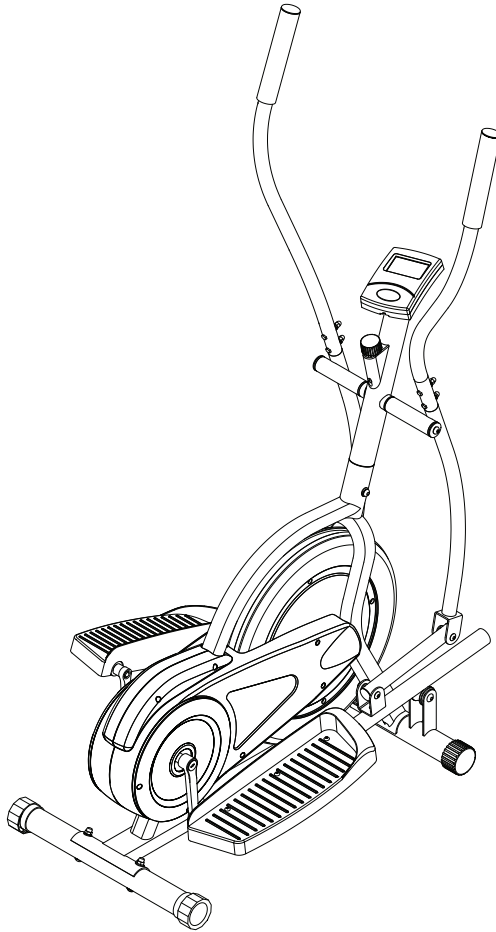


STAMINA®

**DUAL ACTION
ELLIPTICAL**
1701

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#: 55-1701

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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2010, 05


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SAFETY INSTRUCTIONS

 **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the 1701 Dual Action Elliptical.

1. Read all warnings posted on the **1701 Dual Action Elliptical**.
2. The **1701 Dual Action Elliptical** 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 **1701 Dual Action Elliptical**. Do not allow children to use or play on the **1701 Dual Action Elliptical**. Keep children and pets away from the **1701 Dual Action Elliptical** when it is in use.
5. The **1701 Dual Action Elliptical** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **1701 Dual Action Elliptical** on a solid level surface. Do not position the **1701 Dual Action Elliptical** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **1701 Dual Action Elliptical**.
9. Adjust the LEVELING CAPS(57) on the Rear Stabilizer so that the **1701 Dual Action Elliptical** sits on the floor without rocking.
10. Before using, inspect **1701 Dual Action Elliptical** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
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 **1701 Dual Action Elliptical**.
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. Care should be taken in mounting or dismounting the **1701 Dual Action Elliptical**.
17. The **1701 Dual Action Elliptical** should not be used by persons weighing over 250 pounds.
18. The **1701 Dual Action Elliptical** should be used by only one person at a time.
19. The **1701 Dual Action Elliptical** 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
1701 Dual Action Elliptical**

To help you get started, we have pre-assembled most of your 1701 Dual Action Elliptical 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 **1701 Dual Action Elliptical**. 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 **1701 Dual Action Elliptical** 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.

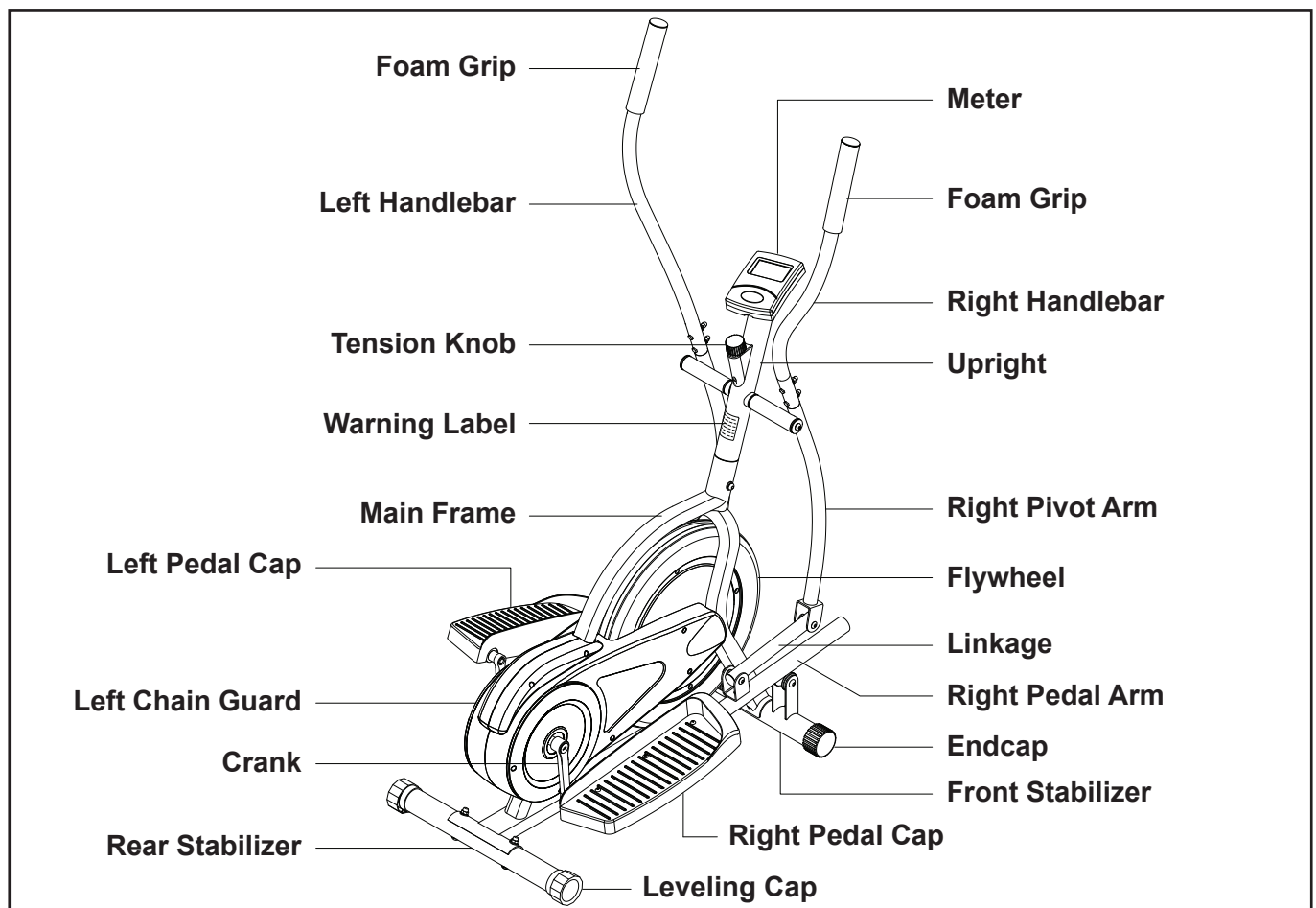
Read this manual carefully before using the **1701 Dual Action Elliptical**.

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 **1701 Dual Action Elliptical**, 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.

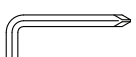
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Socket Wrench



Allen Wrench w/ Screwdriver (6mm)



Wrench



Allen Wrench (5mm)

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning and notice labels on the **1701 Dual Action Elliptical**. Please take a moment to familiarize yourself with all of the warning and notice labels.

