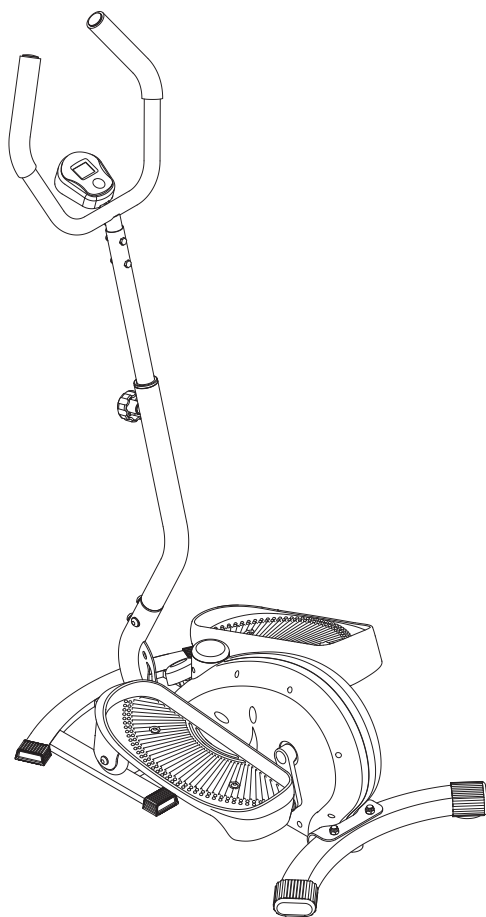


AVARI[®] FITNESS Compact Elliptical Trainer

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:

Weight on this product should not exceed 250 lbs.

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

www.staminaproducts.com

⚠ WARNING ⚠

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

When calling for parts or service, please specify the following number:

Model#: A550-043

**STAMINA PRODUCTS
MADE IN CHINA**

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2013, 04

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SAFETY INSTRUCTIONS

⚠ WARNING This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

⚠ 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 AVARI® Compact Elliptical Trainer.

1. Read all warnings and cautions posted on the AVARI® Compact Elliptical Trainer.
2. The AVARI® Compact Elliptical Trainer should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the AVARI® Compact Elliptical Trainer. Do not allow children to use or play on the AVARI® Compact Elliptical Trainer. Keep children and pets away from the AVARI® Compact Elliptical Trainer 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 AVARI® Compact Elliptical Trainer on a solid level surface. Do not position the AVARI® Compact Elliptical Trainer on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the AVARI® Compact Elliptical Trainer.
8. Before using, inspect the AVARI® Compact Elliptical Trainer for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. 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.
12. Do not wear loose or dangling clothing while using the AVARI® Compact Elliptical Trainer.
13. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the AVARI® Compact Elliptical Trainer, loss of balance may result in a fall and serious bodily injury.
15. To maintain your balance, always mount or dismount the AVARI® Compact Elliptical Trainer from the lowest foot pedal. Refer to the detail instructions on page 12.
16. Keep both feet firmly and securely on the pedal caps while exercising.
17. This unit is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.
18. The AVARI® Compact Elliptical Trainer should not be used by persons weighing over 250 pounds.
19. The AVARI® Compact Elliptical Trainer should be used by only one person at a time.
20. The AVARI® Compact Elliptical Trainer is for consumer use only. It is not for use in public or semipublic facilities.

Call Us First



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

THANK YOU FOR PURCHASING THE AVARI® Compact Elliptical Trainer

To enact your warranty, please register your product
by going to register.staminaproducts.com

To help you get started, we have pre-assembled most of your
AVARI® Compact Elliptical Trainer 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.



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



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



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



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



BEFORE YOU BEGIN

Thank you for choosing the **AVARI® Compact Elliptical Trainer**. 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 **AVARI® Compact Elliptical Trainer** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

