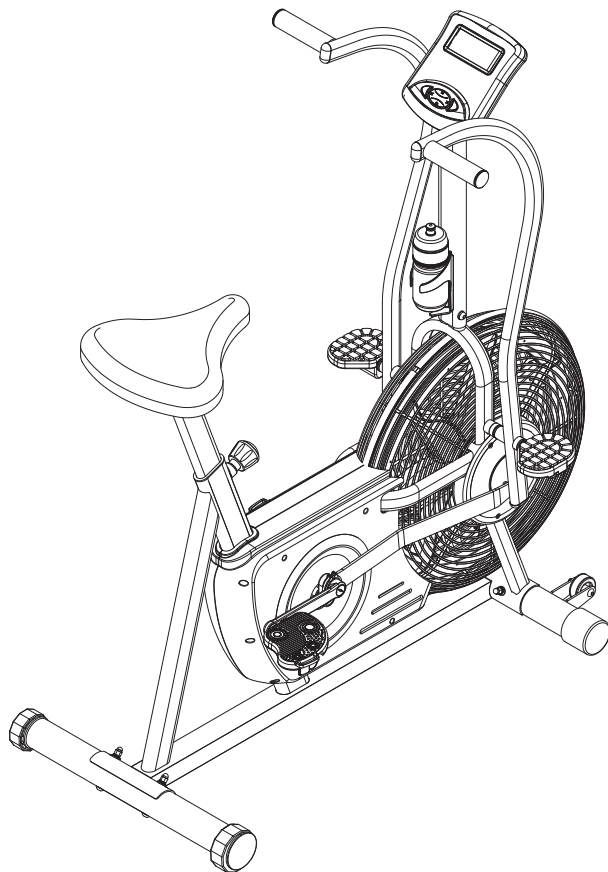


# *STAMINA*<sup>®</sup> Airgometer 1100

## Owner's Manual



Product May Vary Slightly From Pictured.

### CAUTION:

Weight on this product should not exceed 300 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#: 15-1100A**

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

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

**STAMINA PRODUCTS  
MADE IN CHINA**

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2011, 11

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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 **Airgometer 1100**.

1. Read all warnings and cautions posted on the **Airgometer 1100**.
2. The **Airgometer 1100** 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 **Airgometer 1100**. Do not allow children to use or play on the **Airgometer 1100**. Keep children and pets away from the **Airgometer 1100** when it is in use.
5. The **Airgometer 1100** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. Remain seated while pedaling the **Airgometer 1100**. Failure to do so could result in serious injury.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **Airgometer 1100** on a solid level surface. Do not position the **Airgometer 1100** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Airgometer 1100**.
10. Adjust the LEVELING CAPS(73) on the Rear Stabilizer so that the bike sits on the floor without rocking.
11. Before using, inspect **Airgometer 1100** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
12. Before getting on the **Airgometer 1100**, always check the SEAT POST(4), PEDALS(55, 56), REST PEDALS(62, 63), and HANDLEBARS(6, 7) to be sure they are secure. The ADJUSTMENT KNOB(72) must be inserted into one of the holes in the SEAT POST(4) and securely tightened.
13. Each user should adjust the seat per instructions on page 14.
14. Do not attempt to adjust the seat while you are on the **Airgometer 1100**.
15. 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.
16. 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.
17. Do not wear loose or dangling clothing while using the **Airgometer 1100**.
18. 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.
19. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Airgometer 1100**, loss of balance may result in a fall and serious bodily injury.
20. The **Airgometer 1100** should not be used by persons weighing over 300 pounds.
21. The **Airgometer 1100** should be used by only one person at a time.
22. The **Airgometer 1100** 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**

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**THANK YOU FOR PURCHASING THE  
Airgometer 1100**

**To enact your warranty, please register your product  
by going to [register.staminaproducts.com](http://register.staminaproducts.com)**

To help you get started, we have pre-assembled most of your  
Airgometer 1100 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](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://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 **Airgometer 1100**. 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 **Airgometer 1100** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

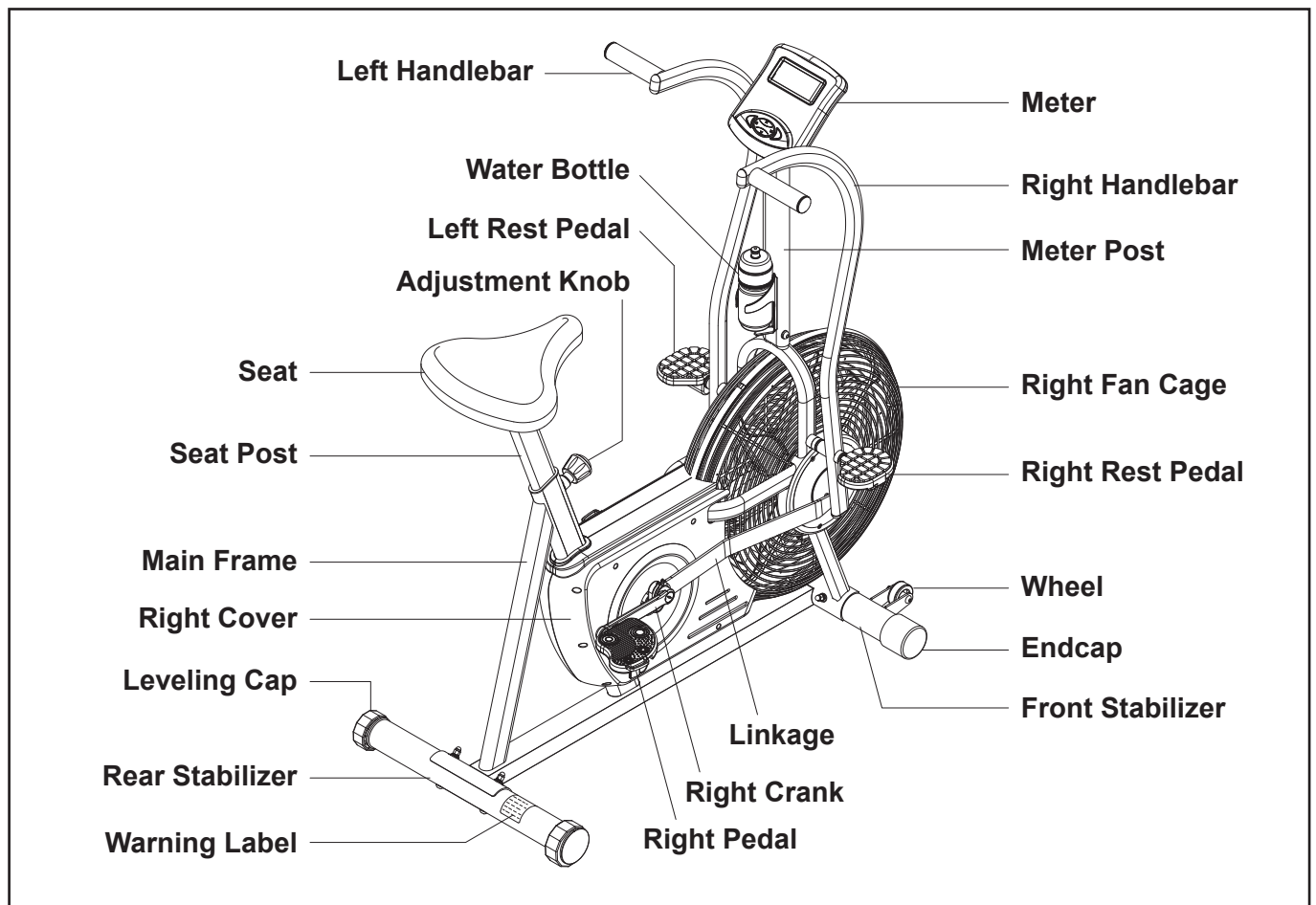
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **Airgometer 1100**.