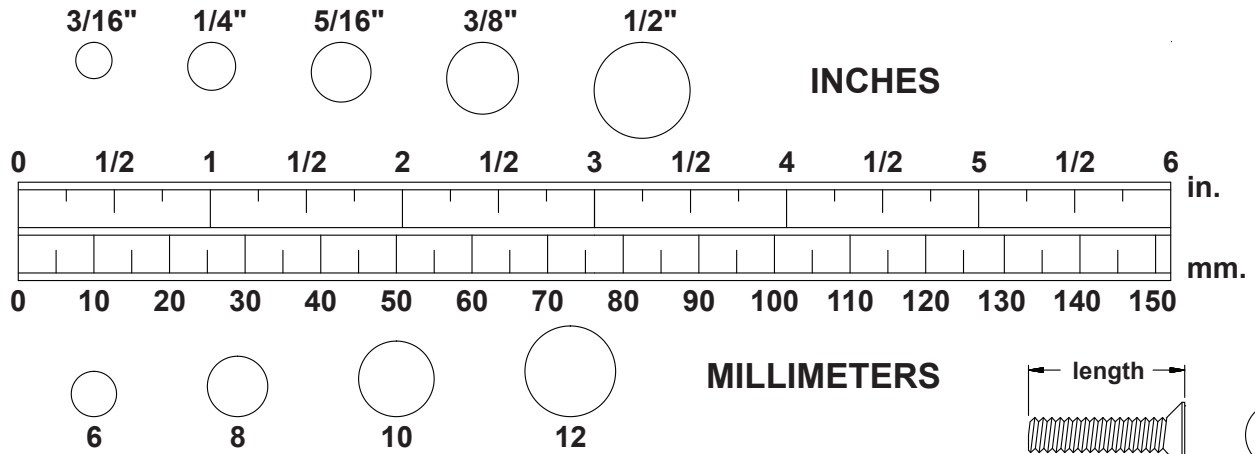
Label is larger than actual size

W1 WARNING LABEL(76)

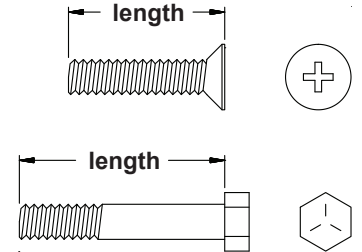


HARDWARE IDENTIFICATION CHART




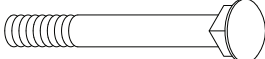
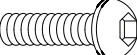
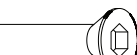












This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description	Qty
	38 Tooth Lock Washer (M8)	2
	39 Flange Nut, Black Color (M10 x 1.25, Left Hand Threads)	2
	40 Flange Nut, Brass Color (M10x1.25, Right Hand Threads)	2
	58 Carriage Bolt (M8 x 1.25 x 65mm)	2
	59 Bolt, Button Head (M8 x 1.25 x 20mm)	6
	60 Bolt, Button Head (M8 x 1.25 x 48mm)	4
	62 Bolt, Flat Head (M8 x 1.25 x 65mm)	2
	63 Bolt, Hex Head (M6 x 1 x 36mm)	4
	66 Screw, Round Head (M5 x 15mm)	6
	67 Screw, Round Head (M5 x 0.8 x 15mm)	1
	80 Nylock Nut (M8 x 1.25)	4
	70 Acorn Nut (M6 x 1)	4
	71 Acorn Nut (M8 x 1.25)	2
	72 Arc Washer (M6)	4
	73 Arc Washer (M8)	6
	74 Lock Washer (M6)	4
	75 Lock Washer (M8)	8
	44 Large Washer (M8 x 32mm x 2mm thick)	2
	48 Plastic Washer (M8 x ø18 x 2mm thick)	8
	51 Large Washer (M16 x 0.5mm thick)	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 call our toll-free number for assistance **1-800-375-7520** or e-mail us at customerservice@staminaproducts.com.

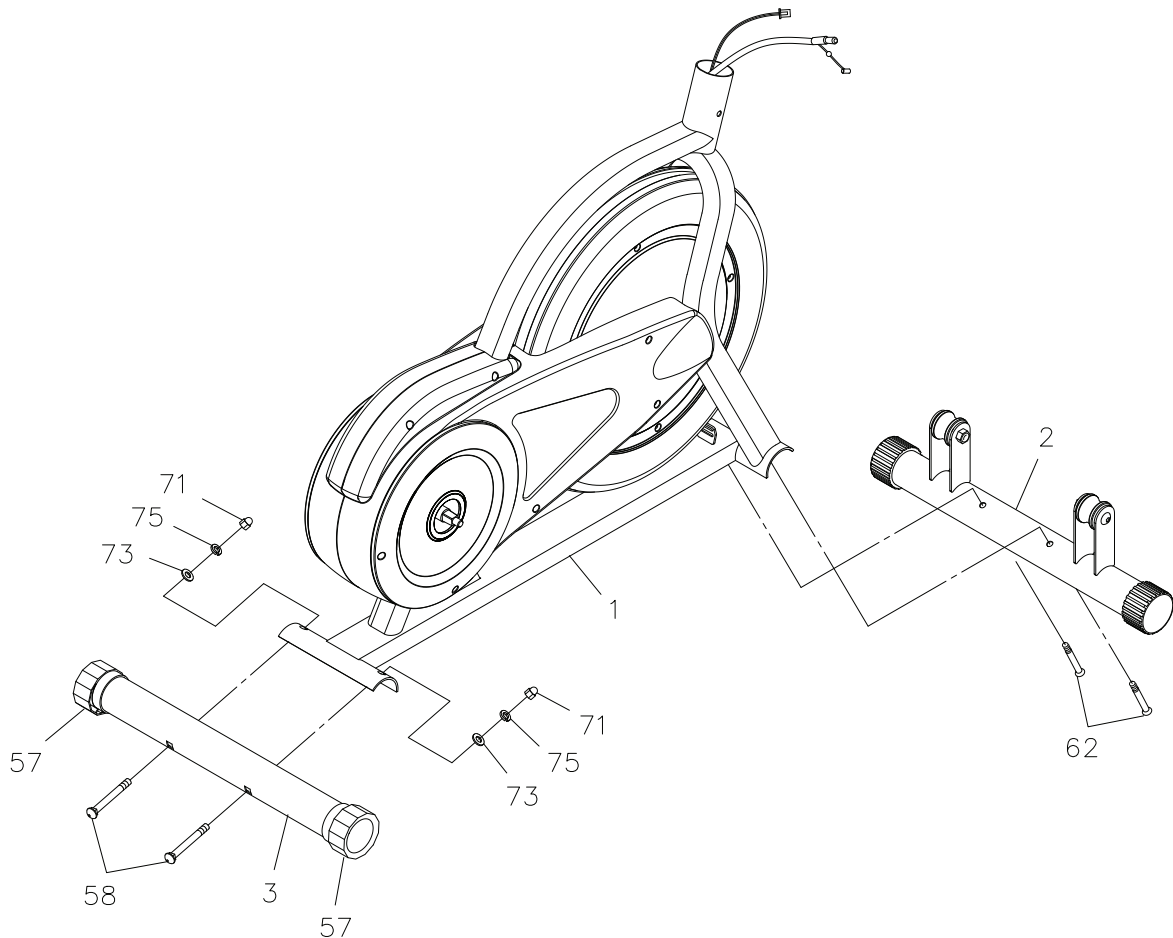
STEP 1

Attach the **FRONT STABILIZER(2)** to the **MAIN FRAME(1)** with **FLAT HEAD BOLTS(M8x1.25x65mm)(62)**.

