Stamina® DT Plus Rower** be placed on an equipment mat. Adjust the **STANDS(52)** under the **FRONT STABILIZER(3)** and the **REAR STAND(2)** so that the **Stamina® DT Plus Rower** sits on the floor without rocking. Refer to the instructions below the illustration.



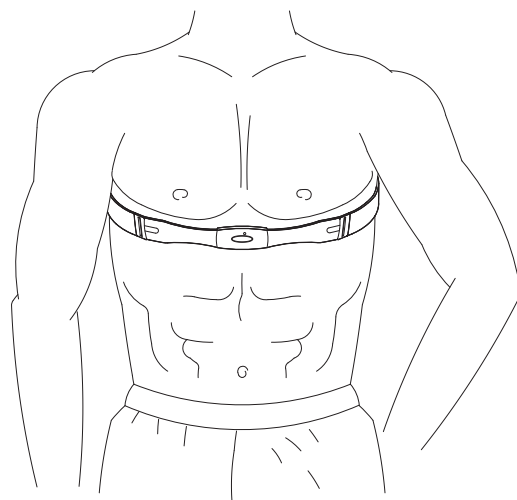
Loosen the **NUTS(M10x1.5)** until they touch the **STANDS(52)**. Adjust the **STANDS(52)** for leveling. Tighten the **NUTS(M10x1.5)** securely against the **FRONT STABILIZER(3)** and the **REAR STAND(2)** to lock the **STANDS(52)** in position.

## OPERATIONAL INSTRUCTIONS

We recommend that you use your own Heart Rate Transmitter to workout with the Stamina® DT Plus Rower. The Heart Rate Transmitter is not included in this rower. The frequency of the receiver built into the Stamina® DT Plus Rower is 5k Hz. All compatible Heart Rate Transmitters from other companies can be used with this product.

The **Stamina® DT Plus Rower** can measure how hard you are exercising by monitoring your heart rate with your **HEART RATE TRANSMITTER**. Your heart rate reading gives you a snapshot of how hard your heart is working at that point in your workout by measuring the number of heart beats per minute.

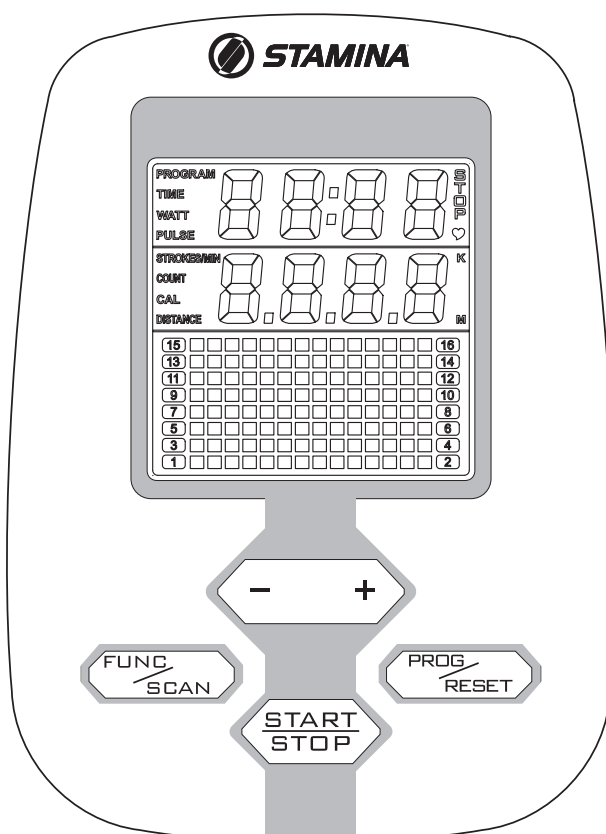
The **HEART RATE TRANSMITTER** worn around your chest sends your heart rate information to a receiver inside the **COMPUTER(14)** so your heart rate is tracked while you exercise. This is the most reliable way to measure your heart rate to make sure you are exercising within your target heart rate zone so you get the most out of your workout time.



