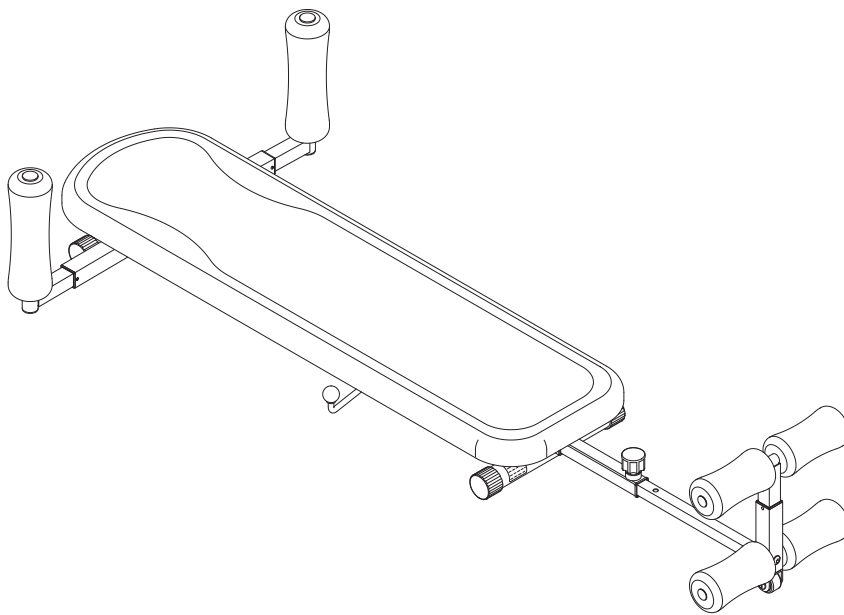


in LINE[®]

back stretch bench

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#: 55-1401A

**STAMINA PRODUCTS
MADE IN CHINA**

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2011, 10

TABLE OF CONTENTS

Safety Instructions	2	Operational Instructions	9
Before You Begin	4	Warranty	11
Equipment Warning, Caution & Notice Labels ...	5	Product Parts Drawing	12
Hardware Identification Chart	6	Parts List	13
Assembly Instructions	7	Notes	14
Storage	9	Fax/Mail Ordering Form	15
Maintenance	9		

SAFETY INSTRUCTIONS

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

⚠ CAUTION 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 bodily injury and property damage.

⚠ WARNING To reduce the risk of serious injury, read the following Safety Instructions before using the inLINE® Back Stretch Bench.

1. Read all warnings and cautions posted on the inLINE® Back Stretch Bench.
2. The inLINE® Back Stretch Bench 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 inLINE® Back Stretch Bench. Do not allow children to use or play on the inLINE® Back Stretch Bench. Keep children and pets away from the inLINE® Back Stretch Bench 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 inLINE® Back Stretch Bench on a solid level surface. Do not position the inLINE® Back Stretch Bench on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the inLINE® Back Stretch Bench.
8. Before using, inspect the inLINE® Back Stretch Bench 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 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.
10. 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.
11. Do not wear loose or dangling clothing while using the inLINE® Back Stretch Bench.
12. 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.
13. Be careful to maintain your balance while using, mounting, dismounting, or assembling the inLINE® Back Stretch Bench, loss of balance may result in a fall and bodily injury.
14. The inLINE® Back Stretch Bench should not be used by persons weighing over 250 pounds.
15. The inLINE® Back Stretch Bench should be used by only one person at a time.
16. The inLINE® Back Stretch Bench 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 inLINE® Back Stretch Bench

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
inLINE® Back Stretch Bench 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 **inLINE® Back Stretch Bench**. 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 **inLINE® Back Stretch Bench** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