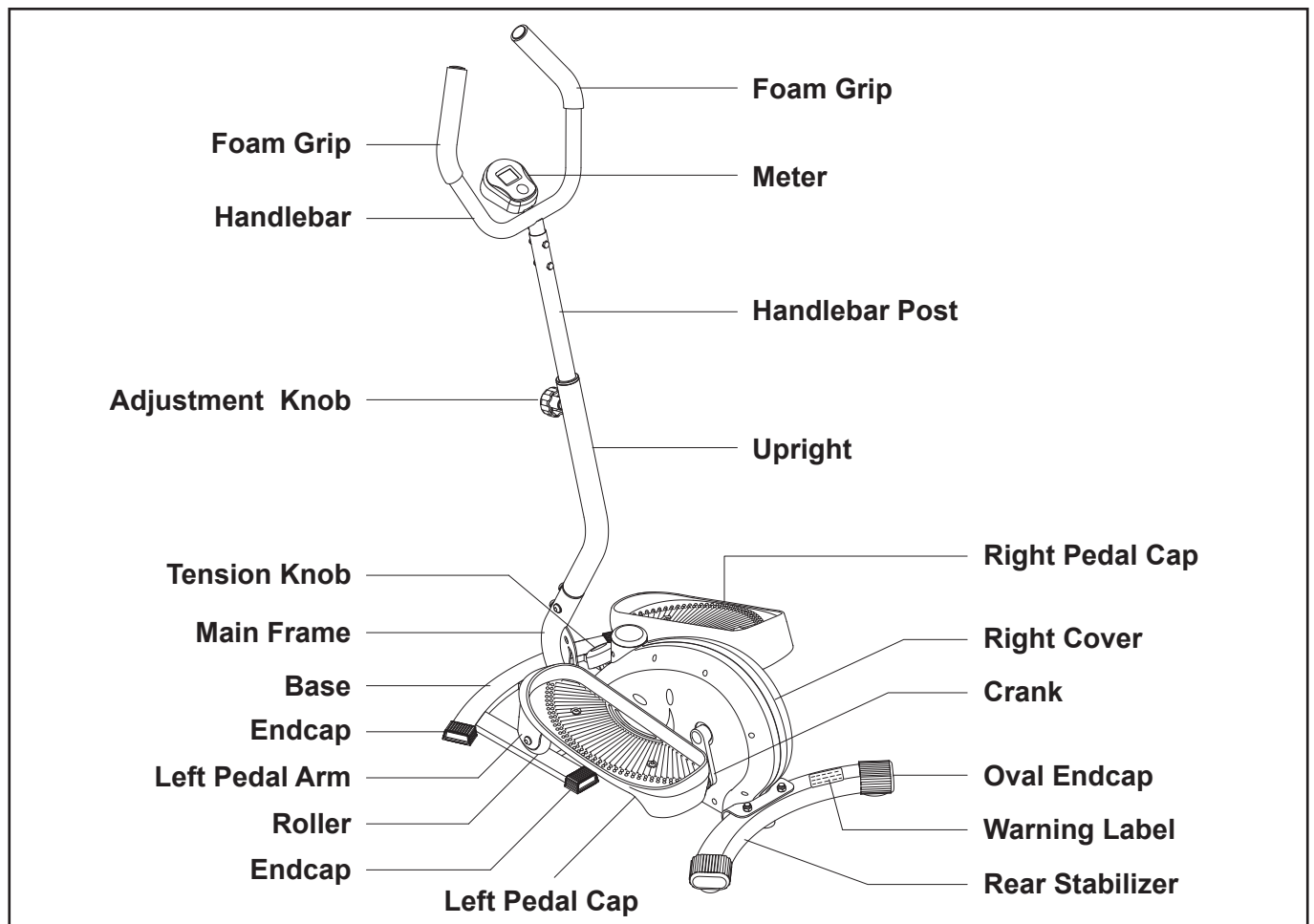
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **AVARI® Compact Elliptical Trainer**.

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 **AVARI® Compact Elliptical Trainer**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to staminaproducts.com under the Service section and order the part needed, or 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.

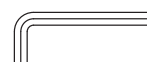
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Wrench



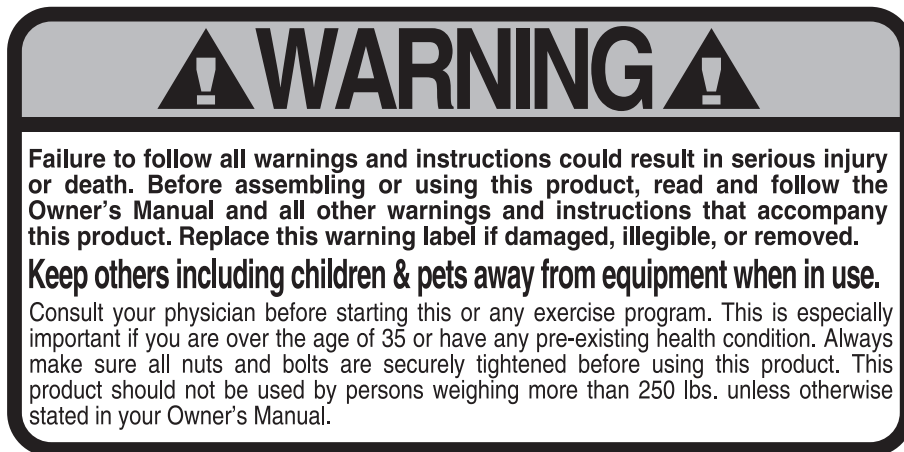
Allen Wrench (6mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **AVARI® Compact Elliptical Trainer**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

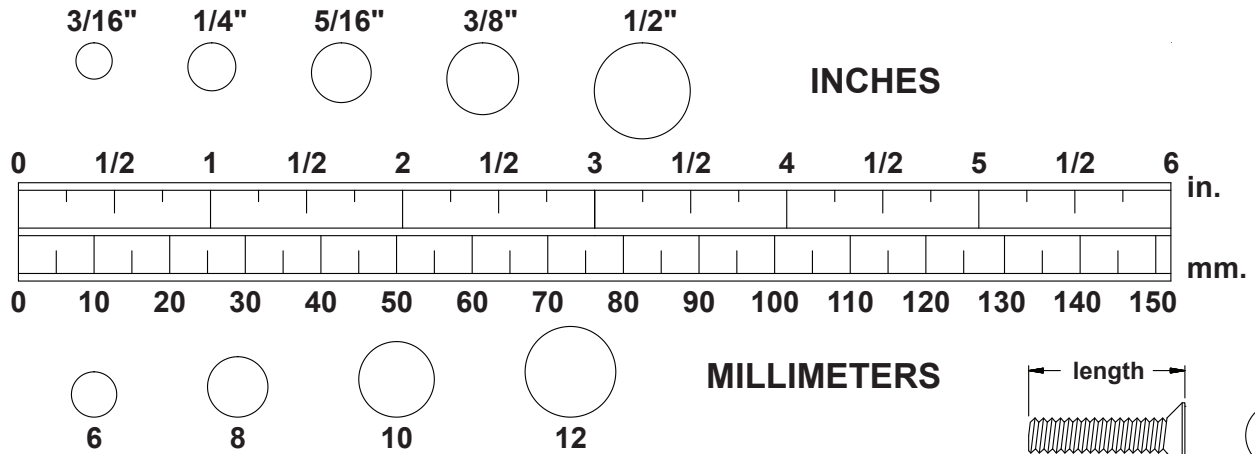
Label is larger than actual size

W1 WARNING LABEL(55)