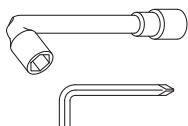
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Airgometer 1100**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to [staminaproducts.com](http://staminaproducts.com) to the Services 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.

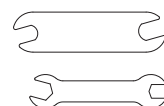


### THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Socket Wrench

Allen Wrench w/ Screwdriver (6mm)



Large Wrench

Wrench

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Airgometer 1100**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

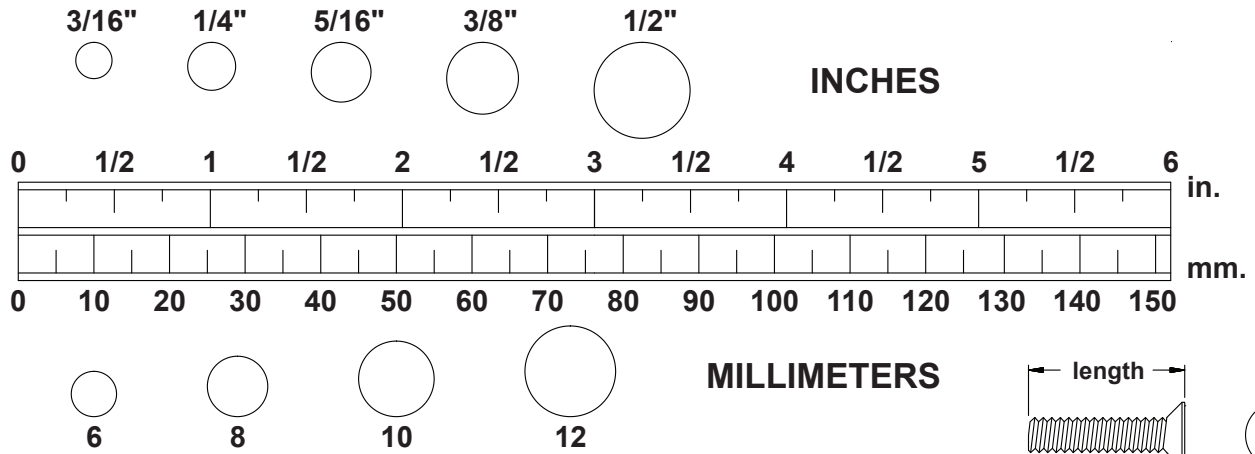
Label is larger than actual size

### **W1** WARNING LABEL(99)

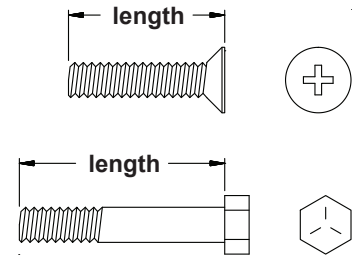


# HARDWARE IDENTIFICATION CHART





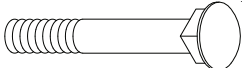
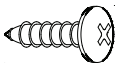
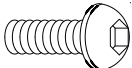
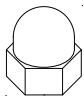







This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**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
	<b>45</b> Tooth Lock Washer (M10)	<b>2</b>
	<b>46</b> Left Flange Nut, Brass Color (M10 x 1.25, Left Hand Threads)	<b>1</b>
	<b>47</b> Right Flange Nut, Black Color (M10x1.25, Right Hand Threads)	<b>1</b>
	<b>49</b> Wavy Washer (ø17 x ø22 x 0.4mm)	<b>2</b>
	<b>80</b> Carriage Bolt (M8 x 1.25 x 75mm)	<b>4</b>
	<b>85</b> Screw, Round Head (M5 x 15mm)	<b>2</b>
	<b>87</b> Bolt, Button Head (M8 x 1.25 x 15mm)	<b>4</b>
	<b>94</b> Acorn Nut (M8 x 1.25)	<b>4</b>
	<b>97</b> Arc Washer (M8)	<b>6</b>
	<b>60</b> Washer (ø16.2 x ø22 x 1.5mm)	<b>2</b>
	<b>61</b> Washer (ø10 x ø25.4 x 2mm)	<b>2</b>
	<b>96</b> Washer (M8)	<b>8</b>
	<b>92</b> Nylock Nut (M8x1.25)	<b>6</b>
	<b>98</b> Lock Washer (M8)	<b>8</b>
	<b>58</b> Plastic Washer (ø10 x ø18 x 2mm)	<b>4</b>