STEP 2

Attach the **REAR STABILIZER(3)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x65mm)(58)**, **ARC WASHERS(M8)(73)**, **LOCK WASHERS(M8)(75)**, and **ACORN NUTS(M8x1.25)(71)**.

NOTE: You can adjust the **LEVELING CAPS(57)** on the **REAR STABILIZER(3)** to keep the 1701 Dual Action Elliptical stable.



ASSEMBLY INSTRUCTIONS

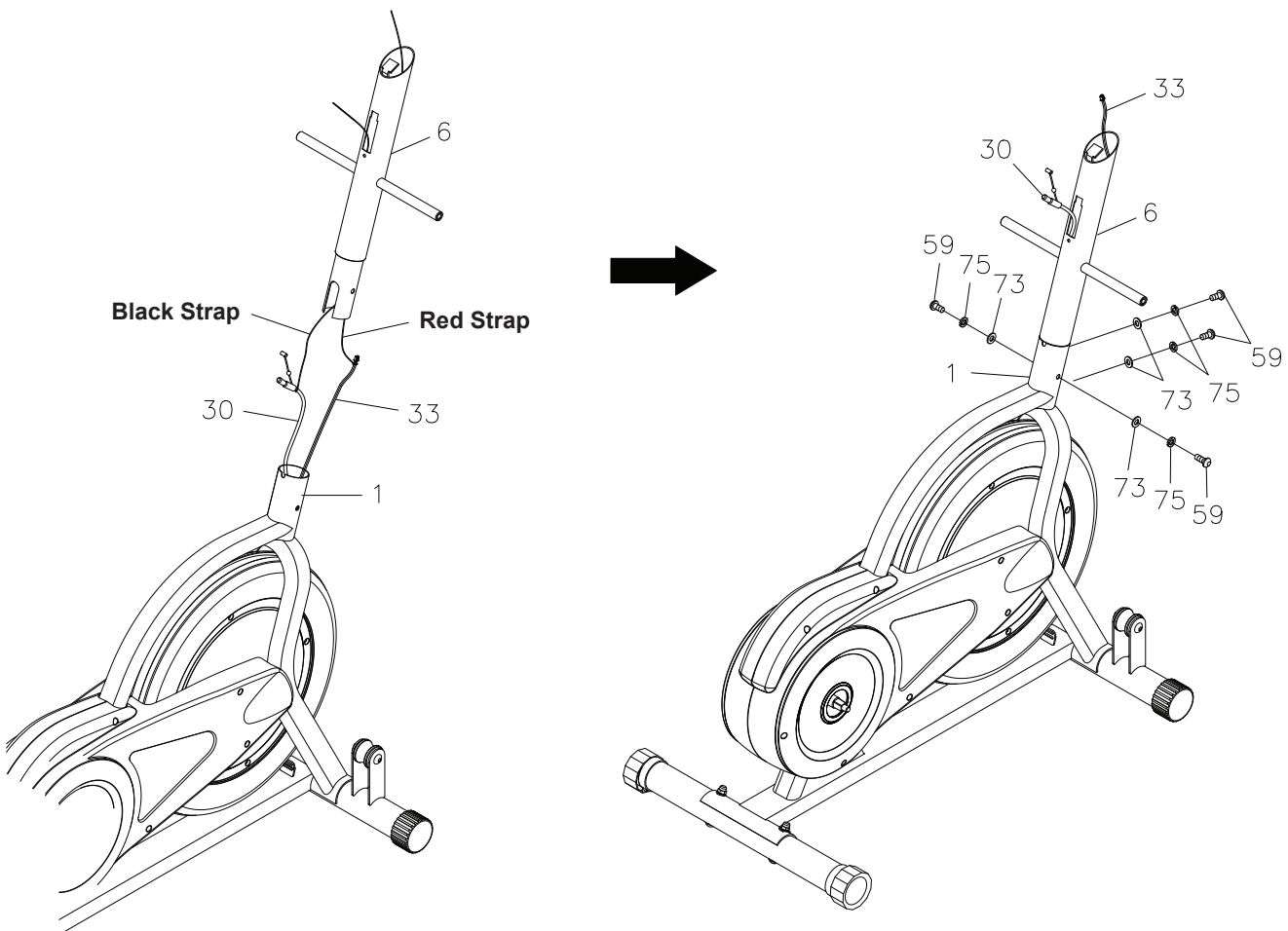
STEP 3

NOTE: There is a red strap and a black strap attached inside of the **UPRIGHT(6)**. These straps are to assist in pulling the **SENSOR WIRE(33)** and **TENSION CABLE(30)** through the **UPRIGHT(6)**.

Tie the red strap to the plug end of the **SENSOR WIRE(33)**. And tie the black strap to the cable end of the **TENSION CABLE(30)**. Pull the straps from their top ends to pull the **SENSOR WIRE(33)** through to extend out of the top of the **UPRIGHT(6)**, and pull the **TENSION CABLE(30)** through and extend out from the square hole at the side of the **UPRIGHT(6)** as shown in the below illustration.

Insert the **UPRIGHT(6)** into the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm) (59)**, **LOCK WASHERS(M8)(75)**, and **ARC WASHERS(M8)(73)**. Do not tighten the bolts until **STEP 11**.

NOTE: Don't remove the straps from the **SENSOR WIRE(33)** and **TENSION CABLE(30)** until instructed to do so in later assembly steps.



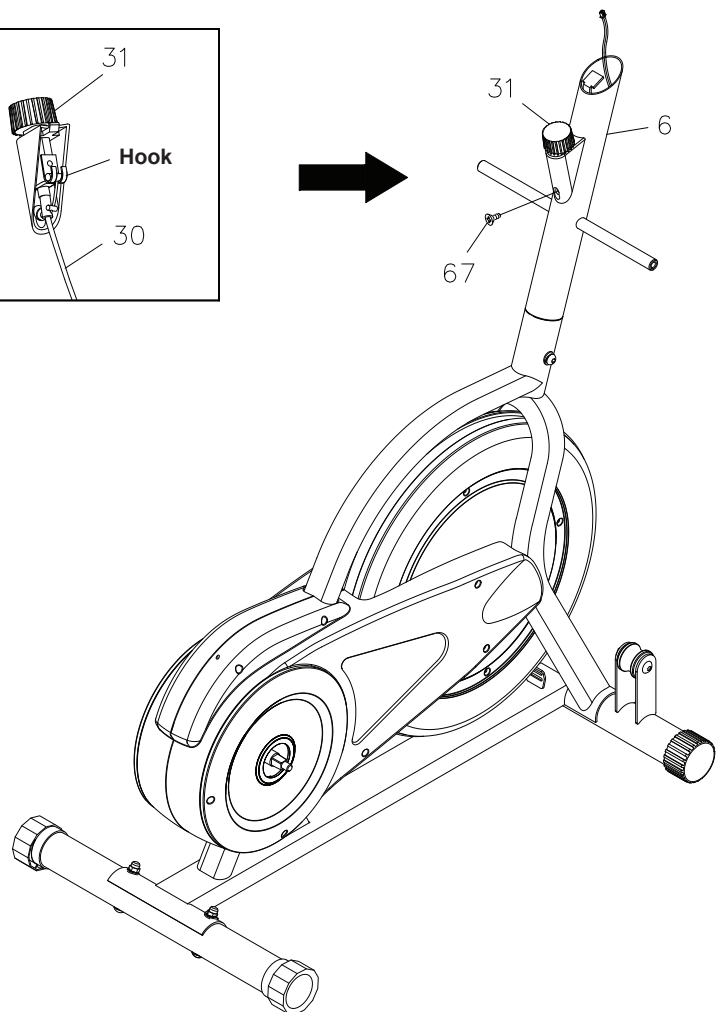
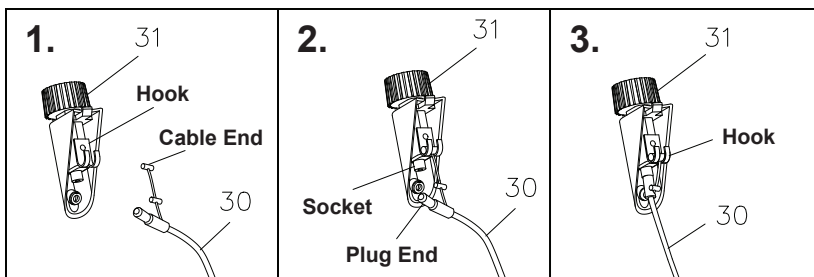
ASSEMBLY INSTRUCTIONS