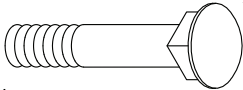
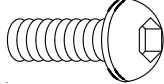
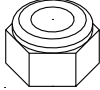
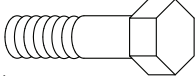


HARDWARE IDENTIFICATION CHART

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
	42 Carriage Bolt (M10 x 1.5 x 43mm)	2
	45 Bolt, Button Head (M8 x 1.25 x 20mm)	4
	59 Bolt, Button Head (M8 x 1.25 x 16mm)	7
	49 Nylock Nut (M6 x 1)	2
	51 Nylock Nut (M10 x 1.5)	2
	75 Bolt, Hex Head (M6 x 1 x 33mm)	2
	76 Arc Washer (M6)	2
	77 Arc Washer (M8)	4
	40 Washer (M8 x ø26mm x 2mm thick)	3

ASSEMBLY INSTRUCTIONS

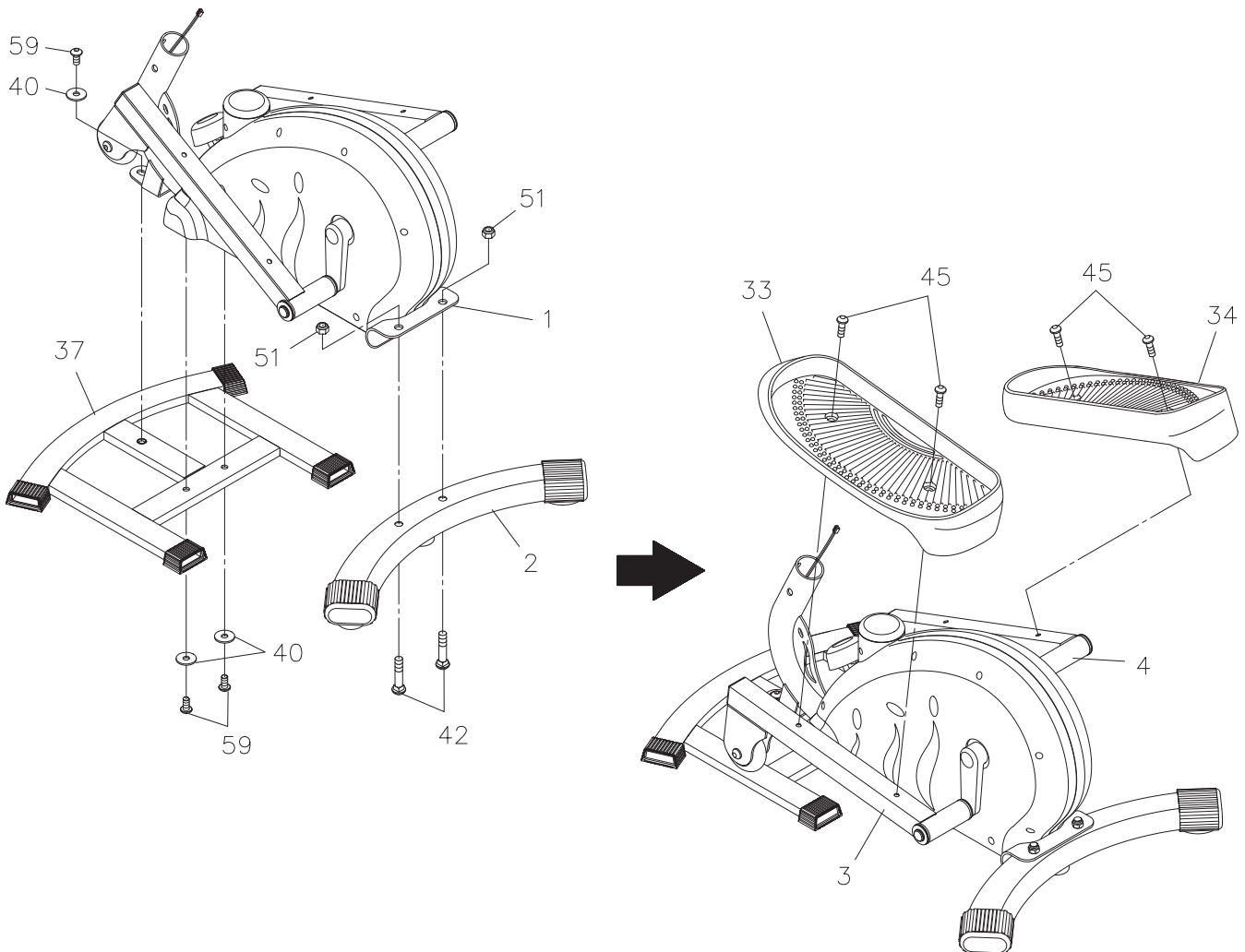
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com to the Services section and order the part needed, e-mail us at customerservice@staminaproducts.com, or 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.

STEP 1: Attach the **REAR STABILIZER(2)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M10x1.5x43mm)(42)** and **NYLOCK NUTS(M10x1.5)(51)**.