Follow use and care instructions from the **HEART RATE TRANSMITTER** manufacturer to pair with the **Stamina® DT Plus Rower**.

## COMPUTER INSTRUCTIONS

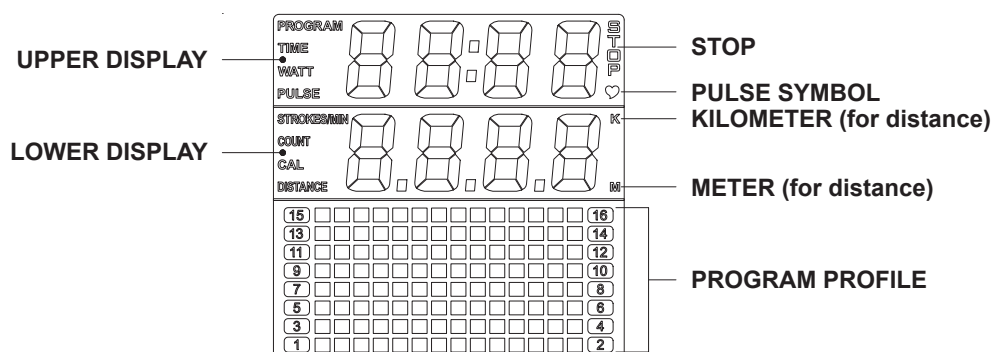
Your **Stamina® DT Plus Rower** utilizes a fan and magnetic braking system to create resistance for your workout. You control the amount and pattern of this resistance by means of the advanced computer console built into the **Stamina® DT Plus Rower**. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.



### FUNCTION BUTTONS:

- PROG/RESET:** Press to show the programs for selecting from P1 to P16, and U1 to U4.  
Press and hold the button down for five seconds to reset all of the function values to zero.
- FUNC/SCAN:** In STOP mode, press to select a program from P1 to P16, and U1 to U4. Press to preset the function values for TIME, COUNT, DISTANCE, CALORIES, and PULSE.  
During exercise, press to switch the display function values between fixed display or automatically scan display.
- + (UP):** Press to increase the preset values.  
Press to increase the level of the workload when running a program.
- (DOWN):** Press to decrease the preset values.  
Press to decrease the level of the workload when running a program.
- START/STOP:** Press to start the selected program. Press the **START/STOP** button to stop the program. You can press the **START/STOP** button again to continue to run the current program, or use **PROG/RESET** button to select a new program.

## COMPUTER INSTRUCTIONS



### LCD DISPLAY INSTRUCTIONS

**STOP:** Indicates the program selected has stopped. You must be in the “**STOP**” mode to setup the programs.

**PROGRAM:** Displays programs for selection during setup from P1 to P16 and U1 to U4. Displays the selected program during exercise.

**TIME:** Displays flashing “**0:00**” for presetting the program time during setup, from 1:00 to 99:00 min for Program 1 (manual program), from 5:00 to 99:00 min for P2 to P16 and U1 to U4, and counts down from the preset value. If no value is preset, displays the time during exercise, from 1 second up to 99:59 minutes.

**WATT:** Displays the amount of power being exerted from zero to 999 watt.

**PULSE:** Displays flashing “**90**” for presetting the heart rate limit of your workout during setup, from 90 to 220 beats per minute. When you reach the heart rate limit during exercise, the pulse readout will flash on the display to warn you. Displays the heart rate, from 40 to 240 beats per minute during exercise.

To use this function, you must wear the **HEART RATE TRANSMITTER** around your chest so the receiver, which is built into the rower, registers your heart rate from the **HEART RATE TRANSMITTER** for displaying. Each heart rate signal will be accompanied with one “**♥**” symbol flash. If you do not wear the **HEART RATE TRANSMITTER** around your chest correctly, a “**P**” mark will be displayed.

**NOTE:** The **HEART RATE TRANSMITTER** is not a medical device. Maintaining a consistent signal can be difficult due to the varying distances experienced during the rowing stroke. The pulse function is a great tool to optimize your workout, but should be used as a reference only.