STEP 4

Refer to illustration 1 below. Turn the **TENSION KNOB(31)** counterclockwise as far as it can go, so the **HOOK** moves down to the lowest position. Remove the black strap from the **TENSION CABLE(30)**. Connect the **CABLE END** of the **TENSION CABLE(30)** into the **HOOK** on the **TENSION KNOB(31)** as shown in illustration 2. Pull firmly on the **TENSION CABLE(30)** so that enough cable is available to insert its **PLUG END** into the **SOCKET** of the **TENSION KNOB(31)**. The **TENSION KNOB(31)** and the **TENSION CABLE(30)** should look as shown in illustration 3. Adjust the **TENSION KNOB(31)** and verify that the **HOOK** moves when the **TENSION KNOB(31)** is adjusted.

STEP 5

Hook the **TENSION KNOB(31)** into the square hole on the **UPRIGHT(6)** and secure with **FLAT HEAD SCREW(M5x0.8x15mm)(67)**.



ASSEMBLY INSTRUCTIONS

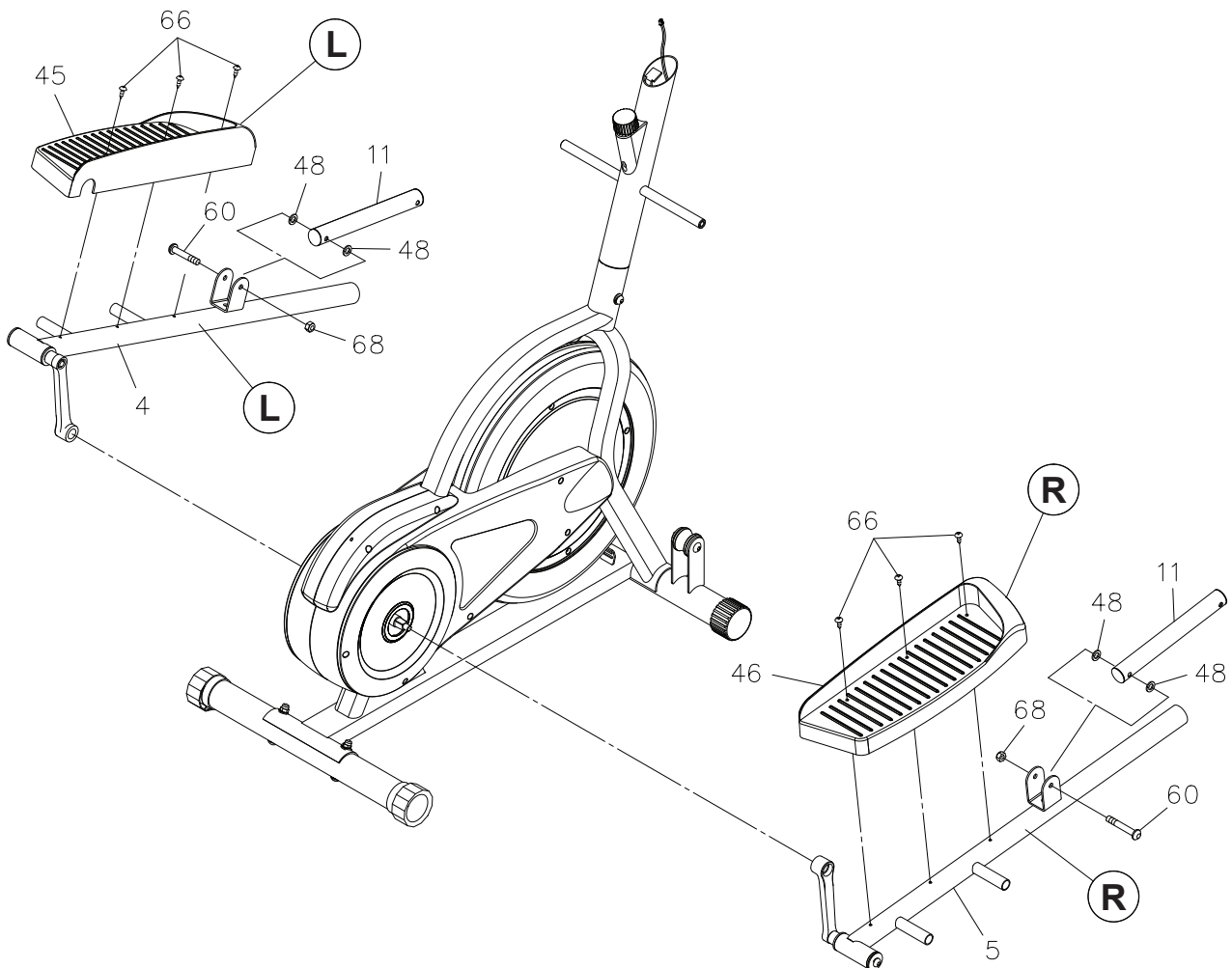
STEP 6

There is an "L" decal on the **LEFT PEDAL ARM(4)** and **LEFT PEDAL CAP(45)**, and an "R" decal on the **RIGHT PEDAL ARM(5)** and **RIGHT PEDAL CAP(46)**. Attach the **RIGHT PEDAL CAP(46)** to the **RIGHT PEDAL ARM(5)** with **ROUND HEAD SCREWS(M5x15mm)(66)**. Repeat on the left side.

NOTE: The **LEFT** and **RIGHT PEDAL CAPS(45, 46)** have a raised lip on two sides. Attach the **LEFT** and **RIGHT PEDAL CAPS(45, 46)** to the **LEFT** and **RIGHT PEDAL ARMS(4, 5)** so the raised lip is on the front and the inner sides.

STEP 7

Attach the **LINKAGES(11)** to the **LEFT** and **RIGHT PEDAL ARM(4, 5)** at both sides with the **PLASTIC WASHERS(M8)(48)**, **BUTTON HEAD BOLTS(M8x1.25x48mm)(60)**, and **NYLOCK NUTS(M8x1.25)(68)**.