## ASSEMBLY INSTRUCTIONS

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

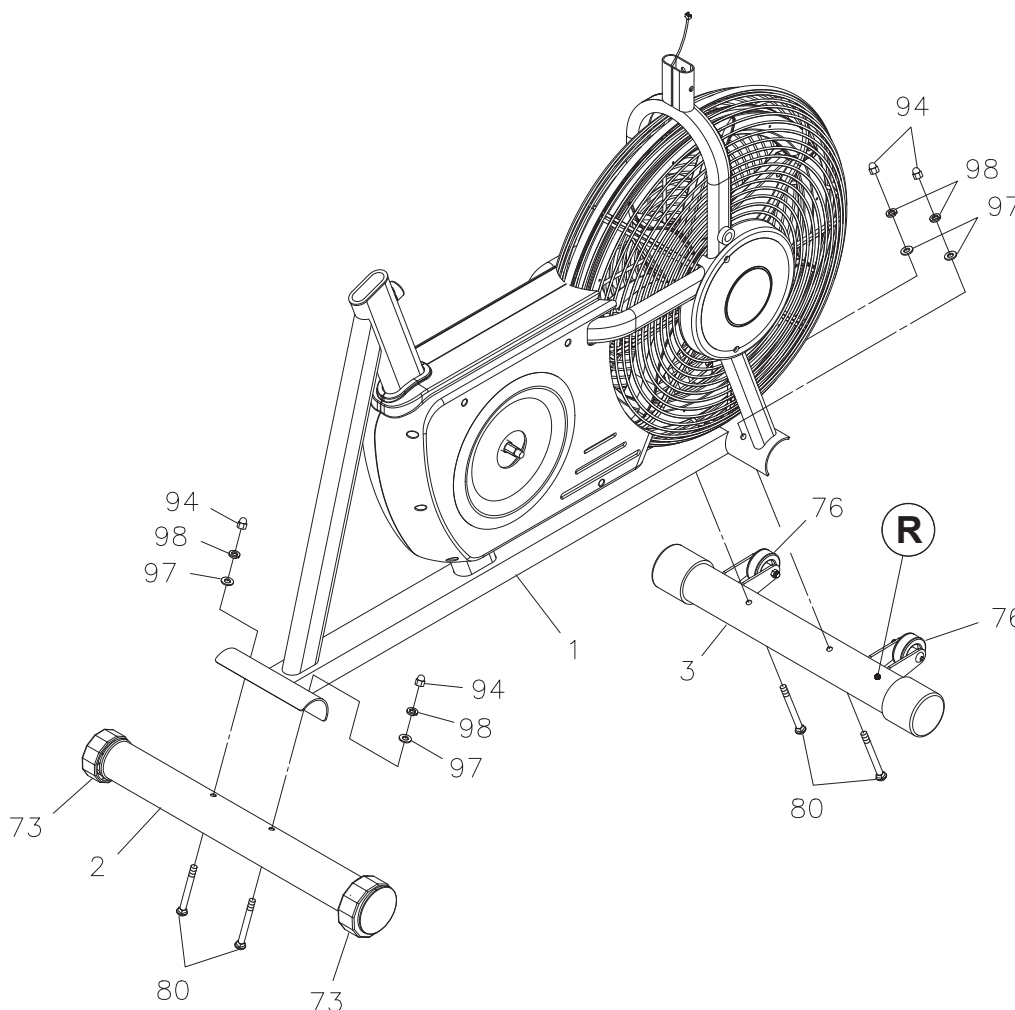
### STEP 1

Position the **FRONT STABILIZER(3)** with the **R** mark on the right side so the **WHEELS(76)** face the front. Attach the **FRONT STABILIZER(3)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm)(80)**, **ARC WASHERS(M8)(97)**, **LOCK WASHERS(M8)(98)**, and **ACORN NUTS(M8x1.25)(94)**.

### STEP 2

Attach the **REAR STABILIZER(2)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm)(80)**, **ARC WASHERS(M8)(97)**, **LOCK WASHERS(M8)(98)**, and **ACORN NUTS(M8x1.25)(94)**.

**NOTE:** You can adjust the **LEVELING CAPS(73)** on the **REAR STABILIZER(2)** to keep the **Airgometer 1100** stable.



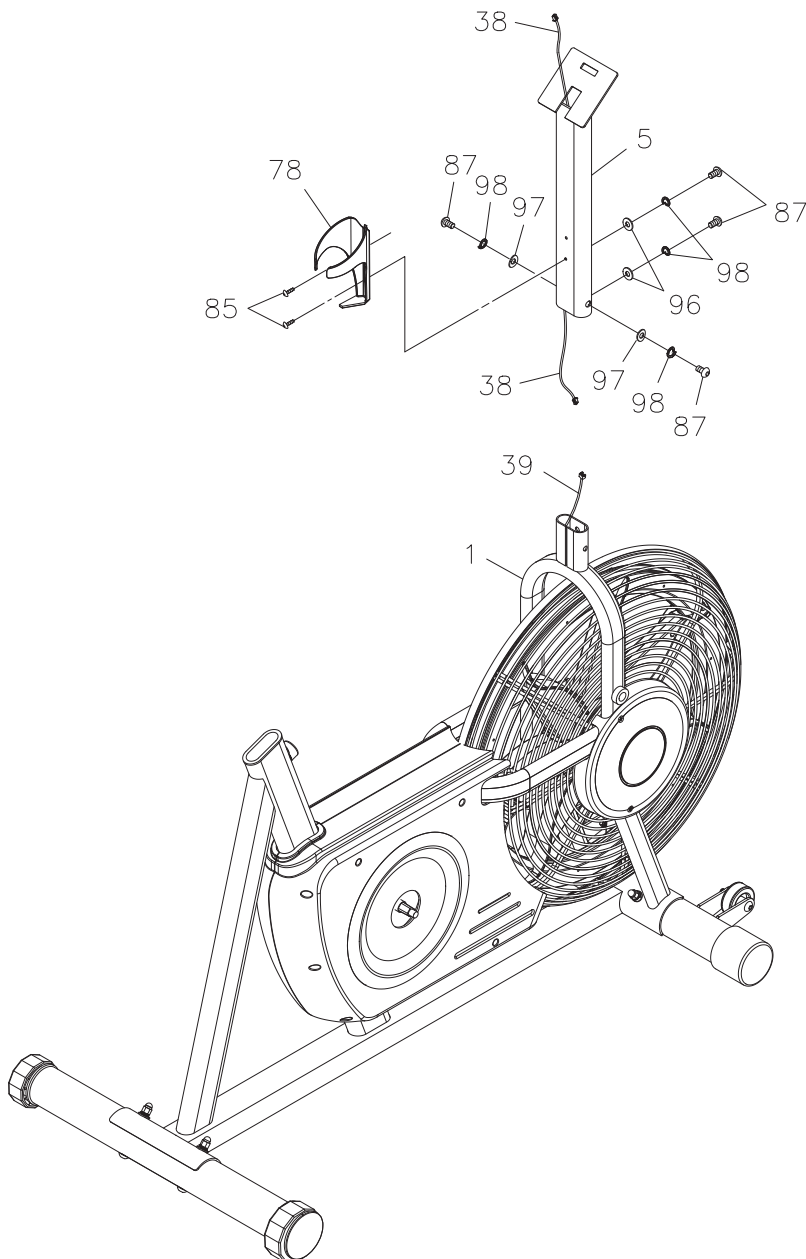
## ASSEMBLY INSTRUCTIONS

### STEP 3

Connect the **CONNECTION WIRE(38)** to the **SENSOR WIRE(39)**. Insert the **METER POST(5)** onto the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x15mm)(87)**, **WASHERS(M8)(96)**, **ARC WASHERS(M8)(97)**, and **LOCK WASHERS(M8)(98)**.

### STEP 4

Attach the **WATER BOTTLE HOLDER(78)** to the **METER POST(5)** with **ROUND HEAD SCREWS (M5x15mm)(85)**.