**STROKES/MIN:** Displays the current strokes per minute during exercise, from zero to 999 strokes per minute.

**COUNT:** Displays flashing “**0**” for presetting the number of strokes you want to take during setup, from 10 to 9990, and counts down from the preset value. If no value is preset, displays the total number of strokes you have taken during exercise, from zero up to 9999 strokes.

**DISTANCE:** Displays flashing “**0**” for presetting the distance during setup, from 100 meter to 9.9 kilometer, and counts down from the preset value. If no value is preset, displays the distance you are traveling during exercise, from 1 meter up to 9.999 kilometers.

**CALORIES:** Displays flashing “**0:0**” for presetting the calories burned during setup, from 1 to 999 Kcal, and counts down from the preset value. Displays the calories burned, from zero up to 999.9 Kcal.

**NOTE:** The calorie readouts are an estimate for an average user. It should be used only as a comparison between workouts on this unit.

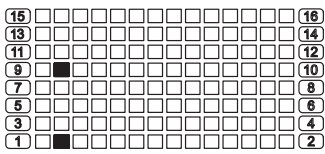






## COMPUTER INSTRUCTIONS

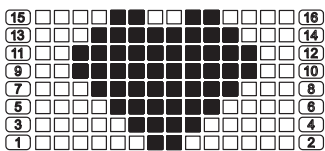
### (PROGRAM 15) COMPETITION



**COMPETITION PROGRAM:** There are two parts of the display. The upper part shows the workout distance, each bar means 1/10 of preset distance. The lower part shows the workout time, each bar means 1/10 of preset time. So this program is for you to finish 1/10 of the preset distance during every 1/10 of the preset time.

When the user finishes each interval of time, and the distance is less than 1/10 of the preset distance, the distance bar will flash for warning. Otherwise the bars will move to the next interval, and it means you have met the preset challenge. If you do not set the program time and distance in advance, the computer will use 10 minutes and 4 kilometer to run the program.

### (PROGRAM 16) Target Heart Rate



**TARGET HEART RATE CONTROL PROGRAM:** To use this program, you must wear the **HEART RATE TRANSMITTER** around your chest so the receiver, which is built into the rower, registers your heart rate from the **HEART RATE TRANSMITTER** during this program.

Once Program 16 is selected, the **PULSE** window displays flashing “90” for you to input desired target heart rate, from 90 to 220. The program will monitor your heart rate and adjust the workload automatically during exercise to keep your heart rate within the zone which is plus & minus 5 Heart Beats from the target heart rate you setup.

## HEART RATE MONITORING

To get the maximum benefit from your **Stamina® DT Plus Rower** workout it is important that you exercise within your target heart rate zone for at least 20 minutes. Research has shown that working out below your target heart rate zone won't burn fat or improve your cardiovascular fitness, and working above your target heart rate zone is also counter productive.

Everyone has their own target heart rate zone and exercising within that zone should be your goal every time you workout. Finding your personal target heart rate zone is calculated by:

**STEP 1:** Find your maximum heart rate with this simple formula:

$220 - \text{Age} = \text{predicted maximum heart rate}$

Example: A 40-year-old would have a predicted maximum heart rate of 180 beats per minute,  $220 - 40 = 180$ .

**STEP 2:** Your target heart rate zone is a range that is 55% to 90% of your maximum heart rate.\*

$\text{Predicted Maximum Heart Rate} \times .55 = \text{lower end of target heart rate zone}$

$\text{Predicted Maximum Heart Rate} \times .90 = \text{upper end of target heart rate zone}$

Example: A 40-year-old would have a Target Heart Rate Zone of 99 to 162 beats per minute;  $180 \times .55 = 99$ .  $180 \times .90 = 162$ .



## COMPUTER INSTRUCTIONS

### OPERATION INSTRUCTIONS

#### A. MANUAL AND PRESET PROGRAMS (PROGRAM 1 to PROGRAM 14)

##### STEP 1: POWER ON

Pull Handlebar or press any button.

##### STEP 2: SELECT PROGRAM

The Program M (Manual Program) is always displayed first when you turn on the computer. Press the **FUNC/SCAN** button to select the Program M. Or press the **PROG/RESET** button to select other programs.