ASSEMBLY INSTRUCTIONS

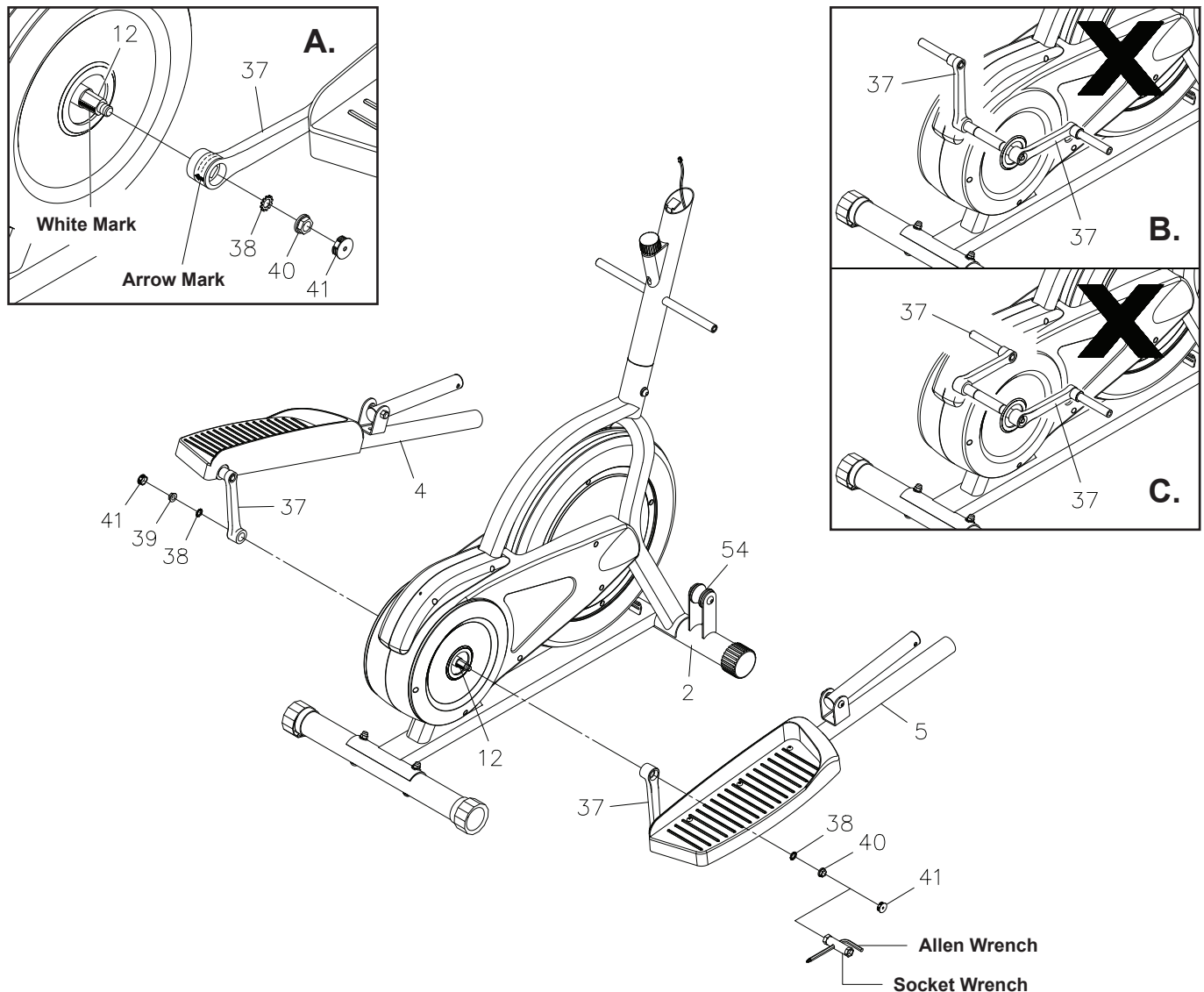
WARNING: The **CRANKS(37)** require a special tool to remove once assembled. Read all of the following **ASSEMBLY INSTRUCTIONS** before attaching the **CRANKS(37)**.

- NOTE:**
1. Align the **ARROW MARK** on the **CRANK(37)** to the **WHITE MARK** on the **SHAFT(12)** when installing the two **CRANKS(37)** onto the **SHAFT(12)**. Refer to inset drawing **A**.
 2. The **RIGHT FLANGE NUT(M10x1.25)(40)**, black color, has right hand threads and is tightened by turning clockwise. The **LEFT FLANGE NUT(M10x1.25)(39)**, brass color, has left hand threads and is tightened by turning counterclockwise.

STEP 8

Place the front end of the **RIGHT PEDAL ARM(5)** on the **ROLLER(54)** of the **FRONT STABILIZER(2)**. Install the **CRANK(37)** onto the **SHAFT(12)** with **TOOTH LOCK WASHER(M8)(38)** and **RIGHT FLANGE NUT(M10x1.25)(40)**. Insert an allen wrench through the hole in the socket wrench to be the handle. **SECURELY TIGHTEN** the **RIGHT FLANGE NUT(M10x1.25)(40)** with the socket wrench. Push the **CRANK CAP(41)** into the **CRANK(37)**.

CAUTION: It is possible to assemble the **CRANKS(37)** the wrong way as shown in inset drawings **B** and **C**. The **CRANK(37)** on the **LEFT PEDAL ARM(4)** must be assembled in the opposite direction from the right side. Refer to the below illustration. Use the same procedure as above to assemble the **LEFT PEDAL ARM(4)**.



