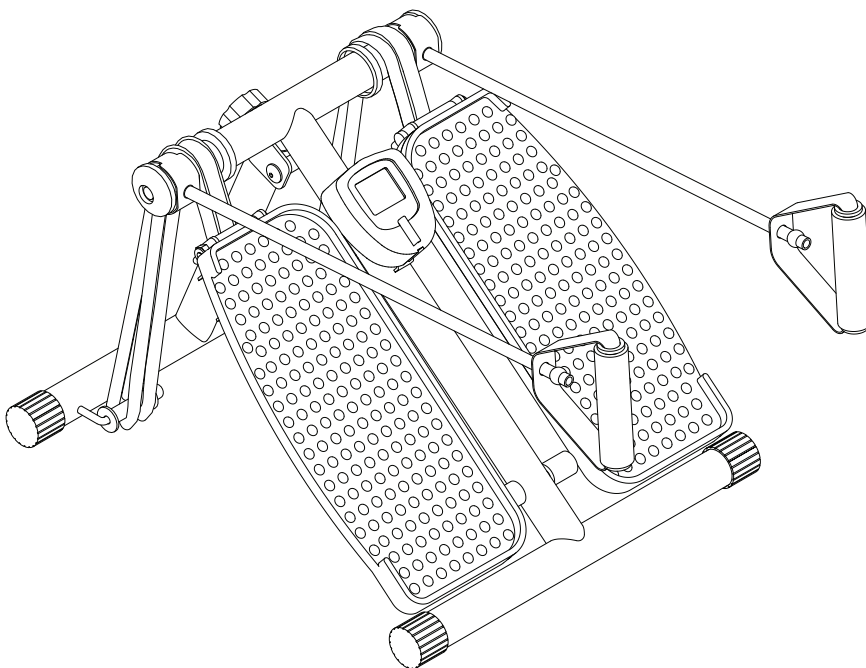


Stamina

in STRIDE *Foldaway* **Step 'n Tone**

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 number:

Model#: 40-0100A

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

www.staminaproducts.com


**STAMINA PRODUCTS
MADE IN CHINA**

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2009, 11


TABLE OF CONTENTS

Safety Instructions	2	Conditioning Guidelines	10
Before You Begin	4	Warm-Up and Cool-Down	11
Equipment Warning & Notice Labels	5	Product Parts Drawing	12
Assembly Instructions	6	Parts List	13
Operational Instructions	8	Warranty	14
Maintenance	8	Fax/Mail Ordering Form	15
Storage	9		

SAFETY INSTRUCTIONS

 **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the inStride® Foldaway Step'n Tone.

1. Read all warnings posted on the inStride® Foldaway Step'n Tone.
2. The inStride® Foldaway Step'n Tone should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the inStride® Foldaway Step'n Tone. Do not allow children to use or play on the inStride® Foldaway Step'n Tone. Keep children and pets away from the inStride® Foldaway Step'n Tone when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the inStride® Foldaway Step'n Tone on a solid level surface. Do not position the inStride® Foldaway Step'n Tone on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the inStride® Foldaway Step'n Tone.
8. Before using, inspect the inStride® Foldaway Step'n Tone for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. Before using, inspect the RESISTANCE TUBES(17, 18) and RESISTANCE HAND STRAPS(19) for nicks and cuts. Do not use the RESISTANCE TUBES(17, 18) and RESISTANCE HAND STRAPS(19) that are nicked or cut.
10. Before using, always check the FRONT FRAME(2) to be sure it is securely tighten with the LOCKING KNOB(12).
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 inStride® Foldaway Step'n Tone.
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 inStride® Foldaway Step'n Tone, loss of balance may result in a fall and serious bodily injury.
17. The inStride® Foldaway Step'n Tone should not be used by persons weighing over 250 pounds.
18. The inStride® Foldaway Step'n Tone should be used by only one person at a time.
19. The inStride® Foldaway Step'n Tone is for consumer use only. It is not for use in public or semipublic facilities.

 **WARNING:** Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

Call Us First



Customer Service
1 (800) 375-7520
www.staminaproducts.com

THANK YOU FOR PURCHASING THE
inStride® Foldaway Step'n Tone

To help you get started, we have pre-assembled most of your inStride® Foldaway Step'n Tone at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual.