## ASSEMBLY INSTRUCTIONS

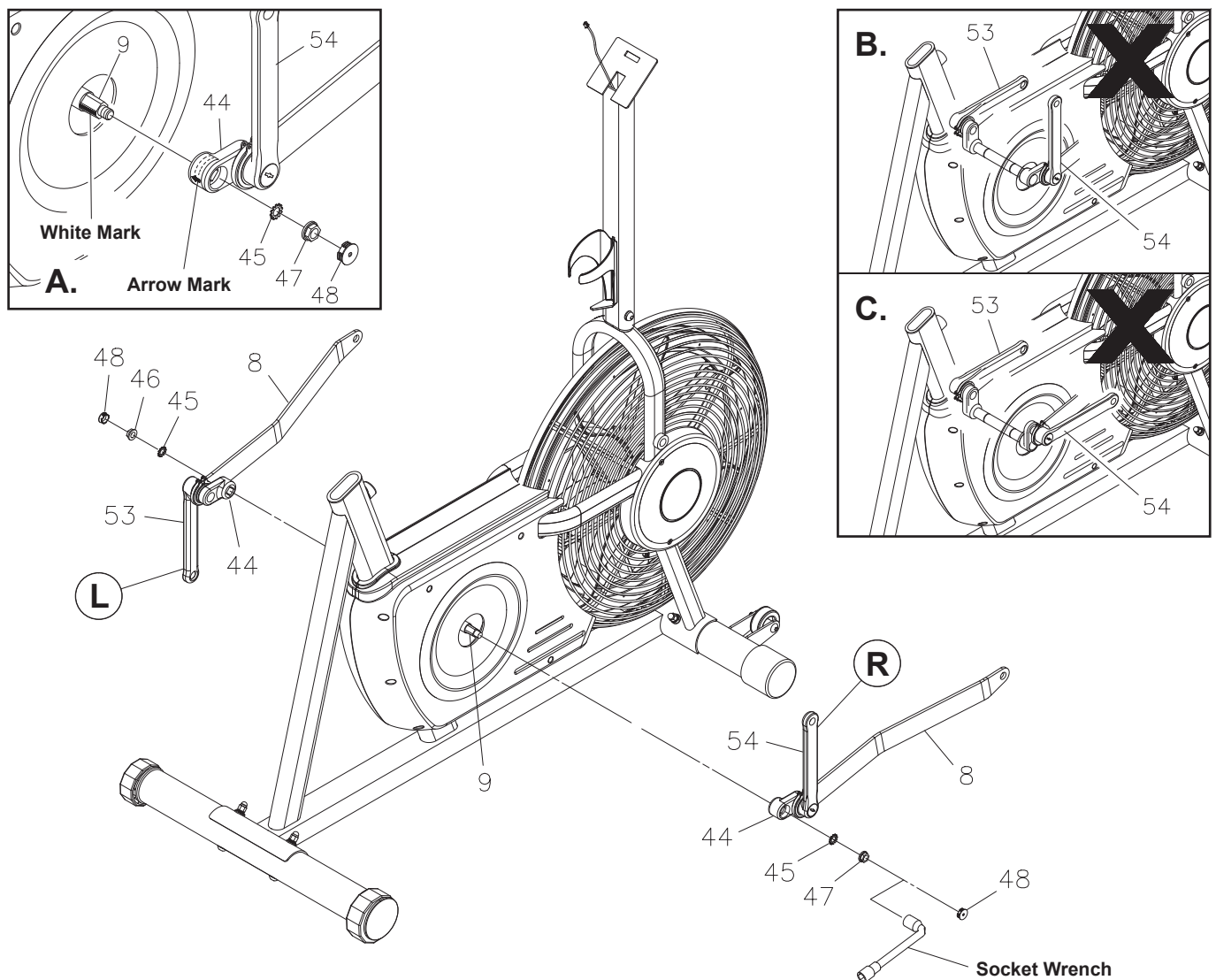
**WARNING:** The **SMALL CRANKS(44)** require a special tool to remove once assembled. Read all of the following **ASSEMBLY INSTRUCTIONS** before attaching the **SMALL CRANK(44)**.

- NOTE:**
1. Align the **ARROW MARK** on the **SMALL CRANK(44)** with the **WHITE MARK** on the **AXLE(9)** when installing the two **SMALL CRANKS(44)** onto the **AXLE(9)**. Refer to inset drawing **A**.
  2. The **RIGHT FLANGE NUT(M10x1.25)(47)**, black color, has right hand threads and is tightened by turning clockwise. The **LEFT FLANGE NUT(M10x1.25)(46)**, brass color, has left hand threads and is tightened by turning counterclockwise.
  3. There is an **“L”** decal on the **LEFT CRANK(53)**, and an **“R”** decal on the **RIGHT CRANK(54)**.

### STEP 5

To assemble the **RIGHT CRANK(54)**, install the **SMALL CRANK(44)** onto the **AXLE(9)** with **TOOTH LOCK WASHER(M10)(45)** and **RIGHT FLANGE NUT(M10x1.25)(47)**. **SECURELY TIGHTEN** the **RIGHT FLANGE NUT(M10x1.25)(47)** with the socket wrench. Push the **CRANK CAP(48)** into the **SMALL CRANK(44)**.

**CAUTION:** It is possible to assemble the **LEFT CRANK(53)** and the **RIGHT CRANK(54)** the wrong way as shown in inset drawings **B** and **C**. The **SMALL CRANK(44)** on the **LEFT CRANK(53)** 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 CRANK(53)**.



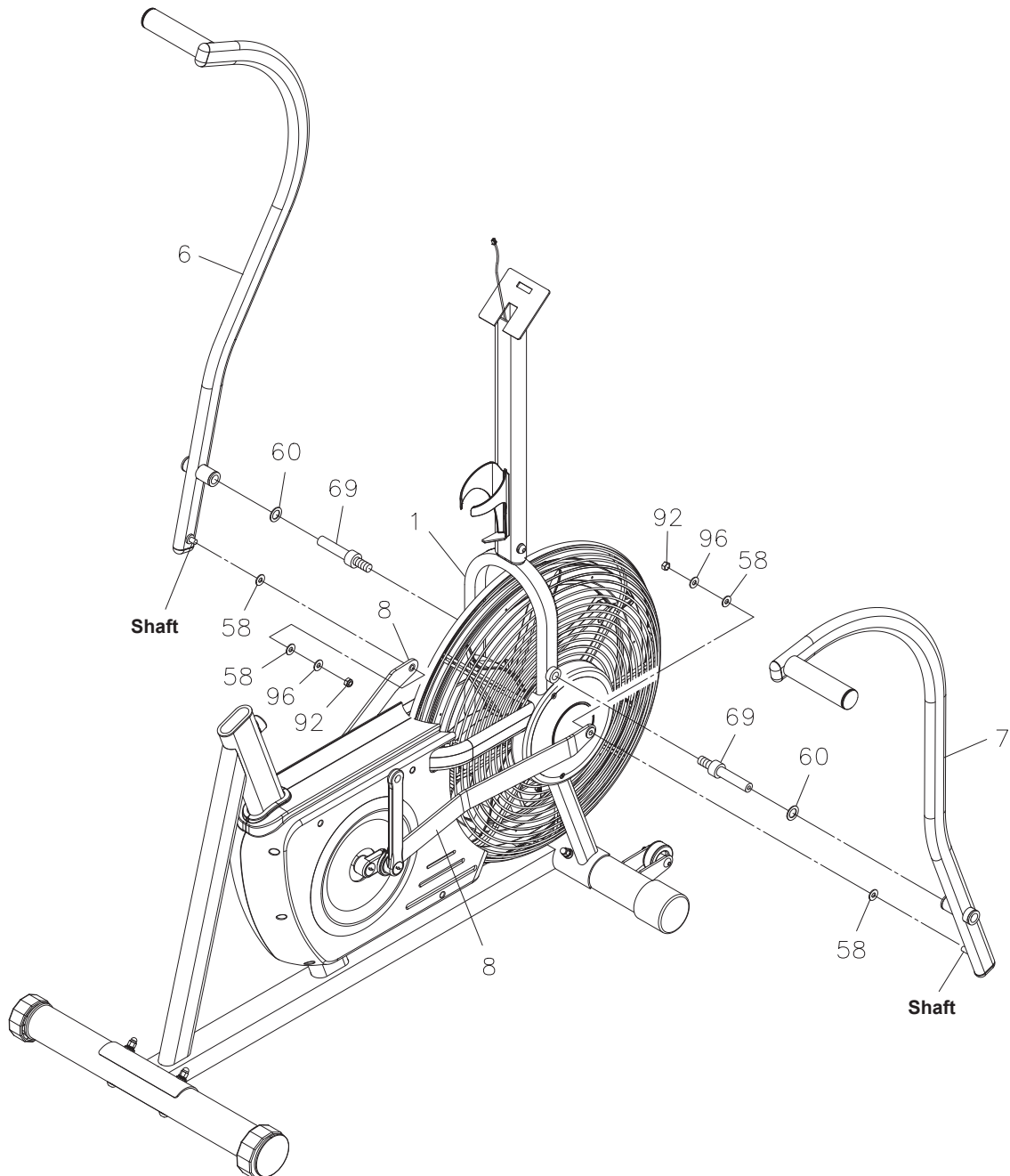
## ASSEMBLY INSTRUCTIONS

### STEP 6

Bolt the **HANDLEBAR SHAFTS(69)** to the **MAIN FRAME(1)** on both sides and securely tighten.