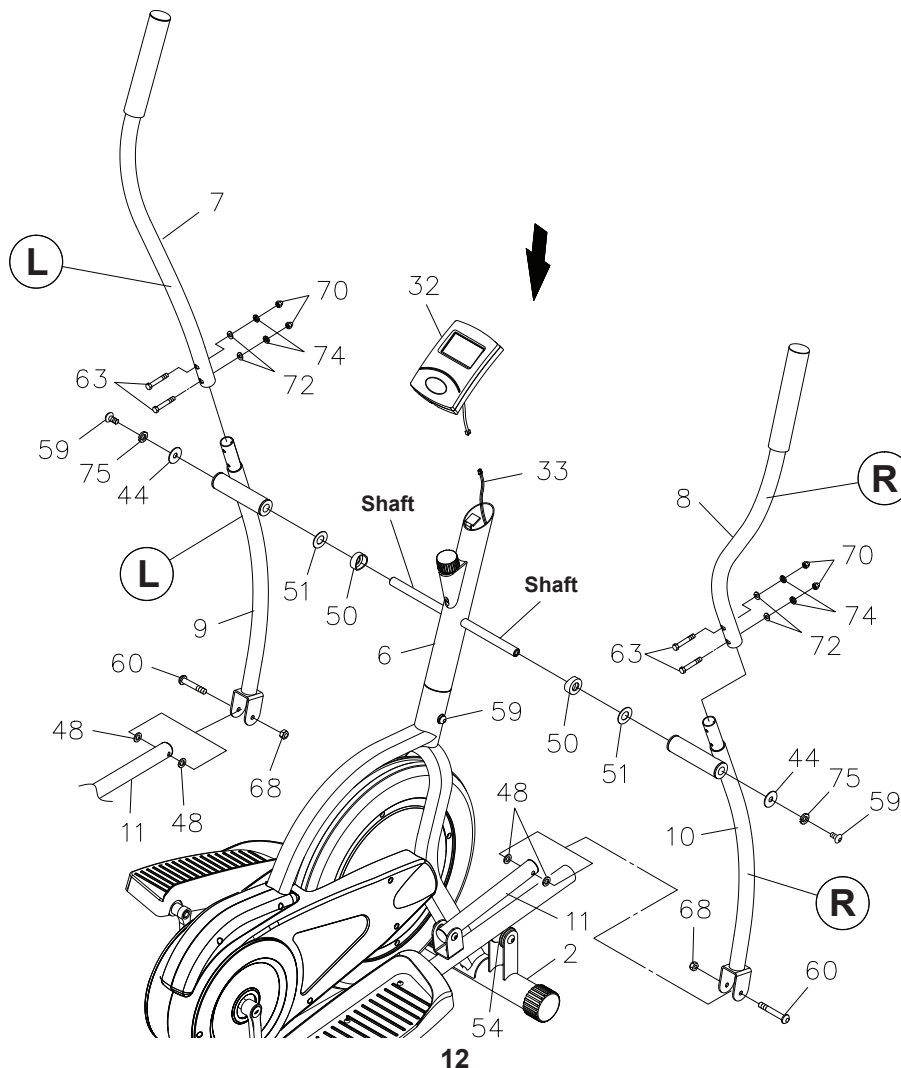
ASSEMBLY INSTRUCTIONS

STEP 9: There is an “L” decal on the **LEFT PIVOTING ARM(9)**, and an “R” decal on the **RIGHT PIVOTING ARM(10)**. To assemble the **RIGHT PIVOTING ARM(10)**, place a **SPACER(50)** and a **LARGE WASHER (M16)(51)** onto the right side of the **SHAFT** on the **UPRIGHT(6)**. Slide the **RIGHT PIVOTING ARMS(10)** onto the **SHAFT** and secure with a **LARGE WASHER(M8)(44)**, **LOCK WASHER(M8)(75)**, and **BUTTON HEAD BOLT(M8x1.25x20mm)(59)**. Attach the **LINKAGE(11)** to the **RIGHT PIVOTING ARM(10)** with the **PLASTIC WASHERS(M8)(48)**, **BUTTON HEAD BOLTS(M8x1.25x48mm)(60)**, and **NYLOCK NUTS(M8x1.25)(68)**. Repeat on the left side.

STEP 10: Attach the **LEFT and RIGHT HANDLEBARS(7, 8)** to the **LEFT and RIGHT PIVOTING ARMS (9, 10)** with **HEX BOLTS(M6x1x36mm)(63)**, **ARC WASHERS(M6)(72)**, **LOCK WASHERS(M6)(74)**, and **ACORN NUTS(M6x1)(70)**. The **HEX BOLTS(M6x1x36mm)(63)** fit inside the hex-shaped holes in the **HANDLEBARS(7, 8)**.

STEP 11: Look down from the top of the **UPRIGHT(6)** to make sure the pivot tubes on the **PIVOTING ARMS(9, 10)** are parallel to the **FRONT STABILIZER(2)** and the **PEDAL ARMS(4, 5)** are crossing the **ROLLERS(54)** properly. Tighten the **BUTTON HEAD BOLTS(M8x1.25x20mm)(59)** as described in **STEP 3** on the **UPRIGHT(6)**.

STEP 12: Install two AA batteries into the **METER(32)**, the batteries are not included. See page 15 for detailed battery installation instructions. Remove the red strap from the **SENSOR WIRE(33)**. Plug the **SENSOR WIRE(33)** into the **METER(32)**, and push the excess wire back into the **UPRIGHT(6)**. Slide the **METER(32)** onto the plate on the **UPRIGHT(6)**.

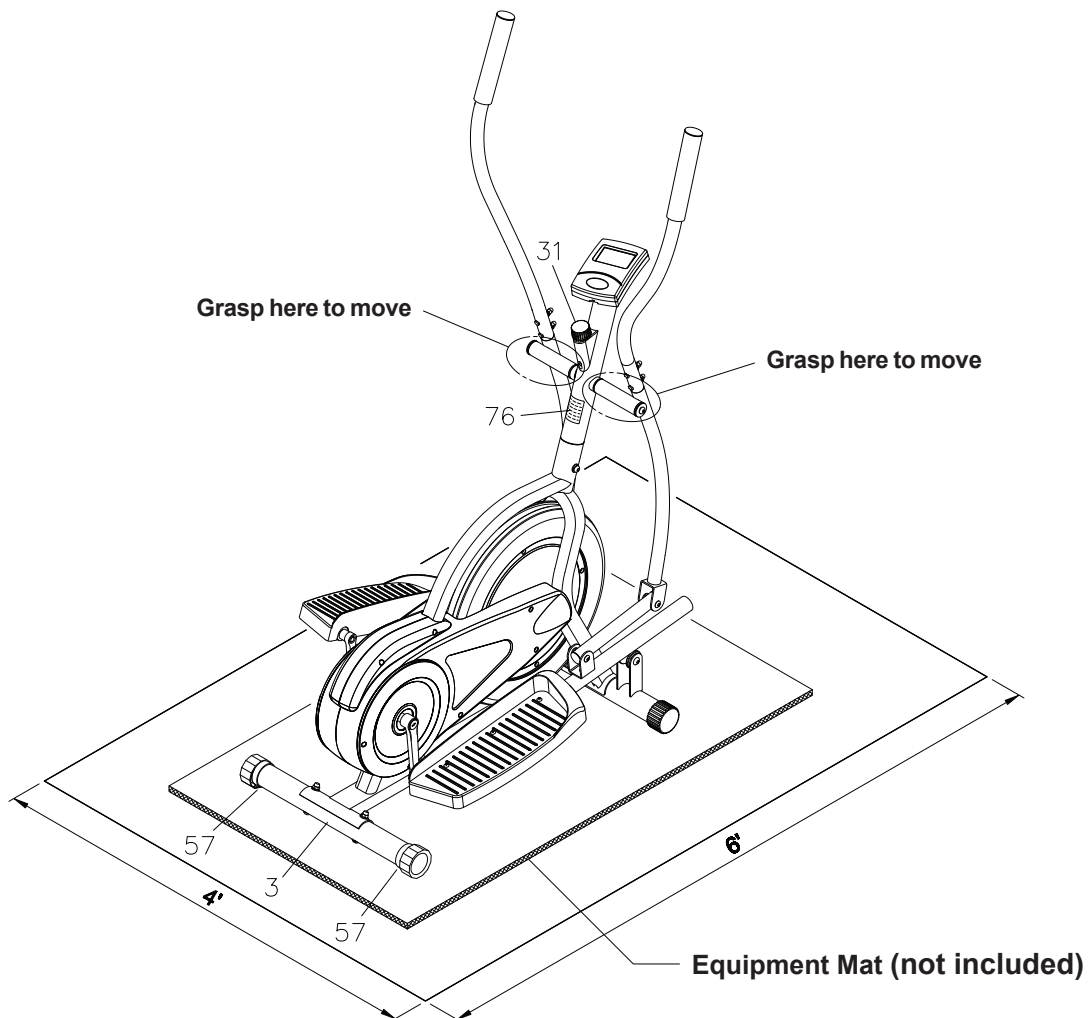


SET UP INSTRUCTIONS

Place the **1701 Dual Action Elliptical** in the area where it will be used. It is recommended that the **1701 Dual Action Elliptical** be placed on an equipment mat. The maximum operation dimensions of the **1701 Dual Action Elliptical** are approximately 40.8 inches long x 24.8 inches wide x 60.4 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 6 feet long is required for safe operation of the **1701 Dual Action Elliptical**. Make sure that adequate space is available for access to and passage around the **1701 Dual Action Elliptical**.