##### STEP 3: SET THE PROGRAM TIME, COUNT, DISTANCE, CALORIES, and PULSE

Press the **FUNC/SCAN** button to select the desired program. The computer will go through the input items as follows and allow you to set the function values. Use “**+/-**” and **FUNC/SCAN** buttons to input the values. Or press the **FUNC/SCAN** button to pass some of the inputs.

Time (5:00\* to 99:00 min) → Count (10 to 9990 rows) → Distance (100 meter to 9.9 Km)  
→ Calories (1 to 999 Kcal) → Pulse (90 to 220 bpm)

*\*For program M (Manual Program), the preset program time is from 1:00 to 99:00 minutes.*

##### STEP 4: START TO WORKOUT

Now you are ready to begin exercising. The program will not start until you press the **START/STOP** button.

#### B. COMPETITION PROGRAM (PROGRAM 15)

##### STEP 1: POWER ON

Pull Handlebar or press any button.

##### STEP 2: SELECT PROGRAM

Press **PROG/RESET** button until Program 15 is displayed.

##### STEP 3: SET THE PROGRAM TIME and DISTANCE

Press the **FUNC/SCAN** button to select the program. The computer will go through the input items as follows and allow you to set the function values. Use “**+/-**” and **FUNC/SCAN** buttons to input the values.

Time (1:00 to 99:00 min) → Distance (100 meter to 9.9 Km)

(Note: You can only preset the “TIME” and “DISTANCE” for this program.)

##### STEP 4: START THE WORKOUT

Press the **START/STOP** button to start the workout.

#### C. HEART RATE CONTROL PROGRAM (PROGRAM 16)

**NOTE:** To use this program, you must wear the **HEART RATE TRANSMITTER** around your chest.

##### STEP 1: POWER ON

Pull Handlebar or press any button.

##### STEP 2: SELECT PROGRAM

Press **PROG/RESET** button until Program 16 is displayed.

##### STEP 3: SET THE PROGRAM PULSE, TIME, COUNT, DISTANCE, and CALORIES

Press the **FUNC/SCAN** button to select the program. The computer will go through the input items as follows and allow you to set the function values. Use “**+/-**” and **FUNC/SCAN** buttons to input the values. Or press the **FUNC/SCAN** button to pass some of the inputs.

Pulse (90 to 220 bpm) → Time (5:00 to 99:00 min) → Count (10 to 9990 rows)  
→ Distance (100 meter to 9.9 Km) → Calories (1 to 999 Kcal)

##### STEP 4: START THE WORKOUT

Press the **START/STOP** button to start the workout.

## COMPUTER INSTRUCTIONS

### D. USER SETTING PROGRAMS (PROGRAM U1 to PROGRAM U4)

#### STEP 1: POWER ON

Pull Handlebar or press any button.

#### STEP 2: SELECT PROGRAM

Press **PROG/RESET** button until the desired program is displayed.

#### STEP 3: SET THE PROGRAM TIME, COUNT, DISTANCE, CALORIES, and PULSE

Press the **FUNC/SCAN** button to select the program. The computer will go through the input items as follows and allow you to set the function values. Use “**+/-**” and **FUNC/SCAN** buttons to input the values. Or press the **FUNC/SCAN** button to pass some of the inputs.

Time (5:00 to 99:00 min) → Count (10 to 9990 rows) → Distance (100 meter to 9.9 Km)  
→ Calories (1 to 999 Kcal) → Pulse (90 to 220 bpm)

#### STEP 4: EDIT THE PROGRAM PROFILE

Press the **FUNC/SCAN** button, interval 1 will begin flashing. Use “**+/-**” buttons to set the load for interval 1. Press the **FUNC/SCAN** button to proceed to the next interval. Use “**+/-**” buttons to set the load for each interval.

#### STEP 5: START THE WORKOUT

Press the **START/STOP** button to start the workout.