### STEP 7

Slide the **WASHER( $\phi 16.2 \times \phi 22 \times 1.5 \text{mm}$ )(60)** onto the **HANDLEBAR SHAFT(69)**. Slide the **RIGHT HANDLEBAR(7)** onto the **HANDLEBAR SHAFT(69)** in approximately the center of the sliding range. Place the **PLASTIC WASHER( $\phi 10 \times \phi 18 \times 2 \text{mm}$ )(58)** on the **SHAFT** on the lower end of the **RIGHT HANDLEBAR(7)**. Connect the right **LINKAGE(8)** to the **RIGHT HANDLEBAR(7)**, then slide the **RIGHT HANDLEBAR(7)** completely onto the **HANDLEBAR SHAFT(69)**. Secure the right **LINKAGE(8)** with the **PLASTIC WASHER( $\phi 10 \times \phi 18 \times 2 \text{mm}$ )(58)**, **WASHER(M8)(96)**, and **NYLOCK NUT(M8x1.25)(92)**. Repeat on other side.



## ASSEMBLY INSTRUCTIONS

### STEP 8

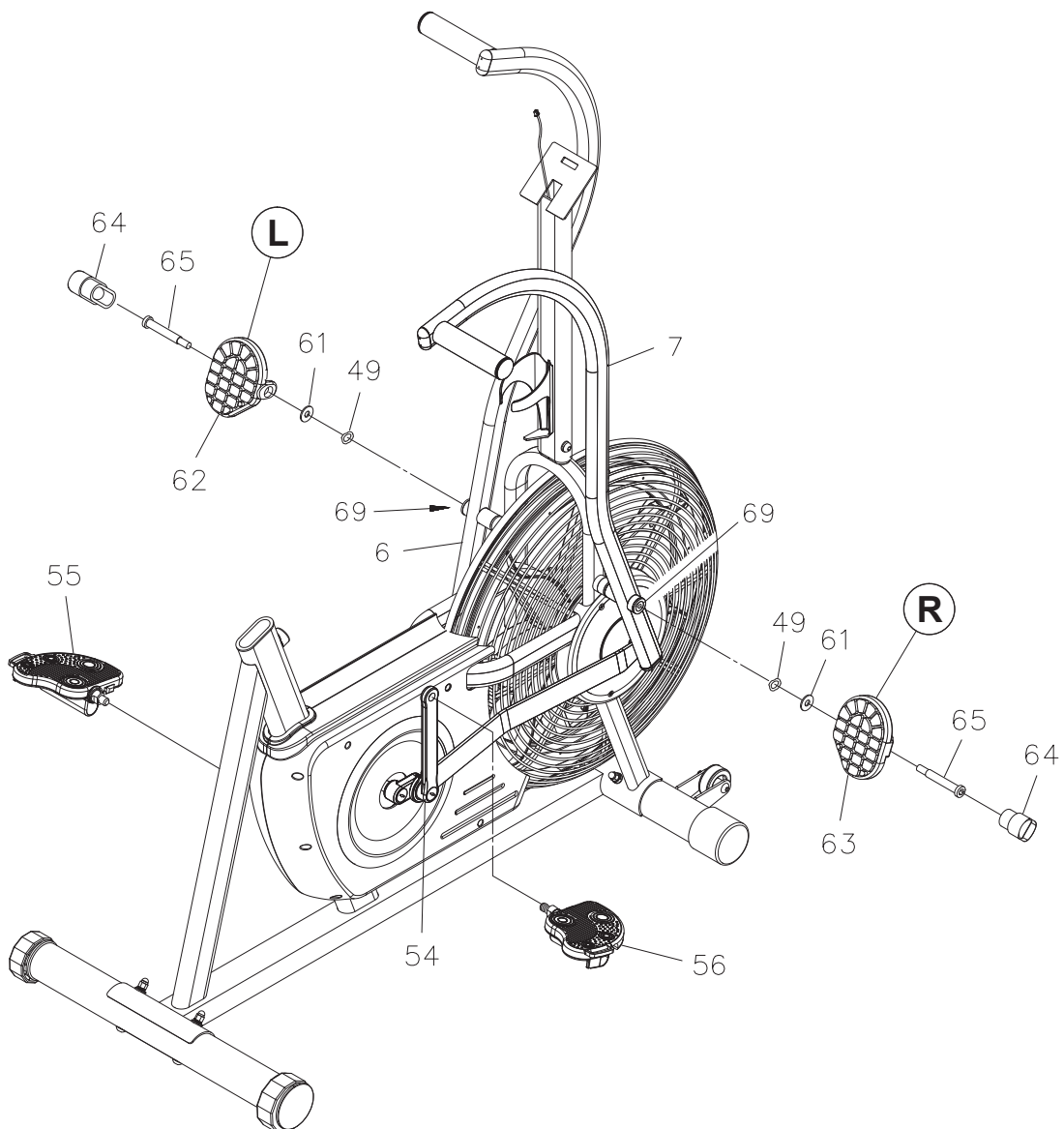
There is an "L" mark on the bottom side of the **LEFT REST PEDAL(62)**, and an "R" mark on the bottom side of the **RIGHT REST PEDAL(63)**.

Attach the **RIGHT REST PEDAL(63)** to the **HANDLEBAR SHAFT(69)** in the **RIGHT HANDLEBAR(7)** with **WAVY WASHER( $\phi 17 \times \phi 22 \times 0.4 \text{mm}$ )(49)**, **WASHER( $\phi 10 \times \phi 25.4 \times 2 \text{mm}$ )(61)**, and the **SHAFT BOLT(65)**. Press the **PEDAL COVER(64)** into the **RIGHT REST PEDAL(63)**. Repeat on other side.

### STEP 9

**NOTE:** The **RIGHT PEDAL(56)** has R stamped on the end of the pedal shaft. The **RIGHT PEDAL(56)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(55)** has L stamped on the end of the pedal shaft. The **LEFT PEDAL(55)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(56)** into the **RIGHT CRANK(54)** as shown. Tighten the pedal securely. Repeat on the left side to attach the **LEFT PEDAL(55)** to the **LEFT CRANK(53)**.



## ASSEMBLY INSTRUCTIONS

### STEP 10

Attach the **SEAT(70)** to the **SEAT POST(4)** with **NYLOCK NUTS(M8x1.25)(92)** and **WASHERS(M8)(96)**. Insert the **SEAT POST(4)** into the **MAIN FRAME(1)** and secure with the **ADJUSTMENT KNOB(72)**.