STEP 2: Attach the **BASE(37)** to the **MAIN FRAME(1)** with two **WASHERS(M8xø26mmx2mm thick)(40)** and two **BUTTON HEAD BOLTS(M8x1.25x16mm)(59)** from the bottom side. Do not tighten the bolts. Secure the **BASE(37)** to the **MAIN FRAME(1)** from the top side with a **WASHER(M8xø26mmx2mm thick)(40)** and a **BUTTON HEAD BOLT(M8x1.25x16mm)(59)**. Securely tighten all of the bolts.

STEP 3: Attach the **LEFT PEDAL CAP(33)** to the **LEFT PEDAL ARM(3)** with **BUTTON HEAD BOLTS(M8x1.25x20mm)(45)**. Repeat on the other side.

NOTE: The **LEFT** and **RIGHT PEDAL CAPS(33, 34)** have a raised lip on three sides. Attach the **LEFT** and **RIGHT PEDAL CAPS(33, 34)** to the **LEFT** and **RIGHT PEDAL ARMS(3, 4)** so that the side without the raised lip is on the outside.



ASSEMBLY INSTRUCTIONS

NOTE: 1. Refer to the illustration below. The **EXTENSION WIRE(80)** is connected to the Connection Wire of the **METER(22)**, and there is a strap attached at the lower end of the **EXTENSION WIRE(80)**.

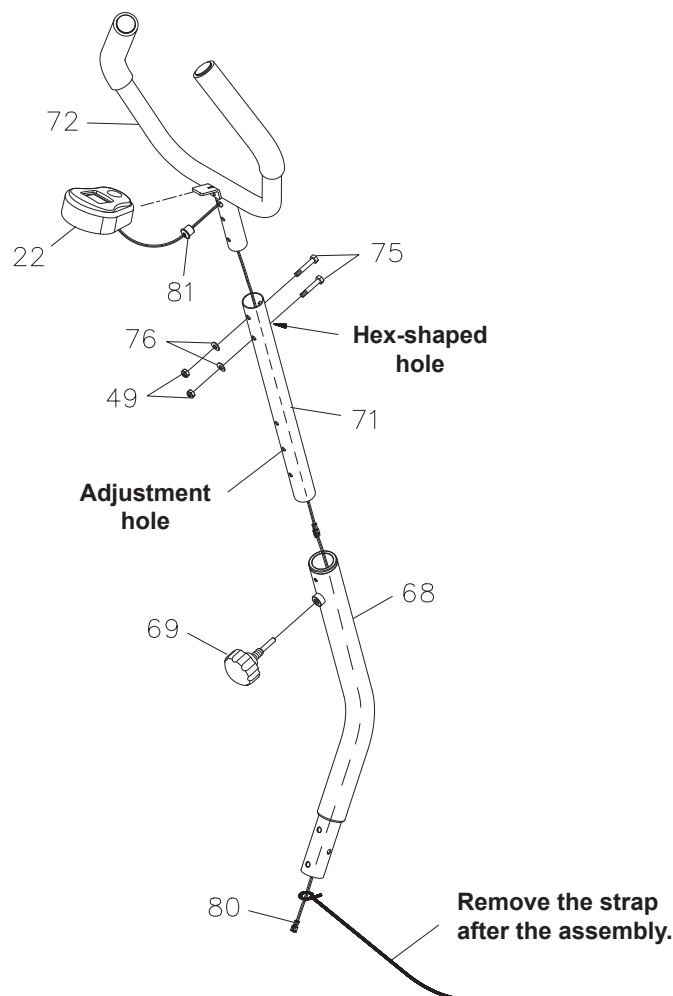
2. Be careful not to damage the sensor wires when processing the following assembly steps.

STEP 4: Install two AA batteries into the **METER(22)**, the batteries are not included. See page 11 for detailed battery installation instructions. Remove the **GROMMET PLUG(81)** from the **HANDLEBAR(72)**. Run the strap and the **EXTENSION WIRE(80)** through the **HANDLEBAR(72)** and slide the **METER(22)** onto the plate on the **HANDLEBAR(72)**. Clip the **GROMMET PLUG(81)** onto Connection Wire of the **METER(22)**. Push the excess wires into the **HANDLEBAR(72)** and secure with the **GROMMET PLUG(81)**.

STEP 5: Run the strap and the **EXTENSION WIRE(80)** through the **HANDLEBAR POST(71)**. Insert the **HANDLEBAR(72)** into the **HANDLEBAR POST(71)** and secure with **HEX BOLTS(M6x1x33mm)(75)**, **ARC WASHERS(M6)(76)**, and **NYLOCK NUTS(M6x1)(49)**. The **HEX BOLTS(M6x1x33mm)(75)** fit inside the hex-shaped holes in the **HANDLEBAR POST(71)**.

STEP 6: Run the strap and the **EXTENSION WIRE(80)** through the **UPRIGHT(68)**. Insert the **HANDLEBAR POST(71)** into the **UPRIGHT(68)**, and lock it in one of the adjustment holes with the **ADJUSTMENT KNOB(69)**. Remove the strap from the end of the **EXTENSION WIRE(80)**.