LEVELING: Adjust the **LEVELING CAPS(57)** on the **REAR STABILIZER(3)** so that the **1701 Dual Action Elliptical** sits on the floor without rocking. Remove and reposition the **LEVELING CAPS(57)** on the **REAR STABILIZER(3)** to level the **1701 Dual Action Elliptical**.

MOVING: Grasp the pivot tubes on the **PIVOTING ARMS(9, 10)** and **REAR STABILIZER(3)** to move the **1701 Dual Action Elliptical**, two people are required for moving. Do not use the **PEDAL ARMS(4, 5)** to move the **1701 Dual Action Elliptical**. The **PEDAL ARMS(4, 5)** will move and may pinch your hand or fingers.



FUNCTION INSPECTION:

Visually inspect the **1701 Dual Action Elliptical** to verify that assembly is as shown in the above illustration. Check the function of the **1701 Dual Action Elliptical** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(31)** to verify that the adjustable tension is working properly.

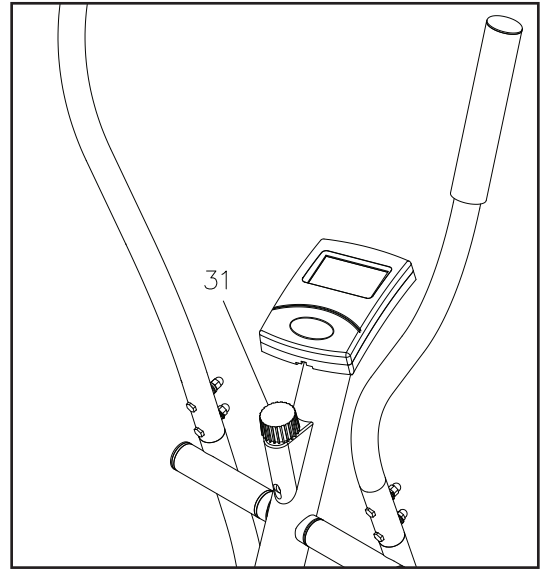
CAUTION: Locate and read the **WARNING LABEL(76)** on the **1701 Dual Action Elliptical**. Make sure that all users read the **WARNING LABEL(76)**.

OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(31)** clockwise.
To decrease the load, turn the **TENSION KNOB(31)** counterclockwise.

NOTE: The load will increase as you pedal faster.



EXERCISE WORKOUT

To start using the **1701 Dual Action Elliptical** simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse

The **1701 Dual Action Elliptical** can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

Load Level Adjustment

The load level of **1701 Dual Action Elliptical** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

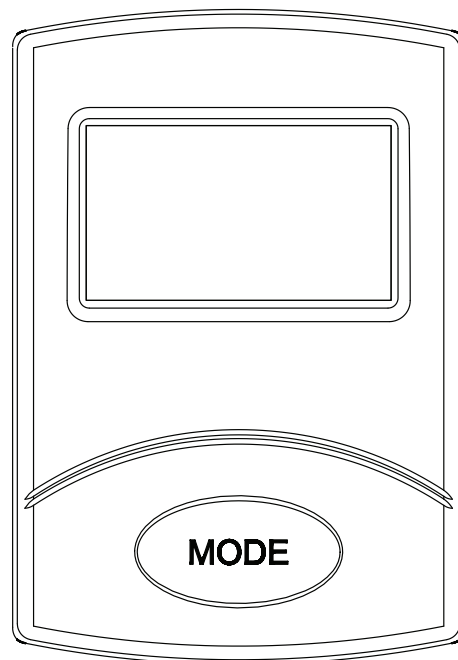
POWER ON : Pedal movement or press the **MODE** button.

POWER OFF : Automatic shut off after four minutes of inactivity.

MODE BUTTON:

Press to select display functions, include **SCAN**, **TIME**, **SPEED**, **DISTANCE**, and **CALORIES**.

Press and hold for three seconds to reset all functions to zero.



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 calorie consumption 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.

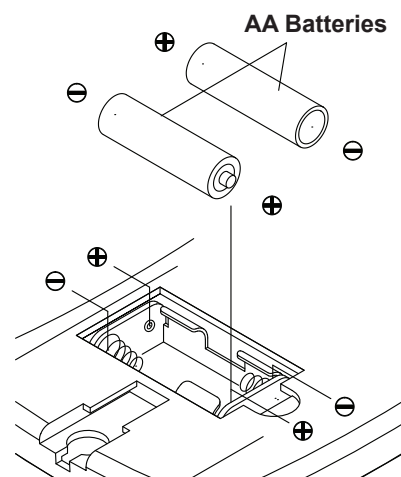
NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the **MODE** button and hold it down for three seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



STORAGE

1. To store the **1701 Dual Action Elliptical**, simply keep it in a clean dry place.
2. The minimum rest dimensions of the **1701 Dual Action Elliptical** are approximately 37.7 inches long x 24.8 inches wide x 61.6 inches tall. These dimensions may vary. Please measure your **1701 Dual Action Elliptical** if exact dimensions are needed.
3. Grasp the pivot tubes on the **PIVOTING ARMS(9, 10)** and **REAR STABILIZER(3)** to move the **1701 Dual Action Elliptical**, two people are required for moving. Do not use the **PEDAL ARMS(4, 5)** to move the **1701 Dual Action Elliptical**.
4. To avoid damage to the electronics, remove the batteries before storing the **1701 Dual Action Elliptical** for one year or more.

MAINTENANCE

The safety and integrity designed into the **1701 Dual Action Elliptical** can only be maintained when the **1701 Dual Action Elliptical** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(31)** and verify that the Flywheel System provides tension. The Flywheel System should provide many years of use.
2. Verify that the **WARNING LABEL(76)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(76)** 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 **1701 Dual Action Elliptical** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **1701 Dual Action Elliptical**.
6. Keep your **1701 Dual Action Elliptical** clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

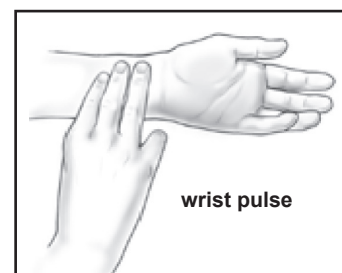
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

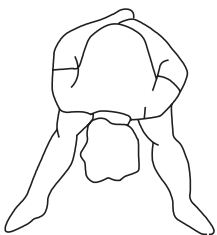
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

WARM-UP and COOL-DOWN

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

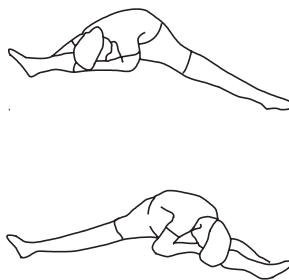
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



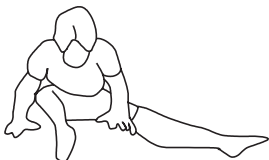
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



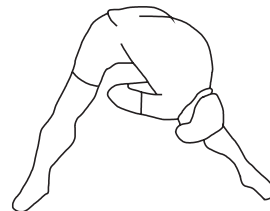
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