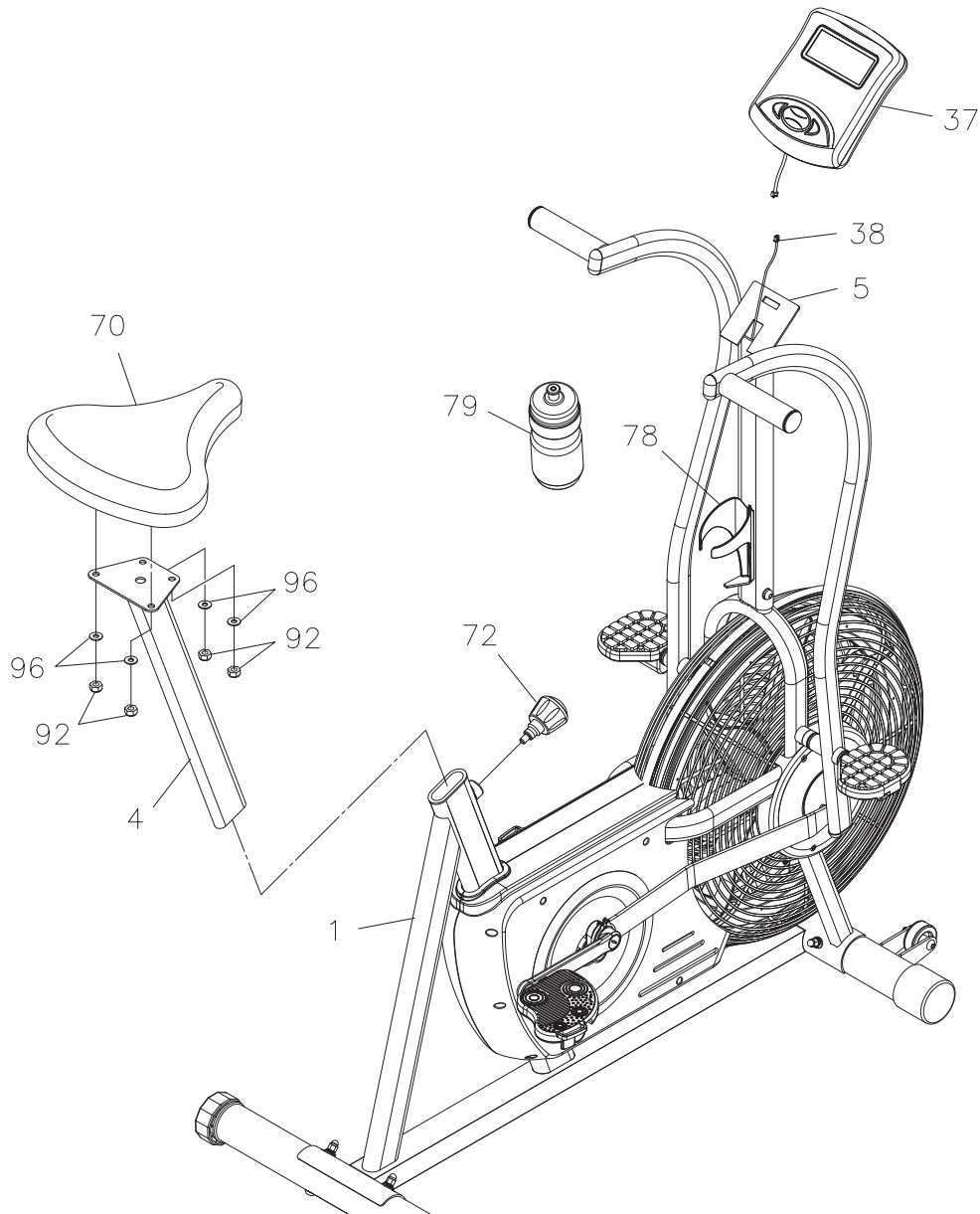
**NOTE:** The pin of the **ADJUSTMENT KNOB(72)** must be inserted into one of the adjustment holes in the **SEAT POST(4)** and the **ADJUSTMENT KNOB(72)** must be screwed in tight to ensure that the **SEAT POST(4)** will fit securely in the **MAIN FRAME(1)**.

### STEP 11

Install two AA batteries into the **METER(37)**, the batteries are not included. See page 15 for detailed battery installation instructions. Plug the **CONNECTION WIRE(38)** into the **METER(37)**, and push the excess wires back into the **METER POST(5)**. Slide the **METER(37)** onto the plate on the **METER POST(5)**. Be careful not to damage the wires when attaching the **METER(37)**.

### STEP 12

Place the **WATER BOTTLE(79)** in the **WATER BOTTLE HOLDER(78)**.

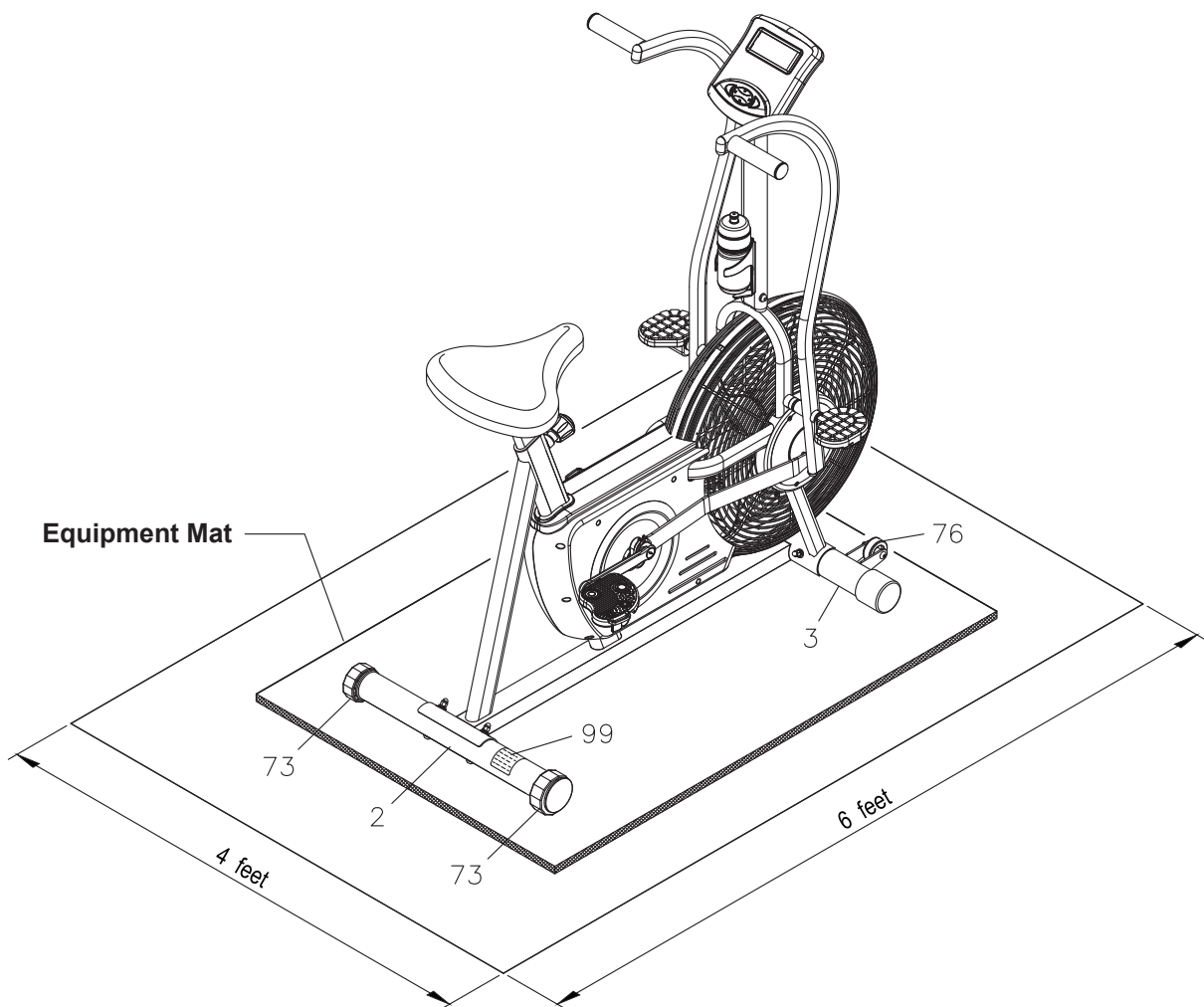


## SET UP INSTRUCTIONS

Place the **Airgometer 1100** in the area where it will be used. It is recommended that the **Airgometer 1100** be placed on an equipment mat. The **Airgometer 1100** is approximately 48 inches long x 24.6 inches wide x 52 inches tall. An area 4 feet wide x 6 feet long is required for safe operation of the **Airgometer 1100**. Make sure that adequate space is available for access to and passage around the **Airgometer 1100**.