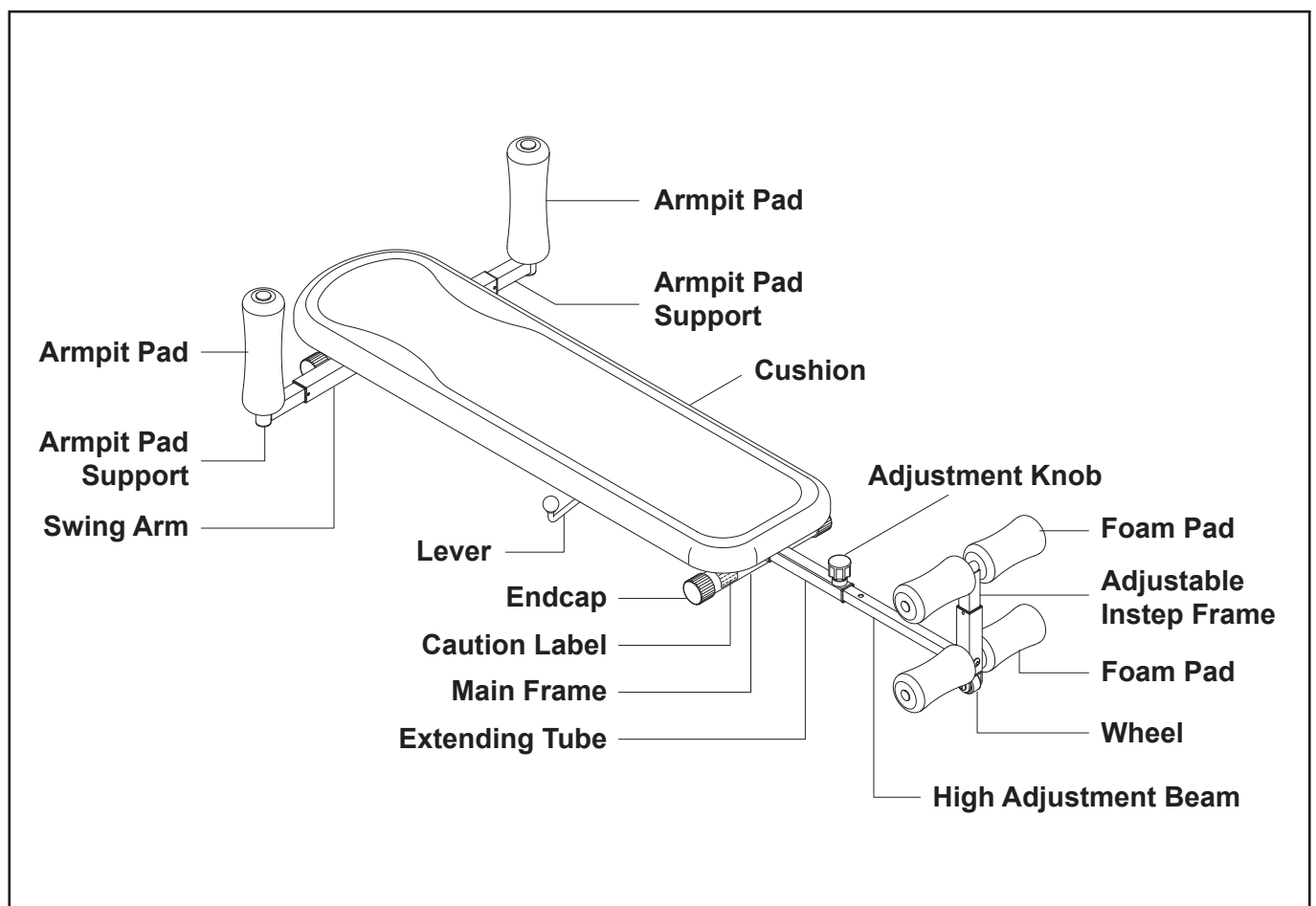
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **inLINE® Back Stretch Bench**.

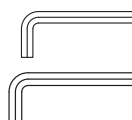
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **inLINE® Back Stretch Bench**,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

If a part is missing or defective, please go to 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:



Allen Wrench (4mm)

Allen Wrench (6mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **inLINE® Back Stretch Bench**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

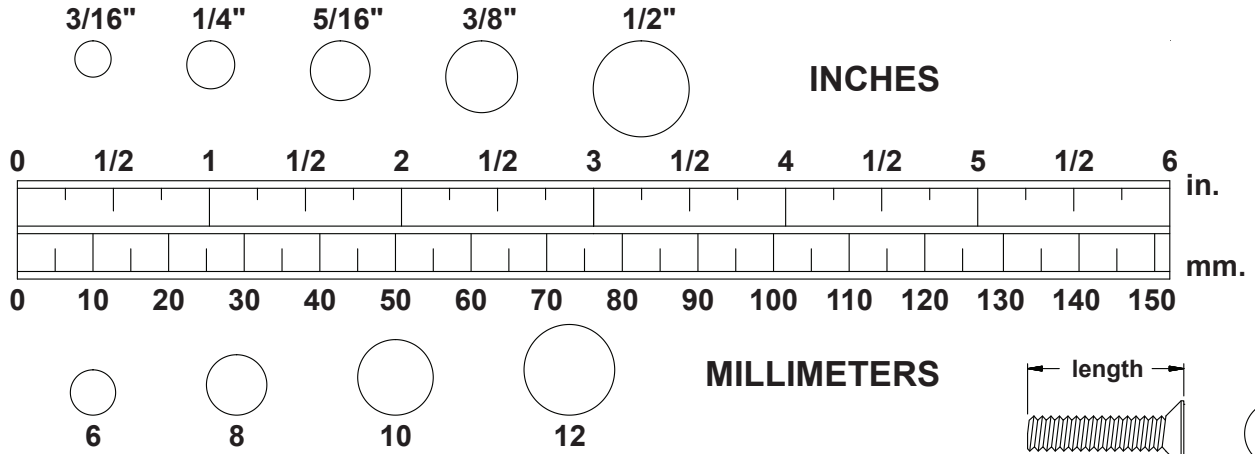
Label is larger than actual size

C1 CAUTION LABEL(40)