With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com



MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **inStride® Foldaway Step'n Tone**. 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 **inStride® Foldaway Step'n Tone** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

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

Read this manual carefully before using the **inStride® Foldaway Step'n Tone**.

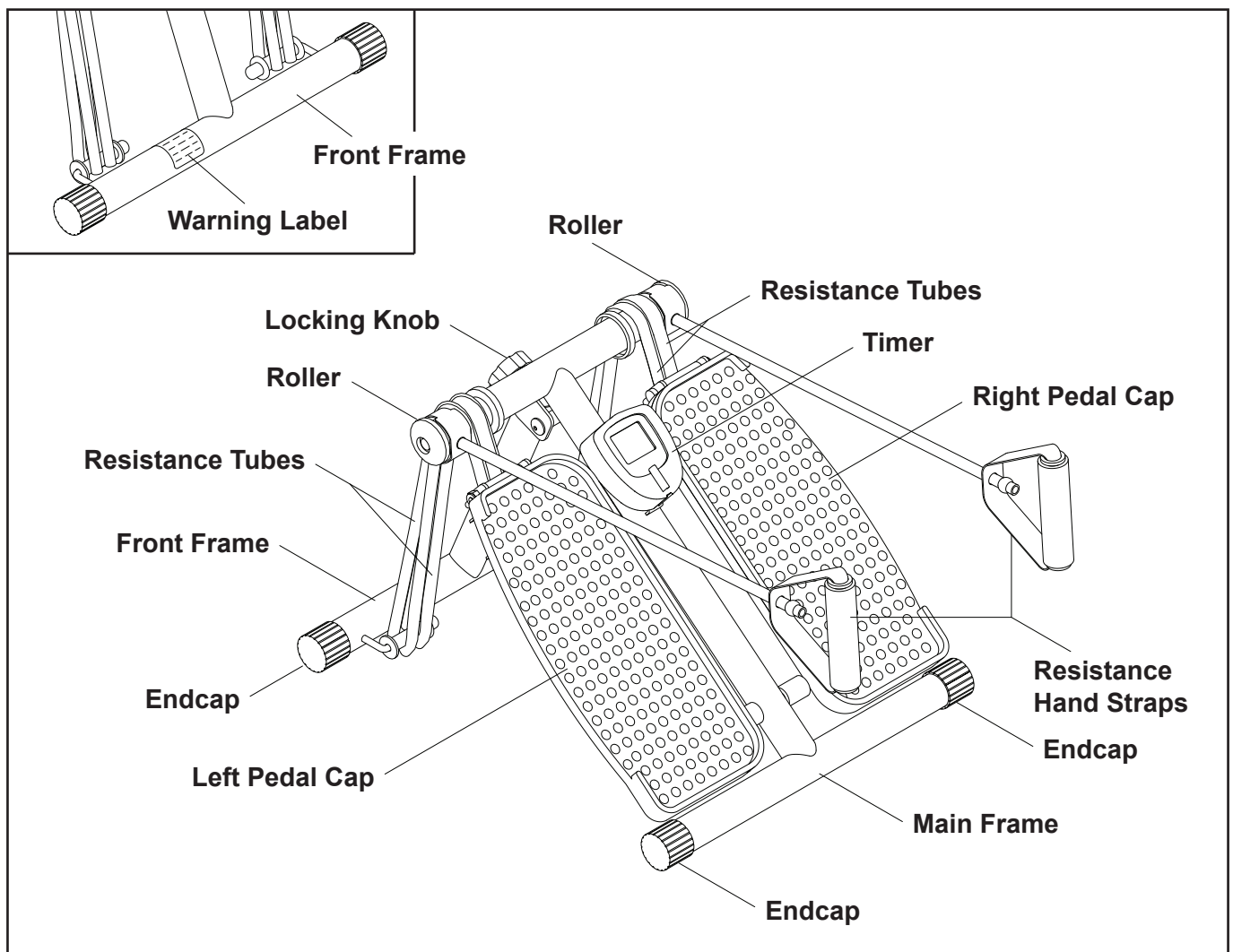
Although Stamina constructs its products with

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 **inStride® Foldaway Step'n Tone**, please do not return the product. Contact us FIRST!