**LEVELING:** Adjust the **LEVELING CAPS(73)** on the **REAR STABILIZER(2)** so that the **Airgometer 1100** sits on the floor without rocking.

**MOVING:** The **Airgometer 1100** has a pair of **WHEELS(76)** on the **FRONT STABILIZER(3)**. Lift up the **REAR STABILIZER(2)** to move the **Airgometer 1100**.



### FUNCTION INSPECTION:

Visually inspect the **Airgometer 1100** to verify that assembly is as shown in the above illustration. Check the function of the **Airgometer 1100** by turning the crank slowly through one complete revolution to verify that the drive train functions properly.

**CAUTION:** Locate and read the **WARNING LABEL(99)** on the **Airgometer 1100**. Make sure that all users read the **WARNING LABEL(99)** before using the product.

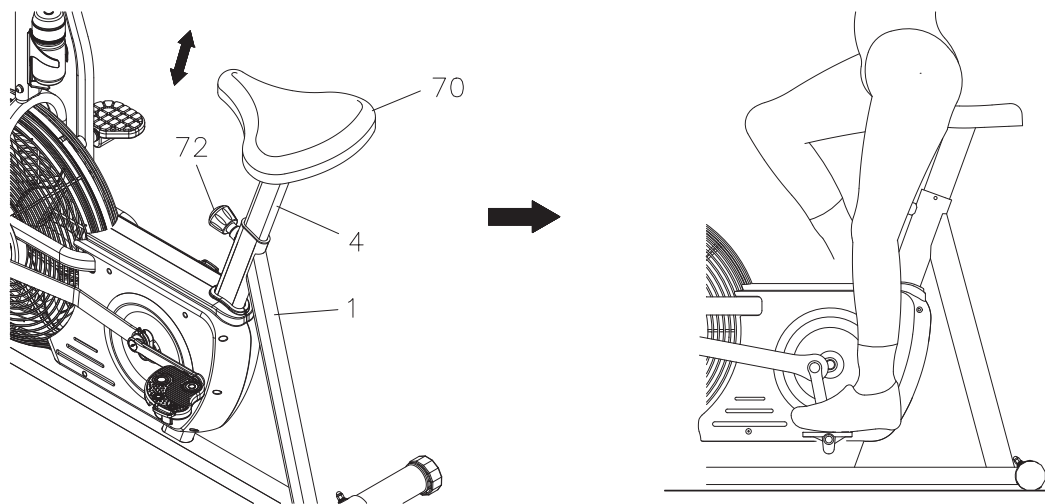
## OPERATIONAL INSTRUCTIONS

### SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the **Airgometer 1100** and center the ball of your foot on the pedal in the down position. Your leg should be slightly bent and relaxed as shown.

If your leg is too straight or if your foot cannot touch the pedal when extended at the downstroke, you will need to lower the seat. If your leg is bent too much, you will need to raise the seat. Loosen and pull the **ADJUSTMENT KNOB(72)**, then lower or raise the **SEAT(70)** to the desired height, and secure with the **ADJUSTMENT KNOB(72)**. Make all adjustments to seat height while off of the bike.

**NOTE:** The pin of the **ADJUSTMENT KNOB(72)** must be inserted into one of the adjustment holes in the **SEAT POST(4)**, and the **ADJUSTMENT KNOB(72)** must be screwed in tight to ensure that the **SEAT POST(4)** will fit securely in the **MAIN FRAME(1)**.



## 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.

#### FUNCTION BUTTONS:

**MODE :** Press and release to select functions for display or to preset target values.

**SET :** Press to set target values for TIME, DISTANCE , and CALORIE.

**RESET :** This button will reset each function to zero. To reset all functions to zero, press the button and hold it down for four seconds.

#### SPEED INDICATOR:

When pedaling, the LCD will display a bar to show the approximate current speed.

#### PRESET VALUES OPERATION:

Stop pedaling for four seconds. When “**STOP**” appears on display the meter is in setting mode. The meter will cycle through the functions as follows and allow you to set the function values.

**Time (0:00 to 99:00) → Distance (0.0 to 99.99 mile) → Calorie (0.0 to 999.9 Kcal)**

Use **SET** and **RESET** buttons to choose desired setting values, and press **MODE** button to confirm. Or, just press the **MODE** button to skip the setting and move on to the next function. After all the desired settings are chosen, begin pedaling to start the workout.

#### FUNCTIONS:

**SCAN:** Automatically scans **TIME, SPEED, DISTANCE,** and **CALORIE** in sequence with a change every four seconds. Press and release the **MODE** button until “**SCAN**” appears on display.

**TIME:** Press **MODE** button until “**TMR**” appears to display the time from one second up to 99:59 minutes. Counts down from preset value.

**SPEED:** Press **MODE** button until “**SPD**” appears to display the current speed from zero to 999.9 miles per hour.

**DISTANCE:** Press **MODE** button until “**DST**” appears to display the distance from zero to 99.99 miles. Counts down from preset value.

**CALORIE:** Press **MODE** button until “**CAL**” appears to display the calorie consumption from zero to 999.9 Kcal. Counts down from preset value.

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

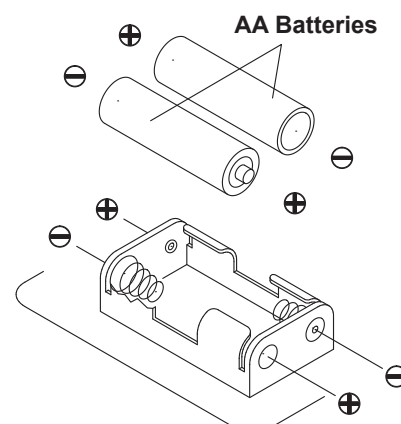
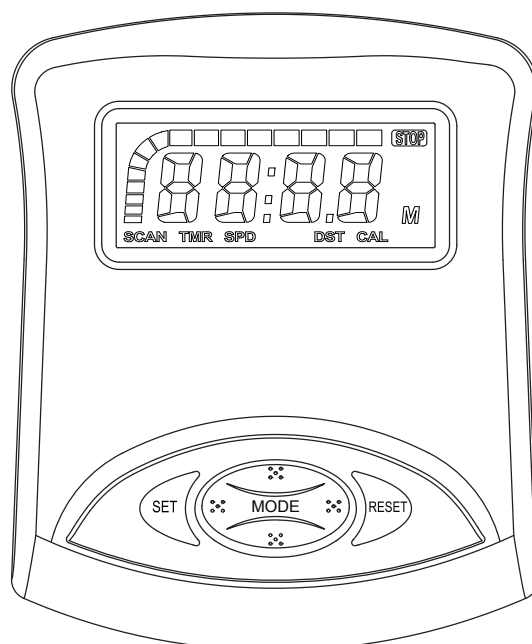
**NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the **RESET** button and hold it down for four seconds to reset all functions to zero.