### OPERATION DESCRIPTIONS

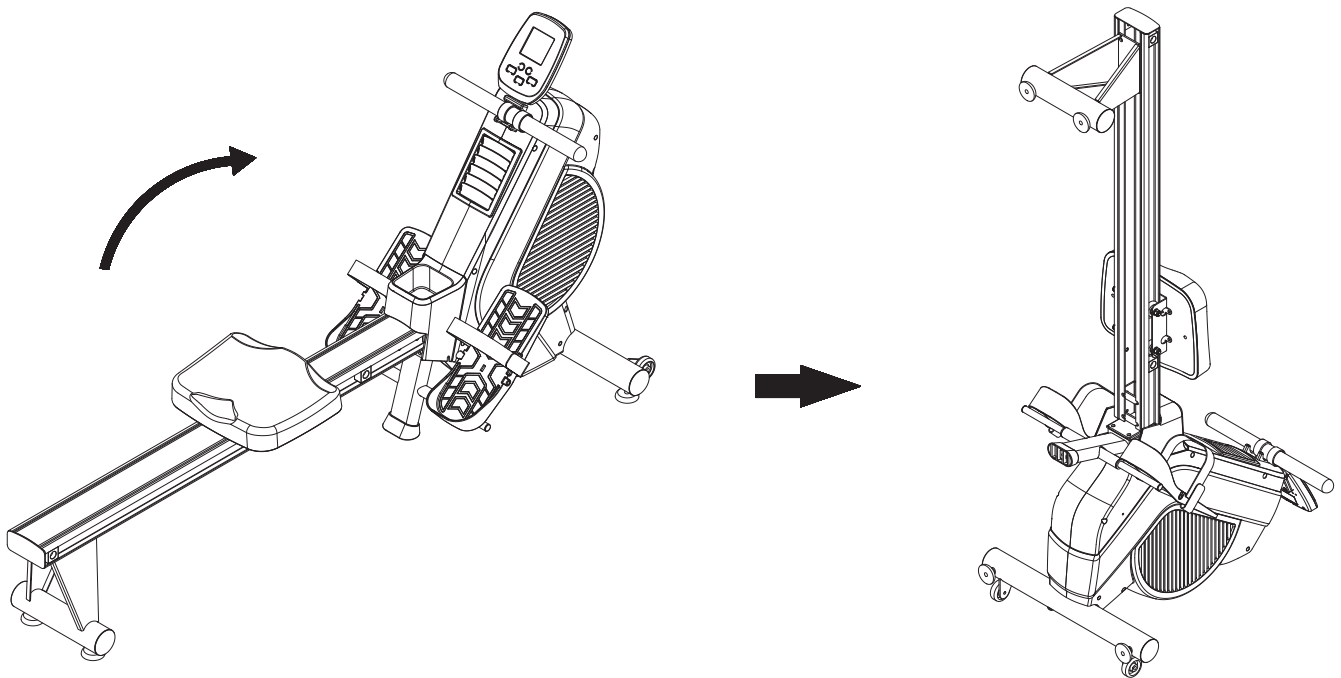
1. You may preset values for several functions. The preset function values will start to count down once you press the **START/STOP** button to start exercising. Preset values will only count down, they will not count up. When you complete one of the preset functions, the computer will remind you with an audible alarm for ten seconds and stops running the program. Press any button to stop the audible alarm. Two possible options follow: Option A: press the **START/STOP** button to continue to run the current program. The value of this completed function will start to count up, while the other preset functions will continue to count down until you reach the next preset function. Option B: press **PROG/RESET** button to select a new program.
2. To stop a running program, press the **START/STOP** button. In this mode, you can press the **START/STOP** button again to continue to run the current program. Or, you can use **PROG/RESET** button to select a new program.
3. If you want to restart with a new program, press the **PROG/RESET** button and hold it down for five seconds to reset all of the function values to zero. Use **PROG/RESET** button to select a new program.
4. The computer will shut off automatically after 4 minutes of inactivity and all function values will be reset to zero.

### POWER SOURCE:

The computer uses the **ADAPTER(56)** as a power source. Use the **Stamina® DT Plus Rower** with the **ADAPTER(56)** plugged into an electrical outlet.