If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service 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.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

Be sure to have the name and model number of the product available when you contact us.



EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning and notice labels on the **inStride® Foldaway Step'n Tone**. Please take a moment to familiarize yourself with all of the warning and notice labels.

Label is larger than actual size

W1 WARNING LABEL(27)



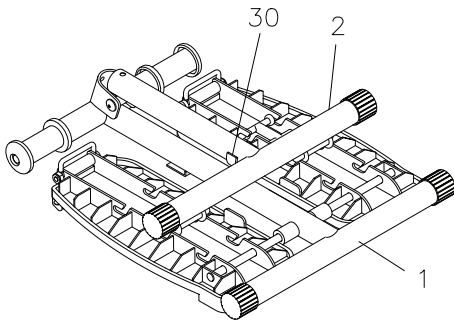
ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1-800-375-7520** or e-mail us at customerservice@staminaproducts.com.

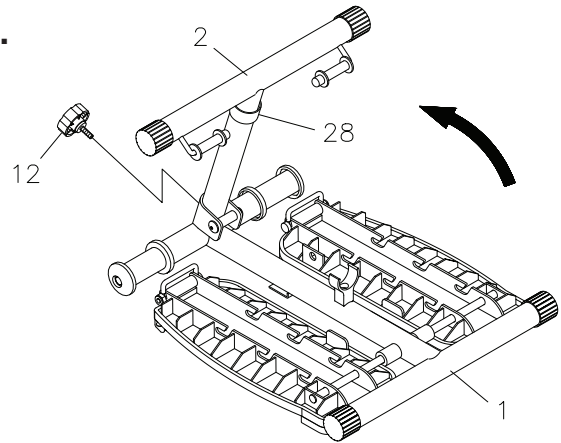
STEP 1: Place the **inStride® Foldaway Step'n Tone** in the position shown in illustration A.

STEP 2: Refer to illustration B. Unfold the **FRONT FRAME(2)** and secure with the **LOCKING KNOB(12)**.

A.



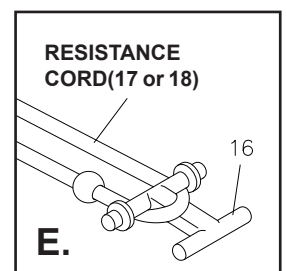
B.



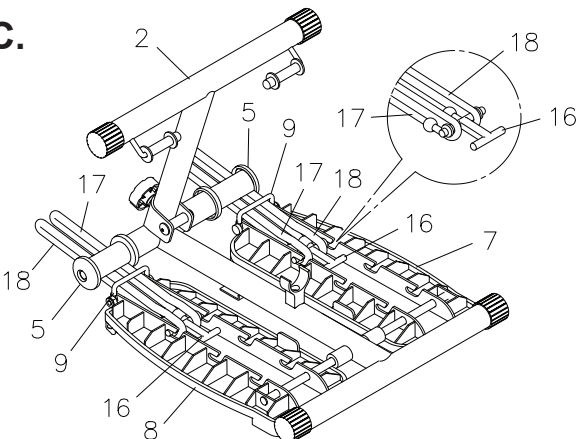
STEP 3: Refer to the inset drawing in illustration C. Hang a **RESISTANCE TUBE(17)** and a **POWER RESISTANCE TUBE(18)** on the **HOOK HANDLE(16)**. Slide the **HOOK HANDLE(16)** into one of the slots on the **RIGHT PEDAL CAP(8)**. Run the **RESISTANCE TUBES(17, 18)** through the **GUIDE(9)**, and go under the **ROLLER(5)**. Then hang the **RESISTANCE TUBES(17, 18)** on the hook on the **FRONT FRAME(2)**. Refer to illustration D. Repeat on other side.

NOTE: You can adjust the pedal resistance in two ways.