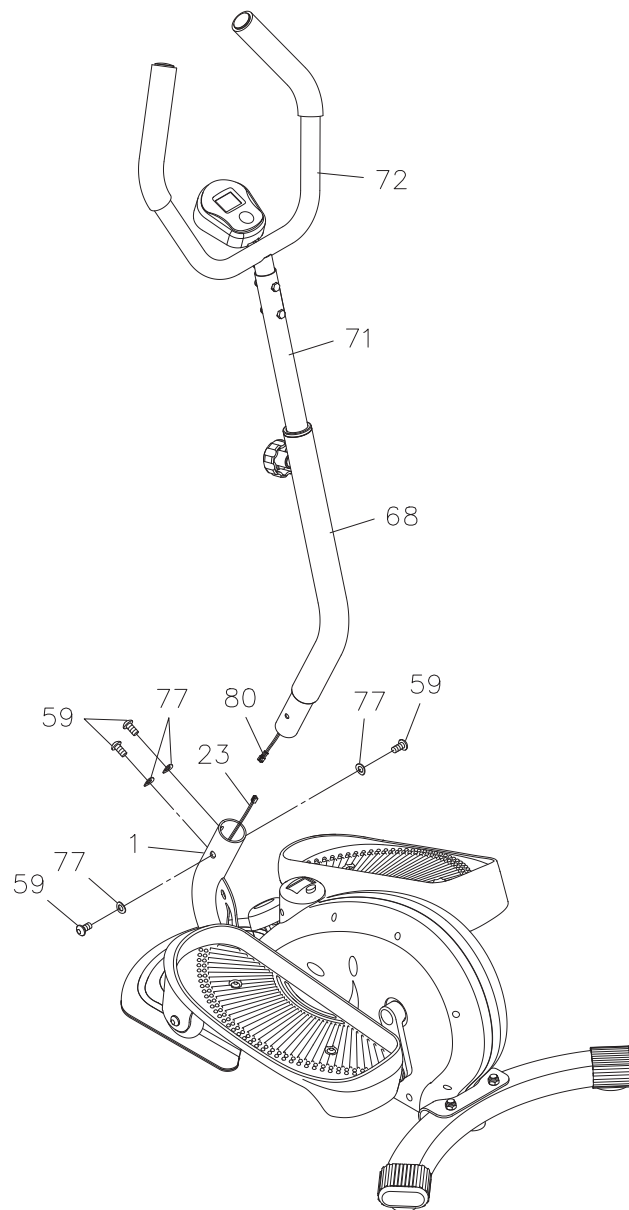
NOTE: There are three adjustment holes on the **HANDLEBAR POST(71)** for adjusting the height of the **HANDLEBAR(72)**.



ASSEMBLY INSTRUCTIONS

STEP 7

Connect the **EXTENSION WIRE(80)** to the **SENSOR WIRE(23)**. Insert the **UPRIGHT(68)** into the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x16mm)(59)** and **ARC WASHERS(M8)(77)**.

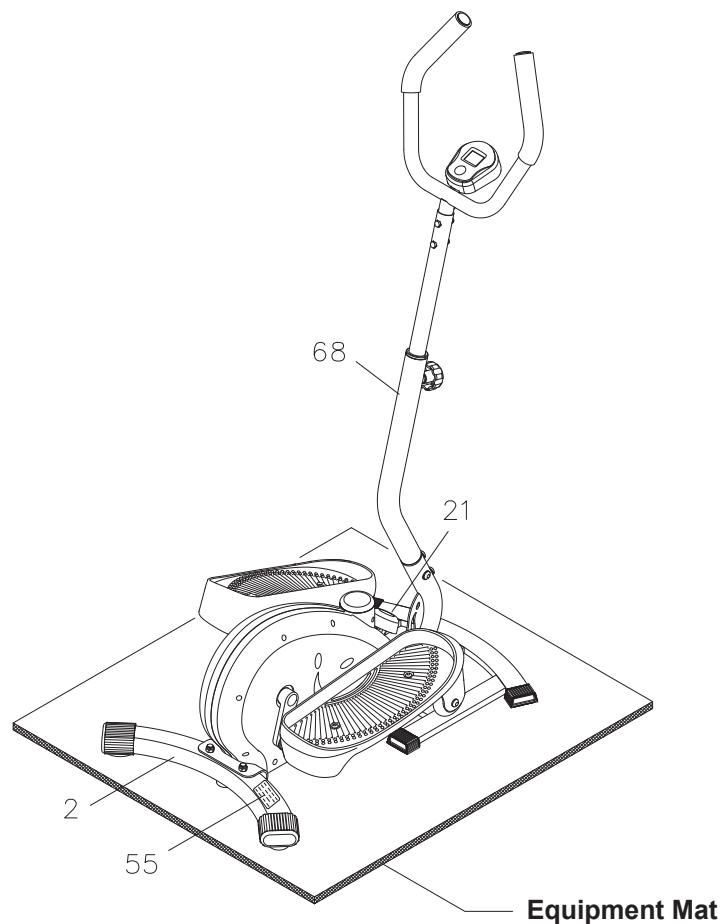


SET UP INSTRUCTIONS

Place the **AVARI® Compact Elliptical Trainer** in the area where it will be used. It is recommended that the **AVARI® Compact Elliptical Trainer** be placed on an equipment mat. The maximum operation dimensions of the **AVARI® Compact Elliptical Trainer** are approximately 29 inches long x 18.8 inches wide x 50.3 inches tall. (These dimensions may vary up to one inch.) Make sure that adequate space is available for access to, passage around and emergency dismount from the **AVARI® Compact Elliptical Trainer**. A minimum of 20 inches on at least one side and 20 inches either behind or in front of the **AVARI® Compact Elliptical Trainer** is required for safe operation.

LEVELING: Adjust the location of **AVARI® Compact Elliptical Trainer** to ensure **AVARI® Compact Elliptical Trainer** sits on the floor without rocking.