## STORAGE

1. To store the **Stamina® DT Plus Rower**, simply keep it in a clean dry place.
2. Move the **Stamina® DT Plus Rower** with the **WHEELS(51)** on the **FRONT STABILIZER(3)**. Lift the Rear Stabilizer on the **REAR STAND(2)** to move the **Stamina® DT Plus Rower**. Do not use the **SEAT(45)** to move the **Stamina® DT Plus Rower**. The **SEAT(45)** will move and the **SEAT CARRIAGE(10)** may pinch your hand or fingers.
3. To avoid damage to the meter, remove the batteries before storing the **Stamina® DT Plus Rower** for one year or more.
4. Refer to the illustration below. You can stand the **Stamina® DT Plus Rower** on end for storage.



## MAINTENANCE

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

1. Pull on the **HANDLEBAR(13)** and verify that the Fan and Magnetic System provides tension and the seat travel is smooth and stable.
2. Clean the roller tracks in the **RAIL(34)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **STRAP(50)**. Replace the **STRAP(50)** if it is cracked or broken.
5. Verify that the **CAUTION LABEL(35)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(35)** if it is missing or damaged.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components must be replaced immediately or the **Stamina® DT Plus Rower** removed from service until repair is made.
8. Only Stamina Products supplied components should be used to maintain/repair the **Stamina® DT Plus Rower**.
9. Keep your **Stamina® DT Plus Rower** 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.

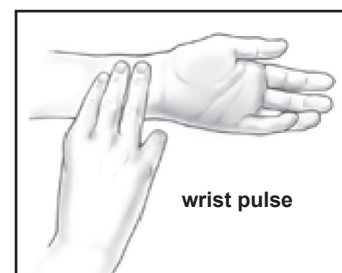
Remember to follow these essentials:

- 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:  $220 - \text{Age} = \text{predicted maximum heart rate}$

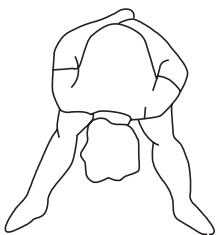


## WARM-UP and COOL-DOWN

**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.

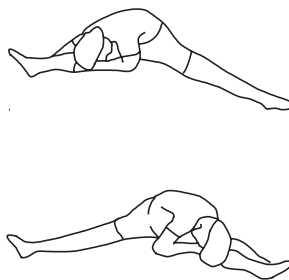
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



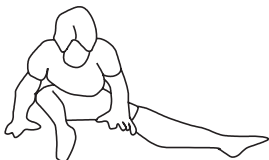
#### Lower Body Stretch

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.