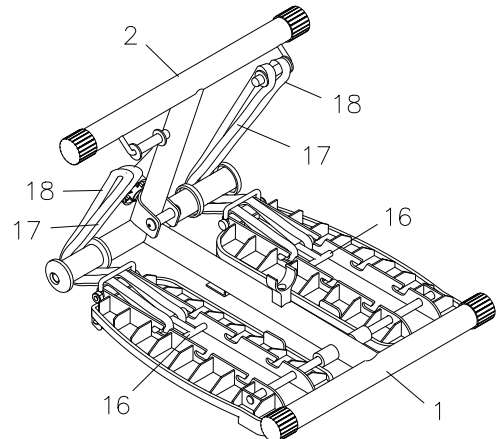
1. There are three slots on the backs of the **LEFT** and **RIGHT PEDAL CAPS(7, 8)**. Attach the **HOOK HANDLES(16)** at different positions to adjust the resistance. Move the **HOOK HANDLES(16)** to the top slot for less resistance, to the middle slot for medium resistance, or to the bottom slot for most resistance.
2. Choose the set of black regular **RESISTANCE TUBES(17)**, the set of red power **RESISTANCE TUBES(18)**, or both sets of tubes. Using one set of tubes, hang **RESISTANCE TUBE(17 or 18)** on each **HOOK HANDLE(16)** as shown in illustration E. Using two sets of tubes, hang **RESISTANCE TUBES(17 and 18)** on each **HOOK HANDLE(16)** as shown in the inset drawing in illustration C. Then slide the **HOOK HANDLE(16)** into one of the slots on the **LEFT** and **RIGHT PEDAL CAPS(7, 8)**.



C.



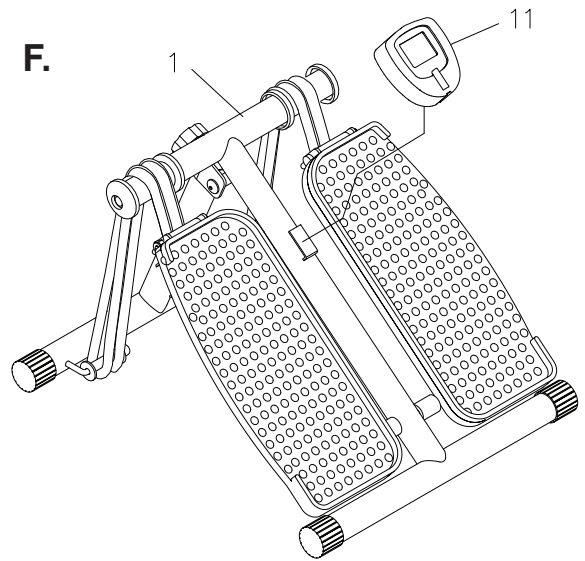
D.



ASSEMBLY INSTRUCTIONS

STEP 4

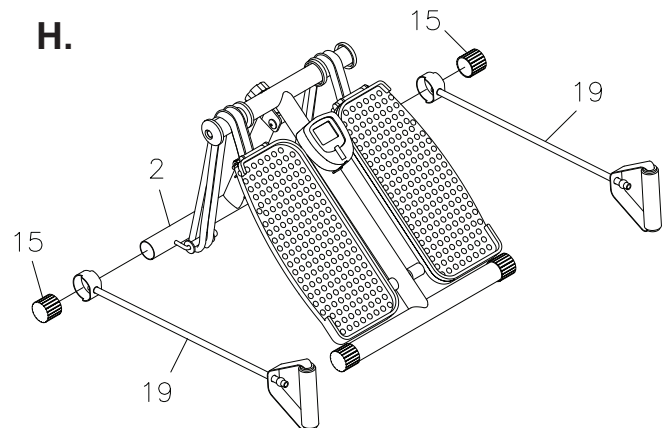
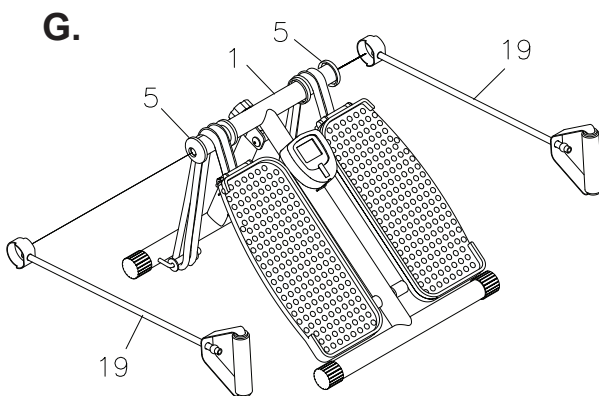
Place the **inStride® Foldaway Step'n Tone** in the normal use position. Install one AAA battery into the **TIMER(11)**, one battery included. See page 8 for detailed battery installation instructions. Slide the **TIMER(11)** onto the plate on the **MAIN FRAME(1)**. Refer to illustration F.