MOVING: Grasp the **REAR STABILIZER(2)** and **UPRIGHT(68)** to move the **AVARI® Compact Elliptical Trainer**. Do not use the **PEDAL ARMS(3,4)** to move the **AVARI® Compact Elliptical Trainer**. The **PEDAL ARMS(3,4)** will move and may pinch your hand or fingers.



FUNCTION INSPECTION:

Visually inspect the **AVARI® Compact Elliptical Trainer** to verify that assembly is as shown in the above illustration. Check the function of the **AVARI® Compact Elliptical Trainer**. Stand on the foot pedals. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(21)** and verify that it functions properly.

CAUTION: Locate and read the **WARNING LABEL(55)** on the **AVARI® Compact Elliptical Trainer**. Make sure that all users read the **WARNING LABEL(55)**.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

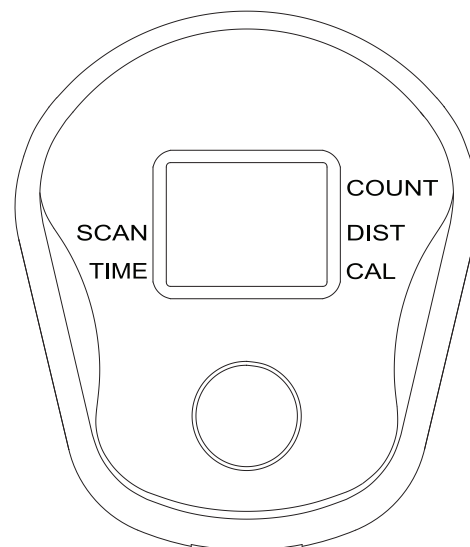
POWER ON : Pedal movement or press the button.

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

FUNCTION BUTTON:

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

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



FUNCTIONS:

COUNT: Displays the total number of strides you have taken on upper display from zero to 9999 strides.

SCAN: Lower display automatically scans each function of **TIME**, **DISTANCE**, and **CALORIES** in sequence every six seconds.

TIME: Displays the time from one second up to 99:59 minutes.

DISTANCE: Displays the distance from zero to 999.9 miles.

CALORIES: Displays the calories burned from zero to 9999 Kcal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

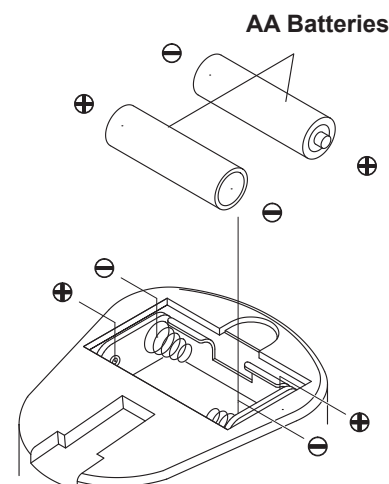
NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for four seconds to reset all functions to zero.

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:

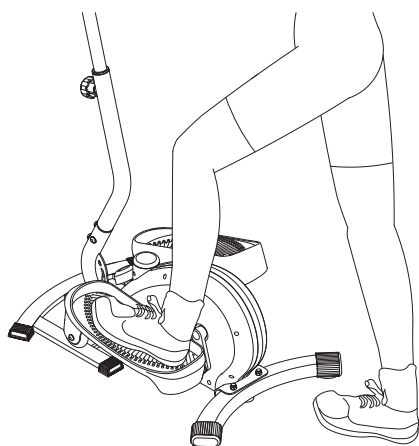
1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



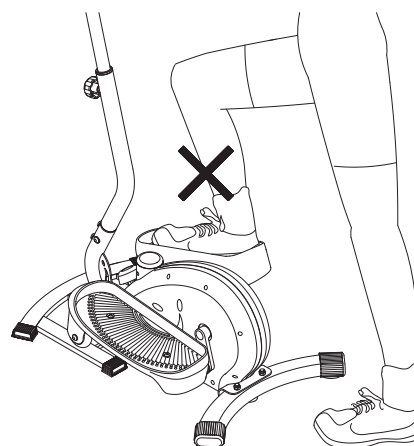
OPERATIONAL INSTRUCTIONS

PRECAUTIONS FOR USING

1. To maintain your balance, always mount or dismount the **AVARI® Compact Elliptical Trainer** from the lowest foot pedal, refer to the following illustrations. Loss of balance may result in a fall and serious bodily injury.
2. Grasp the **HANDLEBAR(72)** with both hands to help to maintain your balance while using the **AVARI® Compact Elliptical Trainer** until you are familiar with the **AVARI® Compact Elliptical Trainer**.



CORRECT



INCORRECT

EXERCISE WORKOUT

To start using the **AVARI® Compact Elliptical Trainer** simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Move your highest foot forward and follow the natural path of the machine.

For more stability, hold on to the **HANDLEBAR(72)** while stepping onto and off of the pedals. Start on a load level that is comfortable until you are familiar with the machine. Once you are familiar with the elliptical and comfortable with the resistance, adjust the load level as described below to achieve the workout desired.

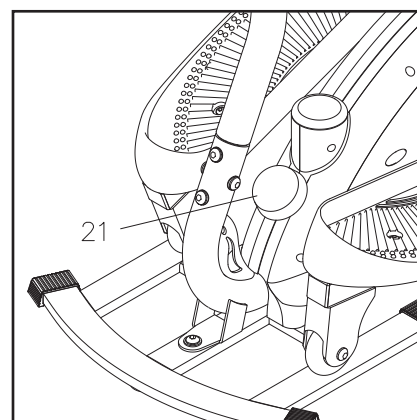
FORWARD AND REVERSE

The **AVARI® Compact Elliptical Trainer** can be used in forward and reverse directions to vary the muscles that you work. This will help you to stay motivated and achieve the best results. To change directions, simply slow the pedals down until they stop, then pedal in the opposite direction.