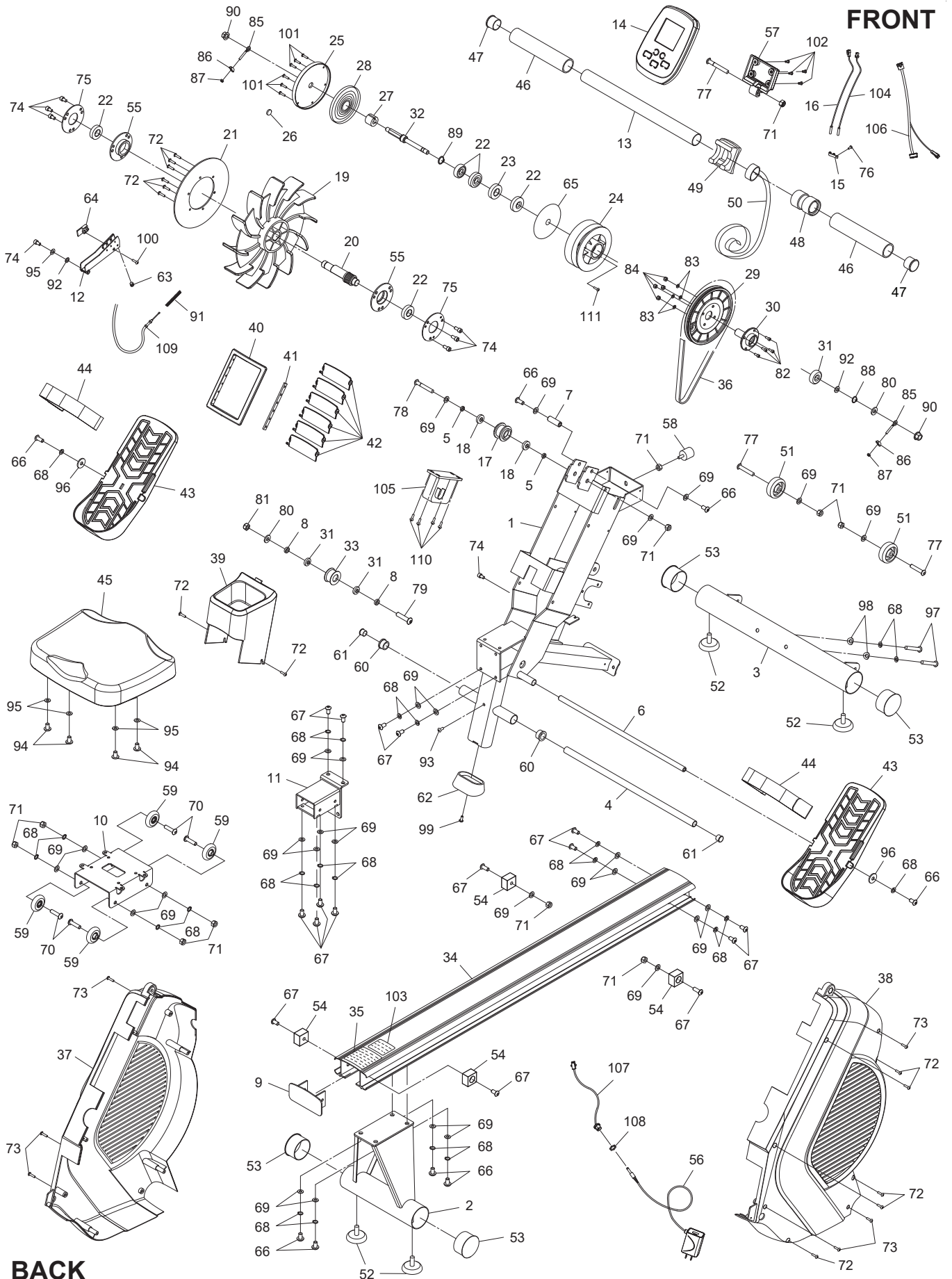
#### Bent Over Leg Stretch

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	Rear Stand	1
3	Front Stabilizer	1
4	Pedal Stopper Bar	1
5	Spacer (ø8 x ø10 x 7mm)	2
6	Pedal Shaft	1
7	Spacer (ø8 x ø12 x 38.5mm)	1
8	Spacer (ø10.2 x ø16 x 6mm)	2
9	Rail Cap	1
10	Seat Carriage	1
11	Rail Connector	1
12	Magnetic Brake	1
13	Handlebar	1
14	Computer	1
15	Sensor Clip	1
16	Female Sensor Wire	1
17	Upper Idler Wheel	1
18	Bearing (608zz)	2
19	Fan Wheel	1
20	Fan Wheel Shaft	1
21	Fan Support Plate	1
22	Bearing (6003zz)	5
23	One-way Bearing (HF1712)	1
24	Strap Pulley	1
25	Strap Pulley Cover	1
26	Magnet	1
27	Spiral Spring Core	1
28	Flat Spiral Spring	1
29	Pulley	1
30	One-way Bearing	1
31	Bearing (6000)	3
32	Strap Pulley Shaft	1
33	Lower Idler Wheel	1
34	Rail	1
35	Caution Label	1
36	V-Ribbed Belt	1
37	Left Cover	1
38	Right Cover	1
39	Bottle Holder	1
40	Air Outlet Frame	1
41	Blade Connecting Rod	1
42	Air Outlet Blade	6
43	Pedal Cap	2
44	Pedal Strap	2
45	Seat	1
46	Foam Grip	2
47	Round Plug (ø32mm)	2
48	Handlebar Sleeve	1
49	Handlebar Holder	1
50	Strap	1
51	Wheel	2
52	Stand	4
53	Endcap (60mm)	4
54	Seat Stopper	4
55	Bearing Housing	2
56	Adapter, Output 9V DC, 1A	1
57	Computer Support	1
58	Foot Stand	1