STEP 5

There are two optional **RESISTANCE HAND STRAPS(19)** that can be attached to the **inStride® Foldaway Step'n Tone** to add upper body toning to your cardiovascular workout. The **RESISTANCE HAND STRAPS(19)** can be attached as follows:

1. Simply hang the **RESISTANCE HAND STRAPS(19)** on the **ROLLERS(5)** on both sides. Refer to illustration G.
2. Remove the **ENDCAPS(15)** from the **FRONT FRAME(2)**. Slide the **RESISTANCE HAND STRAPS(19)** onto the **FRONT FRAME(2)** on both sides. Press the **ENDCAPS(15)** back on to the **FRONT FRAME(2)**. Refer to illustration H.

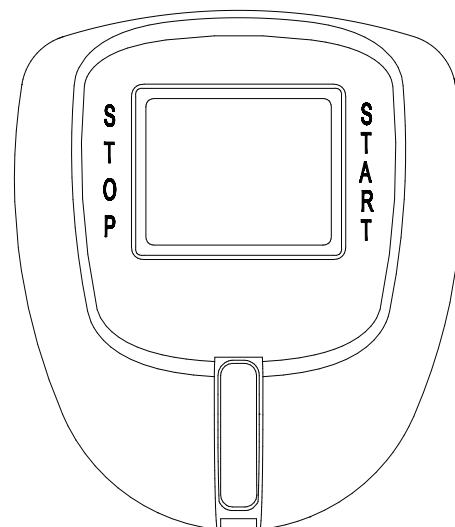


OPERATIONAL INSTRUCTIONS

USING THE ELECTRONIC TIMER

TIMER Function: The electronic timer displays minutes and seconds up to 99.59.

1. To time your workout, begin by pressing and holding the button on the face of the timer until zeros are displayed. Release the button.
2. Start the timer by pressing and releasing the button. Now you are ready to begin your workout.
3. To stop or pause the timer, press and release the timer button. This freezes the workout time. To resume your workout without losing the time displayed before stopping or pausing, press and release the button again.
4. When you complete your workout, press and release the timer button. The timer will automatically turn off after being in stop or pause mode for 4 minutes.

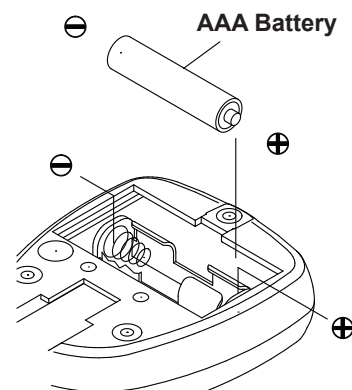


NOTE: Even after the timer automatically turns off, the time that was displayed prior to shut off will remain in memory. To resume your workout without losing the time displayed before stopping, press and release the timer button. To clear the time and start a new workout, press the timer button and hold it down for two seconds.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the timer.
2. The timer operates with one AAA battery, one battery included. Refer to the illustration to install or replace the battery.

NOTE: Rechargeable batteries are not recommended.



MAINTENANCE

The safety and integrity designed into the **inStride® Foldaway Step'n Tone** can only be maintained when the **inStride® Foldaway Step'n Tone** is regularly examined for damage and wear. Special attention should be given to the following:

1. Inspect the **RESISTANCE TUBES(17, 18)** and **RESISTANCE HAND STRAPS(19)** for nicks and cuts. Replace damaged **RESISTANCE TUBES(32, 33)** and **RESISTANCE HAND STRAPS(19)**.
2. Verify that the **WARNING LABEL(27)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(27)** if it is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the **inStride® Foldaway Step'n Tone** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **inStride® Foldaway Step'n Tone**.
6. Keep your **inStride® Foldaway Step'n Tone** clean by wiping it off with an absorbent cloth after use.