LOAD LEVEL ADJUSTMENT

The load level of **AVARI® Compact Elliptical Trainer** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

To increase the load, turn the **TENSION KNOB(21)** clockwise. To decrease the load, turn the **TENSION KNOB(21)** counterclockwise.



STORAGE

1. To store the **AVARI® Compact Elliptical Trainer** simply keep it in a clean dry place.
2. The minimum rest dimensions of the **AVARI® Compact Elliptical Trainer** are approximately 27.8 inches long x 18.8 inches wide x 46.3 inches tall. These dimensions may vary. Please measure your **AVARI® Compact Elliptical Trainer** if exact dimensions are needed.
3. Grasp the **REAR STABILIZER(2)** and **UPRIGHT(68)** to move the **AVARI® Compact Elliptical Trainer**. Do not use the **PEDAL ARMS(3,4)** to move the **AVARI® Compact Elliptical Trainer**.

MAINTENANCE

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

1. Adjust the **TENSION KNOB(21)** and verify that the Flywheel System provides tension. The Flywheel System should provide many years of use.
2. Verify that the **WARNING LABEL(55)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(55)** 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 **AVARI® Compact Elliptical Trainer** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **AVARI® Compact Elliptical Trainer**.
6. Keep your **AVARI® Compact Elliptical Trainer** clean by wiping it off with an absorbent cloth after use.

NOTE: A standard crank extractor tool is required to remove the **CRANKS(78)** from the **AXLE(79)**.

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.

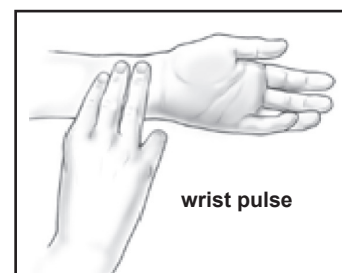
Remember to follow these essentials:

- 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

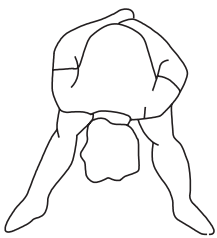
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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.

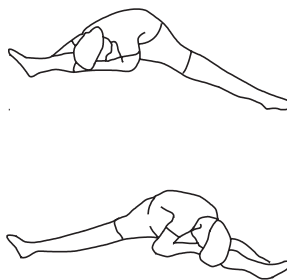
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