## PARTS LIST

PART#	PART NAME	QTY
59	Roller	4
60	Stopper Bar Bushing	2
61	Round Plug (ø16mm)	2
62	Oval Endcap	1
63	Retaining Plug	1
64	Guide Block	1
65	Rubbing Disc	1
66	Bolt, Button Head (M8 x 1.25 x 15mm)	8
67	Bolt, Button Head (M8 x 1.25 x 20mm)	16
68	Lock Washer (M8)	24
69	Washer (M8)	28
70	Bolt, Flat Socket Head (M8 x 1.25 x 32mm)	4
71	Nylock Nut (M8 x 1.25)	11
72	Screw, Round Head (ST4.2 x 16mm)	13
73	Screw, Round Head Self-Drill (ST4.2 x 20mm)	6
74	Bolt, Socket Head (M6 x 1 x 10mm)	8
75	Bearing Housing Cover	2
76	Screw, Round Washer Head (M5 x 0.8 x 10mm)	1
77	Bolt, Button Head (M8 x 1.25 x 40mm)	3
78	Bolt, Button Head (M8 x 1.25 x 60mm)	1
79	Bolt, Button Head (M10 x 1.5 x 45mm)	1
80	Washer (M10)	2
81	Nylock Nut (M10 x 1.5)	1
82	Bolt, Socket Head (M6 x 1 x 16mm)	4
83	Lock Washer (M6)	4
84	Nylock Nut (M6 x 1)	4
85	Eye Bolt (M6 x 1)	2
86	Tension Bracket	2
87	Nut (M6 x 1)	2
88	C Ring (S10)	1
89	C Ring (S17)	1
90	Flange Nut (M10 x 1.25)	2
91	Spring	1
92	Wave Washer (10mm)	2
93	Bolt, Round Head (M6 x 1 x 10mm)	1
94	Bolt, Round Head (M6 x 1 x 15mm)	4
95	Washer (M6)	5
96	Fender Washer (M8)	2
97	Bolt, Button Head (M8 x 1.25 x 75mm)	2
98	Arc Washer (M8)	2
99	Bolt, Round Head (M6 x 1 x 12mm)	1
100	Screw, Flat Head (ST4.2 x 25mm)	1
101	Screw, Flat Head (ST4.2 x 16mm)	6
102	Screw, Round Head (M5 x 0.8 x 20mm)	4
103	Serial Decal	1
104	Male Sensor Wire	1
105	Control Motor	1
106	Magnetic Control Cable	1
107	Power Wire	1
108	Plug Nut	1
109	Tension Cable	1
110	Screw, Round Head (M5 x 0.8 x 12mm)	4
111	Screw, Round Head Self-Tapping (ST4.2 x 33mm)	1
112	Allen Wrench (5mm)	2
113	Combination Wrench	1
114	Manual	1

## LIMITED WARRANTY

MODEL 35-1409

### 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](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**

## **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  
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](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.; 2040 N Alliance Ave, Springfield, MO 65803.

<b>PRODUCT REGISTRATION FORM</b>		<b>Stamina Products, Inc.</b> 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](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> 2040 N Alliance Ave, Springfield, MO 65803	
Mr./Ms: .....			
Address: .....		Apt. #: .....	
City: .....	State: .....	Zip Code: .....	
<b>IMPORTANT : We require your phone number to process the order!</b>			
Phone #: ( ) .....		Work Phone #: ( ) .....	
Date of Purchase: .....			
Model #: .....			
Purchased From: .....			
<b>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!</b>			
PART #	DESCRIPTION	QUANTITY	
EXAMPLE: 1	Rear Unit Assembly	1	