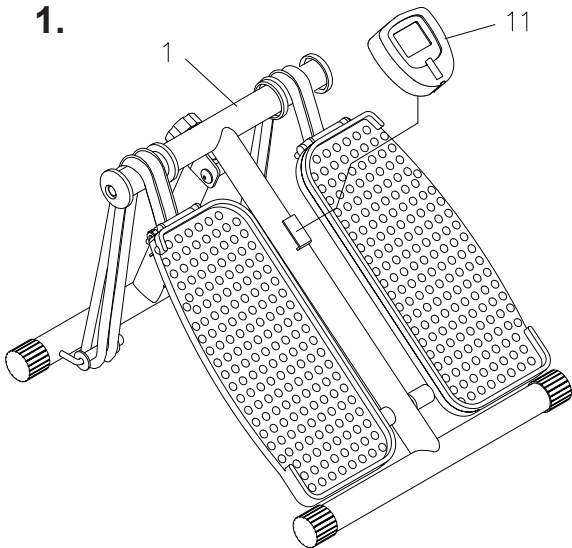
STORAGE

1. To store the **inStride® Foldaway Step'n Tone**, simply keep it in a clean dry place.
2. To avoid damage to the electronics timer, remove the battery before storing the **inStride® Foldaway Step'n Tone** for one year or more.
3. Grasp both the stabilizer of the **MAIN FRAME(1)** and **FRONT FRAME(2)** to move the **inStride® Foldaway Step'n Tone**.

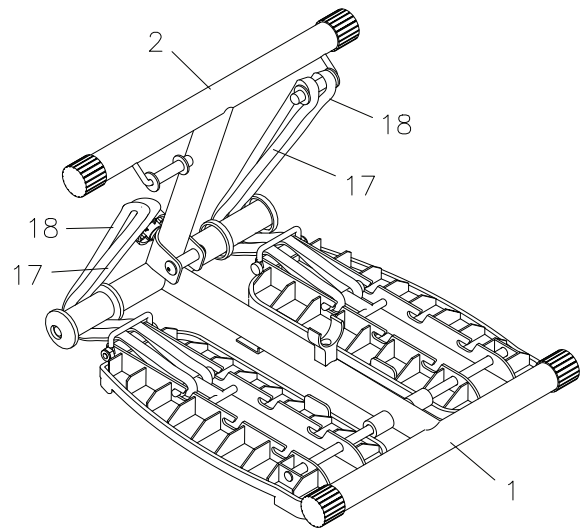
TO FOLD THE inSTRIDE® Foldaway Step 'N Tone FOR EASY STORAGE

1. Remove the **TIMER(11)** from the **MAIN FRAME(1)**. If the **TIMER(11)** is not removed then it may become damaged while it is being stored. Refer to illustration 1.
2. Place the **inStride® Foldaway Step'n Tone** in the position shown in illustration 2. Unhook the **RESISTANCE TUBES(17, 18)** from the hooks on the **FRONT FRAME(2)**. If the **RESISTANCE TUBES(17, 18)** are not completely removed then they may become damaged while being stored.

1.

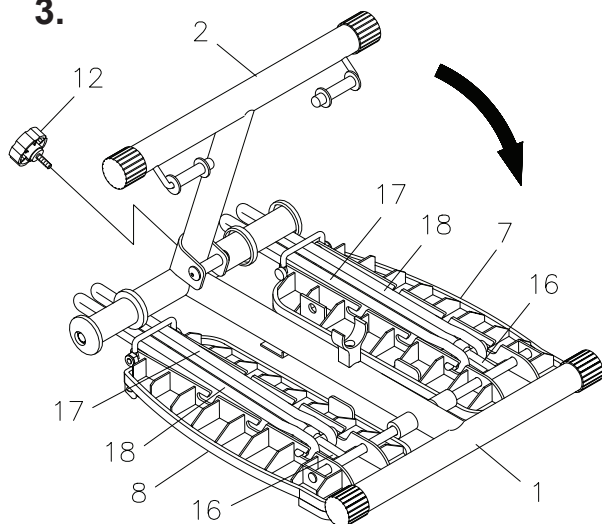


2.