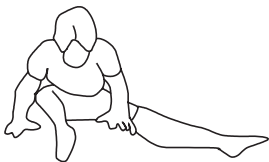
Lower Body Stretch

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

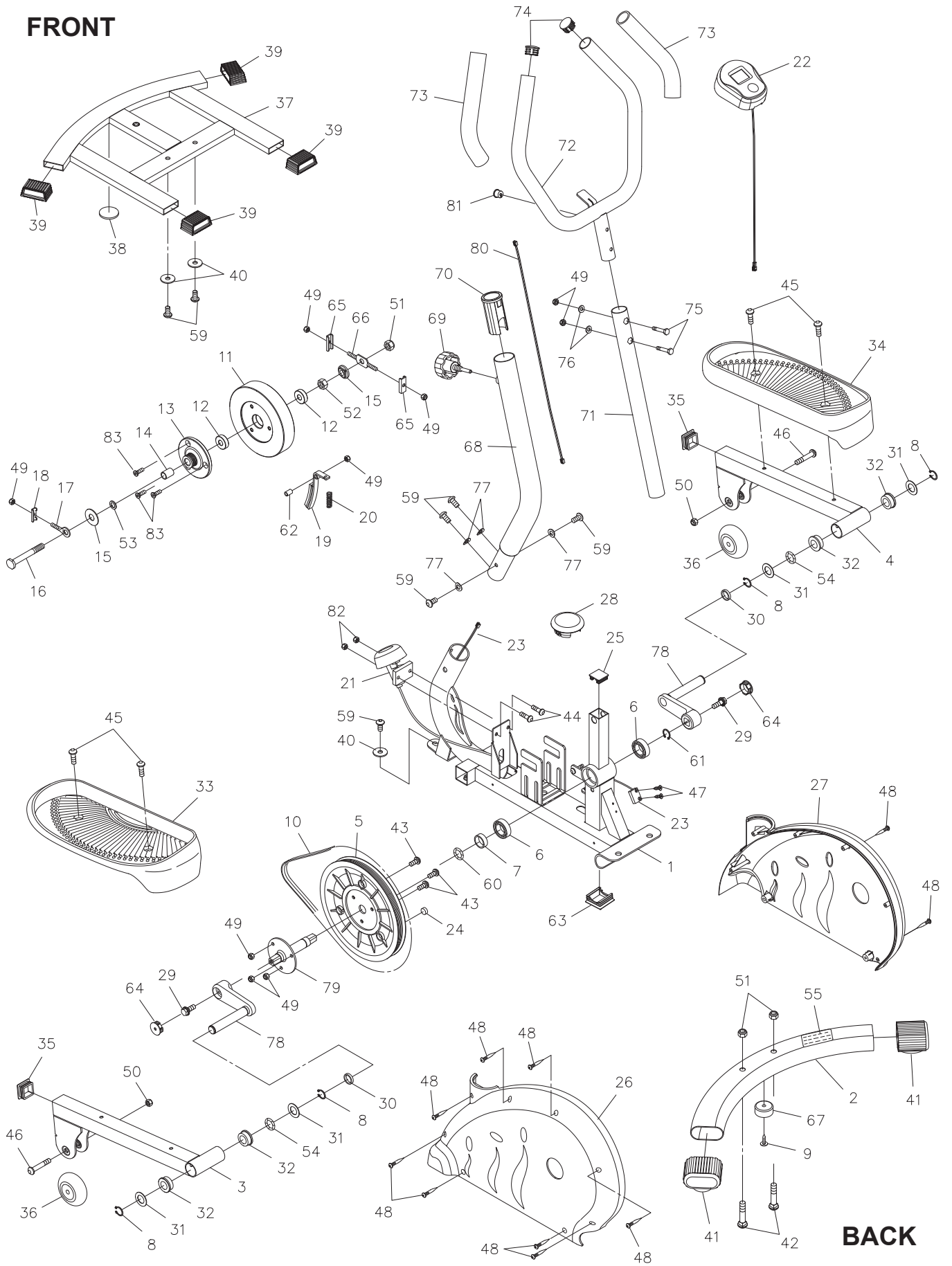
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times 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 Stabilizer	1
3	Left Pedal Arm	1
4	Right Pedal Arm	1
5	Pulley	1
6	Bearing (6003)	2
7	Pulley Spacer	1
8	C Ring (16mm)	4
9	Screw, Round Head (M5 x 15mm)	1
10	V-Ribbed Belt	1
11	Flywheel	1
12	Bearing (6000)	2
13	Flywheel Pulley	1
14	Flywheel Spacer (ø10mm x ø12mm x 24mm)	1
15	Spacer Cap	2
16	Flywheel Shaft Bolt (M10 x 1.5 x 82mm)	1
17	Eyebolt	1
18	Tension Bracket	1
19	Brake Brace	1
20	Spring	1
21	Tension Knob	1
22	Meter	1
23	Sensor Wire	1
24	Magnet	1
25	Square Plug (25mm x 25mm)	1
26	Left Cover	1
27	Right Cover	1
28	Round Cap	1
29	Flange Bolt (M8 x 1.25 x 15mm)	2
30	Crank Spacer	2
31	Large Washer (16.3 x 24mm)	4
32	Pedal Arm Bushing	4
33	Left Pedal Cap	1
34	Right Pedal Cap	1
35	Square Plug (30mm x 30mm)	2
36	Roller	2
37	Base	1
38	Stand	1
39	Endcap	4
40	Washer (M8 x ø26mm x 2mm thick)	3
41	Oval Endcap (30mm x 60mm)	2
42	Carriage Bolt (M10 x 1.5 x 43mm)	2
43	Bolt, Button Head (M6 x 1 x 13mm)	3
44	Screw, Round Head (M5 x 0.8 x 13mm)	2
45	Bolt, Button Head (M8 x 1.25 x 20mm)	4
46	Bolt, Button Head (M8 x 1.25 x 42mm)	2
47	Screw, Round Head (M3.4 x 8mm)	2

PARTS LIST

PART#	PART NAME	QTY
48	Screw, Round Head (M4 x 25mm)	10
49	Nylock Nut (M6 x 1)	9
50	Nylock Nut (M8 x 1.25)	2
51	Nylock Nut (M10 x 1.5)	3
52	Nut (M10 x 1.5)	1
53	Washer (M10)	1
54	Wavy Washer (M16)	2
55	Warning Label	1
56	Wrench	1
57	Allen Wrench (6mm)	1
58	Manual	1
59	Bolt, Button Head (M8 x 1.25 x 16mm)	7
60	Wavy Washer (M17)	1
61	C Ring (17mm)	1
62	PU Bushing	1
63	Square Plug (38mm x 38mm)	1
64	Crank Cap	2
65	Large Tension Bracket	2
66	Double Eyebolt	1
67	Stabilizer Stand	1
68	Upright	1
69	Adjustment Knob	1
70	Sleeve	1
71	Handlebar Post	1
72	Handlebar	1
73	Foam Grip	2
74	Round Plug (25.4mm)	2
75	Bolt, Hex Head (M6 x 1 x 33mm)	2
76	Arc Washer (M6)	2
77	Arc Washer (M8)	4
78	Crank	2
79	Axle	1
80	Extension Wire	1
81	Grommet Plug	1
82	Nylock Nut (M5 x 0.8)	2
83	Bolt, Flat Head (M6 x 1 x 15mm)	3

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly 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 IMPROPER ASSEMBLY, 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.

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NOTES

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service 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 SERVICE**
customerservice@staminaproducts.com
www.staminaproducts.com



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



**FAX
CUSTOMER SERVICE**
Fax: (417) 889-8064



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

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

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM	Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071
Model Number:	Serial Number:
Product Name:	
Place Purchased:	
Date of Purchase:	Purchase Price:
First Name:	Last Name:
City:	State: Zip Code:
Email Address:	Phone #: ()
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> No *If yes, be sure your email address is included above.	



Detach and Mail or Fax the Form Above



TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



PARTS ORDER FORM	Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071
Mr./Ms:	
Address: Apt. #:	
City: State: Zip Code:	
IMPORTANT : We must have your phone number to process the order!	
Phone #: () Work Phone #: ()	
Date of Purchase:	
Model #:	
Purchased From:	

**IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you're ordering the right parts!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1