LIMITED WARRANTY

MODEL 55-1701

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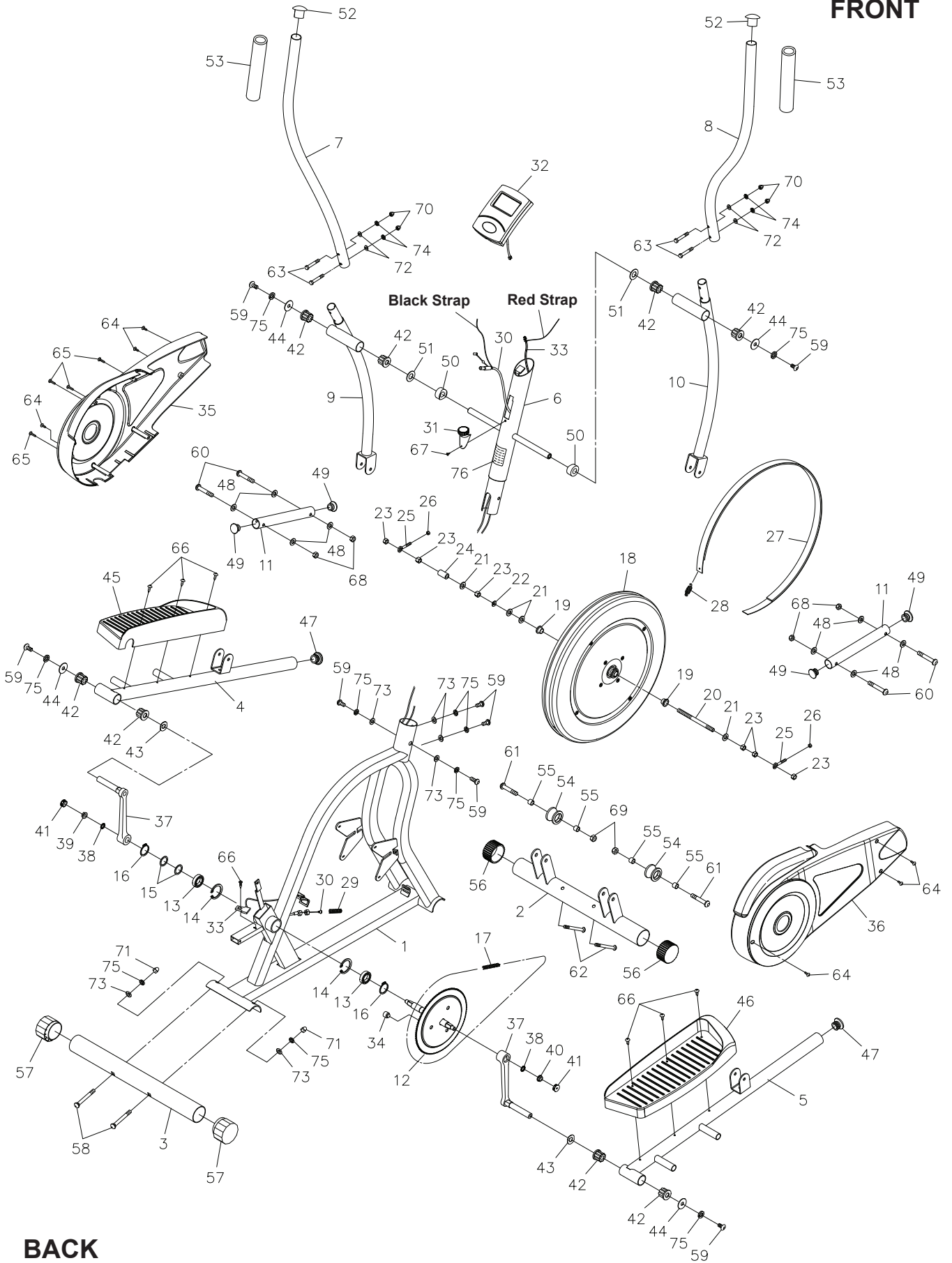
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PRODUCT PARTS DRAWING

FRONT



BACK

PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Left Pedal Arm	1
5	Right Pedal Arm	1
6	Upright	1
7	Left Handlebar	1
8	Right Handlebar	1
9	Left Pivoting Arm	1
10	Right Pivoting Arm	1
11	Linkage	2
12	Pulley and Axle	1
13	Bearing (R12z)	2
14	Inner C Ring (42mm)	2
15	Spacer Washer (M19)	2
16	C Ring (19mm)	2
17	Chain (1/4" pitch)	1
18	Flywheel	1
19	Flywheel Bushing	2
20	Flywheel Axle	1
21	Spacer Washer (M10)	4
22	Wavy Washer (M10)	1
23	Thin Nut (3/8" - 26 x 9/32" thick)	6
24	Spacer	1
25	Eye Bolt (M6 x 1 x 40mm)	2
26	Nut (M6 x 1)	2
27	Tension Strap	1
28	Tension Spring	1
29	Compression Spring	1
30	Tension Cable	1
31	Tension Knob	1
32	Meter	1
33	Sensor Wire	1
34	Magnet	1
35	Left Chain Guard	1
36	Right Chain Guard	1
37	Crank	2
38	Tooth Lock Washer (M10)	2
39	Left Flange Nut, Black Color (M10 x 1.25, Left Hand Threads)	1
40	Right Flange Nut, Brass Color (M10x1.25, Right Hand Threads)	1
41	Crank Cap	2
42	Pedal Arm Bushing	8
43	Wave Washer (ø16.5 x ø22 x 0.4mm Thick)	4
44	Large Washer (M8 x 32mm x 2mm thick)	4
45	Left Pedal Cap	1
46	Right Pedal Cap	1
47	Round Plug (35mm)	2

PARTS LIST

PART#	PART NAME	QTY
48	Plastic Washer (M8 x \varnothing 18 x 2mm thick)	8
49	Round Plug (28.6mm)	4
50	Spacer	2
51	Large Washer (M16 x 0.5mm thick)	2
52	Dome Plug (38mm)	2
53	Foam Grip	2
54	Roller	2
55	Roller Spacer	4
56	Endcap (50.8mm)	2
57	Leveling Cap (50.8mm)	2
58	Carriage Bolt (M8 x 1.25 x 65mm)	2
59	Bolt, Button Head (M8 x 1.25 x 20mm)	8
60	Bolt, Button Head (M8 x 1.25 x 48mm)	4
61	Bolt, Button Head (M10 x 1.5 x 50mm)	2
62	Bolt, Flat Head (M8 x 1.25 x 65mm)	2
63	Bolt, Hex Head (M6 x 1 x 36mm)	4
64	Screw, Round Head (M4 x 15mm)	6
65	Screw, Round Head (M4 x 25mm)	4
66	Screw, Round Head (M5 x 15mm)	7
67	Screw, Flat Head (M5 x 0.8 x 15mm)	1
68	Nylock Nut (M8 x 1.25)	4
69	Nylock Nut (M10 x 1.5)	2
70	Acorn Nut (M6 x 1)	4
71	Acorn Nut (M8 x 1.25)	2
72	Arc Washer (M6)	4
73	Arc Washer (M8)	6
74	Lock Washer (M6)	4
75	Lock Washer (M8)	10
76	Warning Label	1
77	Wrench	1
78	Socket Wrench	1
79	Allen Wrench w/ Screwdriver (6mm)	1
80	Allen Wrench (5mm)	1
81	Manual	1