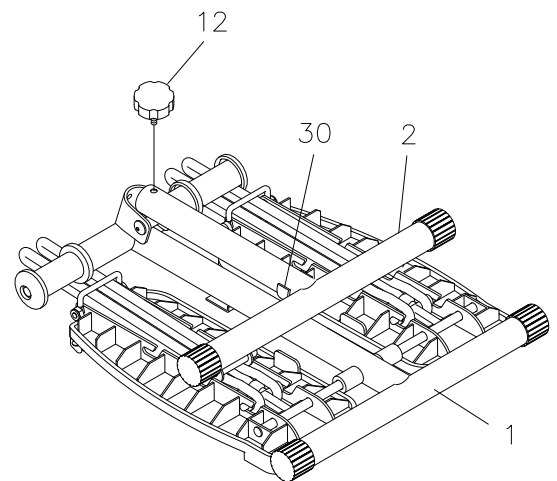


3. Adjust the **HOOK HANDLES(16)** to the last slots in the **LEFT and RIGHT PEDAL CAPS(7, 8)**. Remove the **LOCKING KNOB(12)** and fold the **FRONT FRAME(2)**. Refer to illustration 3.
4. Refer to illustration 4. The **FRONT FRAME(2)** should secure by the **PLASTIC HOLDER(30)** in folded position. Bolt the **LOCKING KNOB(12)** to the **FRONT FRAME(2)** for storage.

3.



4.



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.

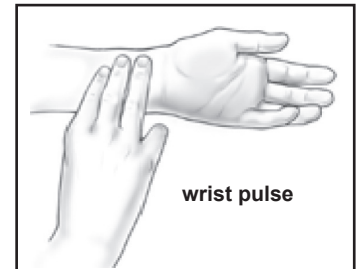
Remember to follow these essentials:

- 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

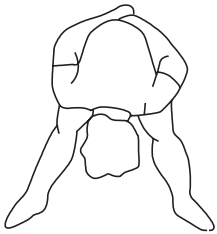
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

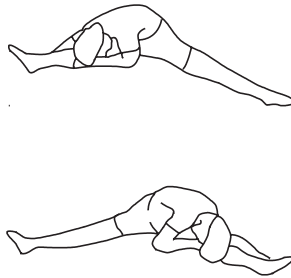
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



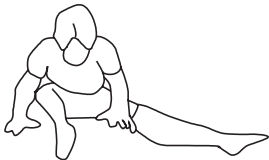
Lower Body Stretch

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.



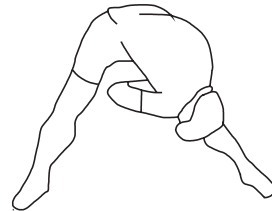
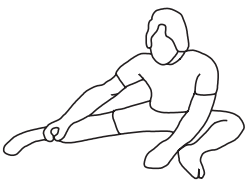
Floor Stretch