#### 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.



## STORAGE

1. To store the **Airgometer 1100**, simply keep it in a clean dry place.
2. The **Airgometer 1100** is approximately 48 inches long x 24.6 inches wide x 52 inches tall. These dimensions may vary. Please measure your **Airgometer 1100** if exact dimensions are needed.
3. To move the **Airgometer 1100**, lift the **REAR STABILIZER(2)** and use the **WHEELS(76)** on the **FRONT STABILIZER(3)**.
4. To avoid damage to the electronics, remove the batteries before storing the **Airgometer 1100** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **Airgometer 1100** can only be maintained when the **Airgometer 1100** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pedaling slowly and verify that the Air Resistance System provides tension. The Air Resistance System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the **WARNING LABEL(99)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(99)** if it is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the **Airgometer 1100** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **Airgometer 1100**.
8. Keep your **Airgometer 1100** 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.

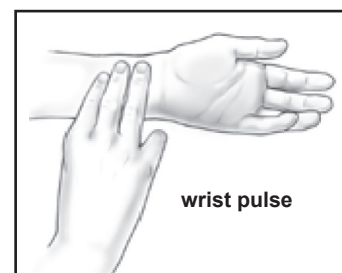
Remember to follow these essentials:

- 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

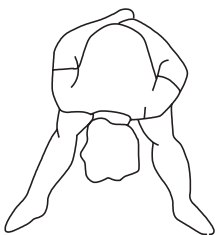
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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

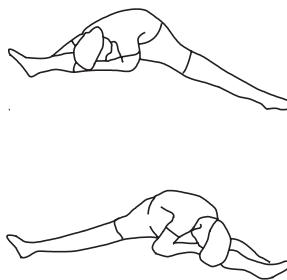
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



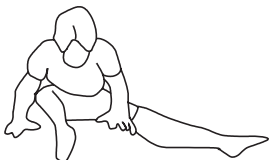
#### Lower Body Stretch

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 15-1100A

### 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 three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY 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, gymsnasiums, 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.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.



## PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Seat Post	1
5	Meter Post	1
6	Left Handlebar	1
7	Right Handlebar	1
8	Linkage	2
9	Pulley and Axle	1
10	Bearing (6003z)	2
11	Inner C Ring (35mm)	2
12	Spacer Washer (ø17 x ø22 x 0.5mm)	3
13	C Ring (17mm)	2
14	V-Ribbed Belt	1
16	Idler Wheel	1
17	Idler Wheel Spacer	1
20	Large Washer (ø16 x ø32 x 0.5mm)	1
21	Fan Wheel	1
22	Bearing (6000z)	2
23	Fan Axle	1
24	Wavy Washer (ø10 x ø13 x 0.4mm)	1
25	Spacer Washer (ø10 x ø13 x 0.5mm)	2
26	Spacer (ø10 x ø16 x 13.5mm)	1
27	Thin Nut (3/8" - 26 x 0.2" thick)	1
28	Thin Nut (3/8" - 26 x 0.28" thick)	2
29	Thin Nut (3/8" - 26 x 0.35" thick)	2
30	Eye Bolt (M6 x 1 x 50mm)	2
31	Tension Bracket	2
32	Left Fan Cage	1
34	Trim Strap	1
35	Left Cage Cover	1
36	Right Cage Cover	1
37	Meter	1
38	Connection Wire	1
39	Sensor Wire	1
40	Sensor Clip	1
41	Magnet	1
42	Left Cover	1
43	Right Cover	1
44	Small Crank	2
45	Tooth Lock Washer (M10)	4
46	Left Flange Nut, Brass Color (M10 x 1.25, Left Hand Threads)	1
47	Right Flange Nut, Black Color (M10x1.25, Right Hand Threads)	3
48	Crank Cap	4
49	Wavy Washer (ø17 x ø22 x 0.4mm)	6
51	Bearing (6003z)	2
53	Left Crank	1
54	Right Crank	1
55	Left Pedal	1
56	Right Pedal	1
57	Linkage Bushing	2
58	Plastic Washer (ø10 x ø18 x 2mm)	4

## PARTS LIST

PART#	PART NAME	QTY
59	Handlebar Bushing	4
60	Washer (ø16.2 x ø22 x 1.5mm)	2
61	Washer (ø10 x ø25.4 x 2mm)	2
62	Left Rest Pedal	1
63	Right Rest Pedal	1
64	Pedal Cover	2
65	Shaft Bolt	2
66	Foam Grip	2
67	Round Plug (25.4mm)	2
68	Oval Plug (20mm x 40mm)	4
69	Handlebar Shaft	2
70	Seat	1
71	Sleeve	1
72	Adjustment Knob	1
73	Leveling Cap	2
74	Cap Bushing	2
75	Securing Cap	2
76	Wheel	2
77	Endcap (60mm)	2
78	Water Bottle Holder	1
79	Water Bottle	1
80	Carriage Bolt (M8 x 1.25 x 75mm)	4
81	Screw, Round Head (M4 x 12mm)	2
82	Screw, Round Head (M4 x 15mm)	8
83	Screw, Round Head (M4 x 25mm)	4
84	Screw, Round Head (M5 x 10mm)	2
85	Screw, Round Head (M5 x 15mm)	3
86	Screw, Round Head (M4 x 0.6 x 35mm)	1
87	Bolt, Button Head (M8 x 1.25 x 15mm)	4
88	Bolt, Button Head (M8 x 1.25 x 38mm)	2
90	Bolt, Flat Head (M10 x 1.5 x 35mm)	1
91	Nylock Nut (M10 x 1.5)	1
92	Nylock Nut (M8 x 1.25)	8
93	Nylock Nut (M6 x 1)	2
94	Acorn Nut (M8 x 1.25)	4
95	Nut (M4 x 0.6)	1
96	Washer (M8)	8
97	Arc Washer (M8)	6
98	Lock Washer (M8)	8
99	Warning Label	1
101	Allen Wrench w/ Screwdriver (6mm)	1
102	Large Wrench	1
103	Wrench	1
104	Manual	1
105	Socket Wrench	1
106	Right Fan Cage	1
107	Idler Arm	1
108	Tension Spring (ø14 x 60mm, wire ø2.3mm)	1
109	Bolt, Flat Head (M10 x 1.5 x 25mm)	1
110	C Ring (35mm)	4
111	Spacer Washer (ø17 x ø22 x 1mm)	2

## TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at [customerservice@staminaproducts.com](mailto: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](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://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](http://contact.staminaproducts.com)

## TO REGISTER YOUR PRODUCT

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

If you don't have internet access, you can call customer 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.

<b>PRODUCT REGISTRATION FORM</b>	<b>Stamina Products, Inc.</b> 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](http://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



<b>PARTS ORDER FORM</b>	<b>Stamina Products, Inc.</b> P.O. Box 1071 Springfield, MO 65801-1071	
Mr./Ms: .....		
Address: ..... Apt. #: .....		
City: ..... State: ..... Zip Code: .....		
<b>IMPORTANT : We must have your phone number to process the order!</b>		
Phone #: (     ) ..... Work Phone #: (     ) .....		
Date of Purchase: .....		
Model #: .....		
Purchased From: .....		
<b>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!</b>		
PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1