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

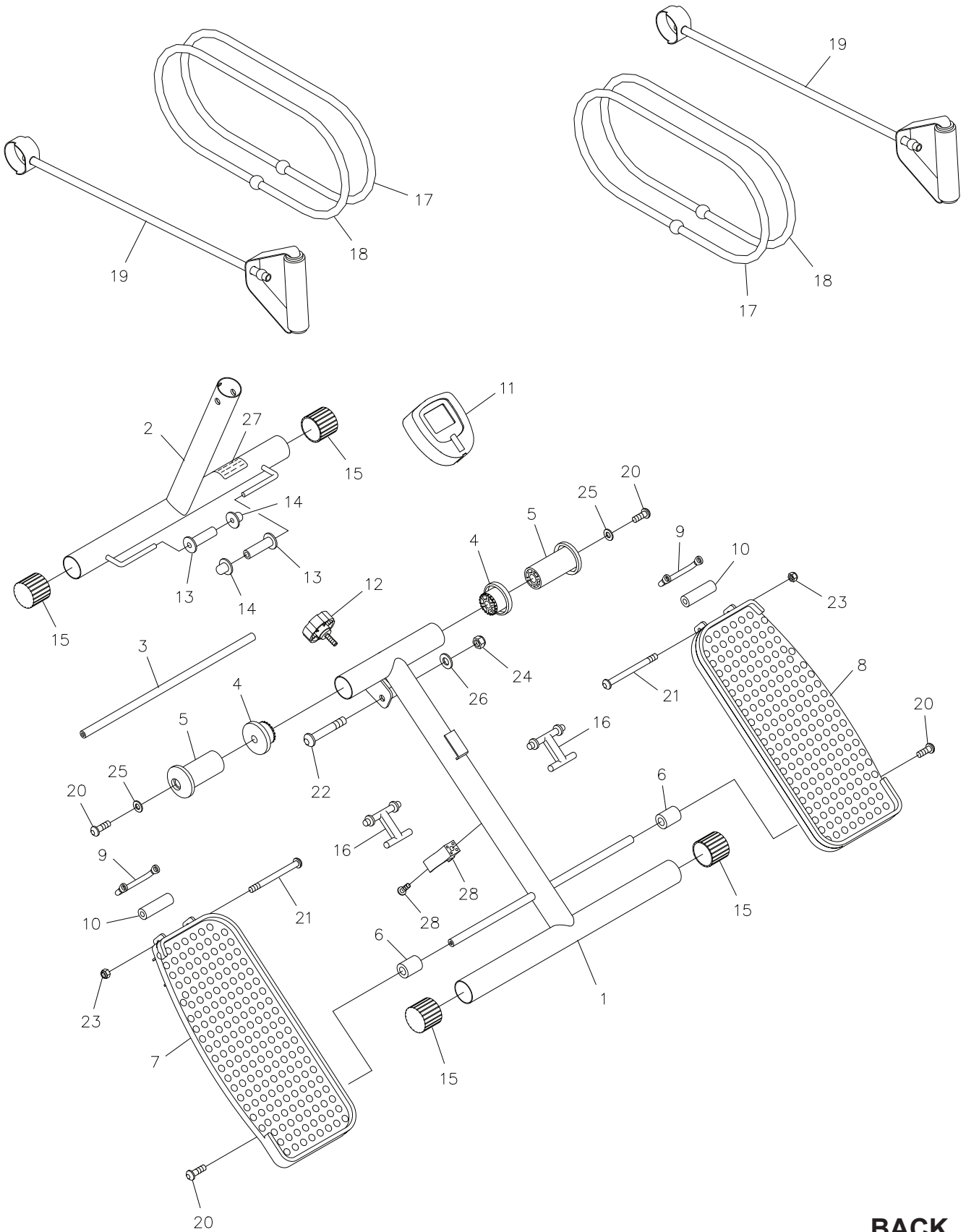
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times 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	Front Frame	1
3	Shaft	1
4	Bushing	2
5	Roller	2
6	Spacer	2
7	Left Pedal Cap	1
8	Right Pedal Cap	1
9	Guide	2
10	Pedal Sleeve (ø7 x ø15 x 49mm)	2
11	Timer	1
12	Locking Knob	1
13	Lower Sleeve (ø7 x ø12 x 44mm)	2
14	Sleeve Cap	2
15	Endcap	4
16	Hook Handle	2
17	Resistance Tube, black color	2
18	Power Resistance Tube, red color	2
19	Resistance Hand Strap	2
20	Bolt, Button Head (M6 x 1 x 16mm)	4
21	Bolt, Button Head (M6 x 1 x 68mm)	2
22	Bolt, Button Head (M8 x 1.25 x 45mm)	1
23	Nylock Nut (M6 x 1)	2
24	Nylock Nut (M8 x 1.25)	1
25	Washer (M6)	2
26	Washer (M8)	1
27	Warning Label	1
29	Manual	1
30	Plastic Holder	1
31	Screw, Round Head (M5 x 0.8 x 15mm)	1

LIMITED WARRANTY

MODEL 40-0100A

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and one year on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

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 **customerservice@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 MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is 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 AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor'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 Products, Inc. **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.**

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