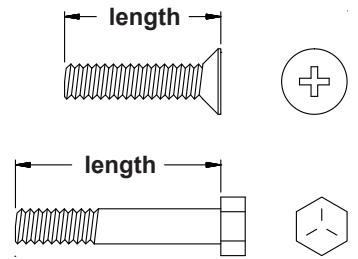


HARDWARE IDENTIFICATION CHART

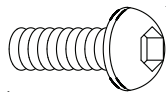
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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
33 Bolt, Button Head (M6 x 1 x 13mm)	4
34 Bolt, Button Head (M8 x 1.25 x 22mm)	1

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.

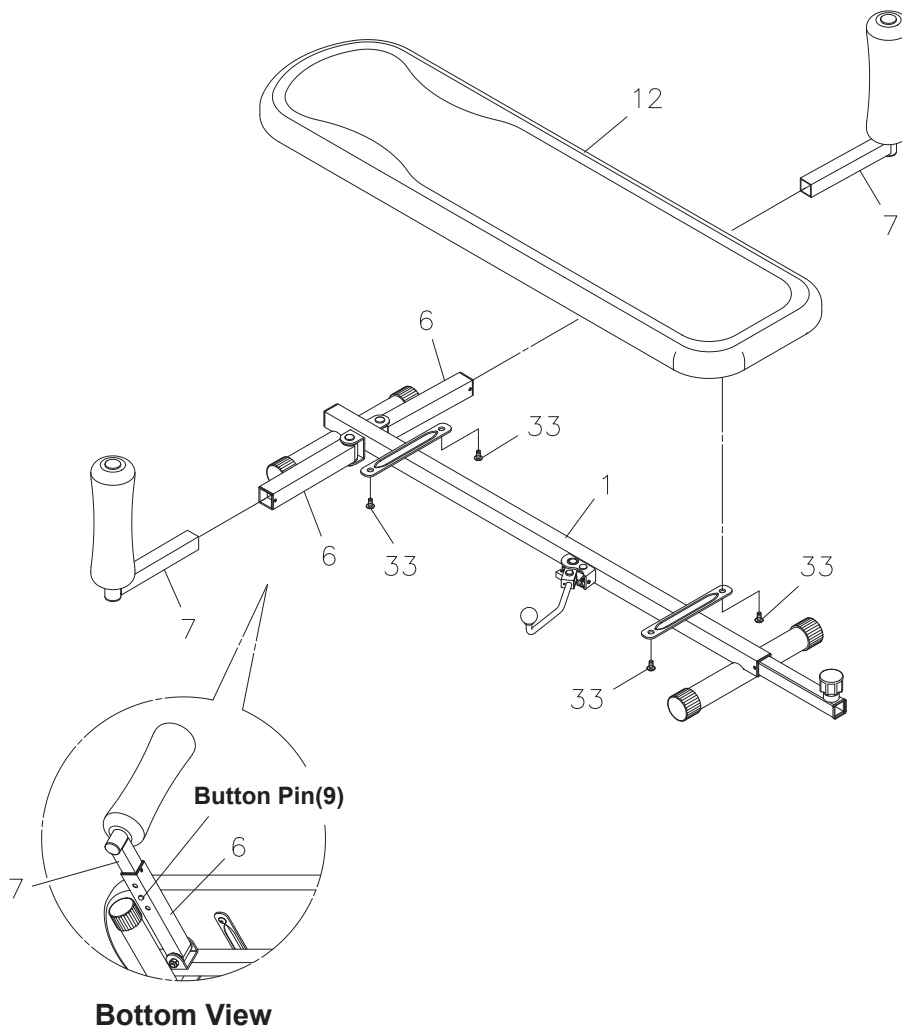
STEP 1

Attach the **CUSHION(12)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M6x1x13mm)(33)**.

STEP 2

Push the **BUTTON PIN(9)** in and insert the **ARMPIT PAD SUPPORT(7)** into the **SWING ARM(6)**. Repeat on other side.

NOTE: There are three adjustment holes in the bottom of the **SWING ARM(6)** which allow the **ARMPIT PAD SUPPORTS(7)** to be attached in three different positions. Start with the center position and adjust if necessary.



ASSEMBLY INSTRUCTIONS

STEP 3

Pull the **ADJUSTMENT KNOB(23)** on the **EXTENDING TUBE(2)** and insert the **HEIGHT ADJUSTMENT BEAM(44)** into the **EXTENDING TUBE(2)**. Lock the **HEIGHT ADJUSTMENT BEAM(44)** in position by inserting the pin of the **ADJUSTMENT KNOB(23)** into one of the adjustment holes in the **HEIGHT ADJUSTMENT BEAM(44)** and tightening the **ADJUSTMENT KNOB(23)**.

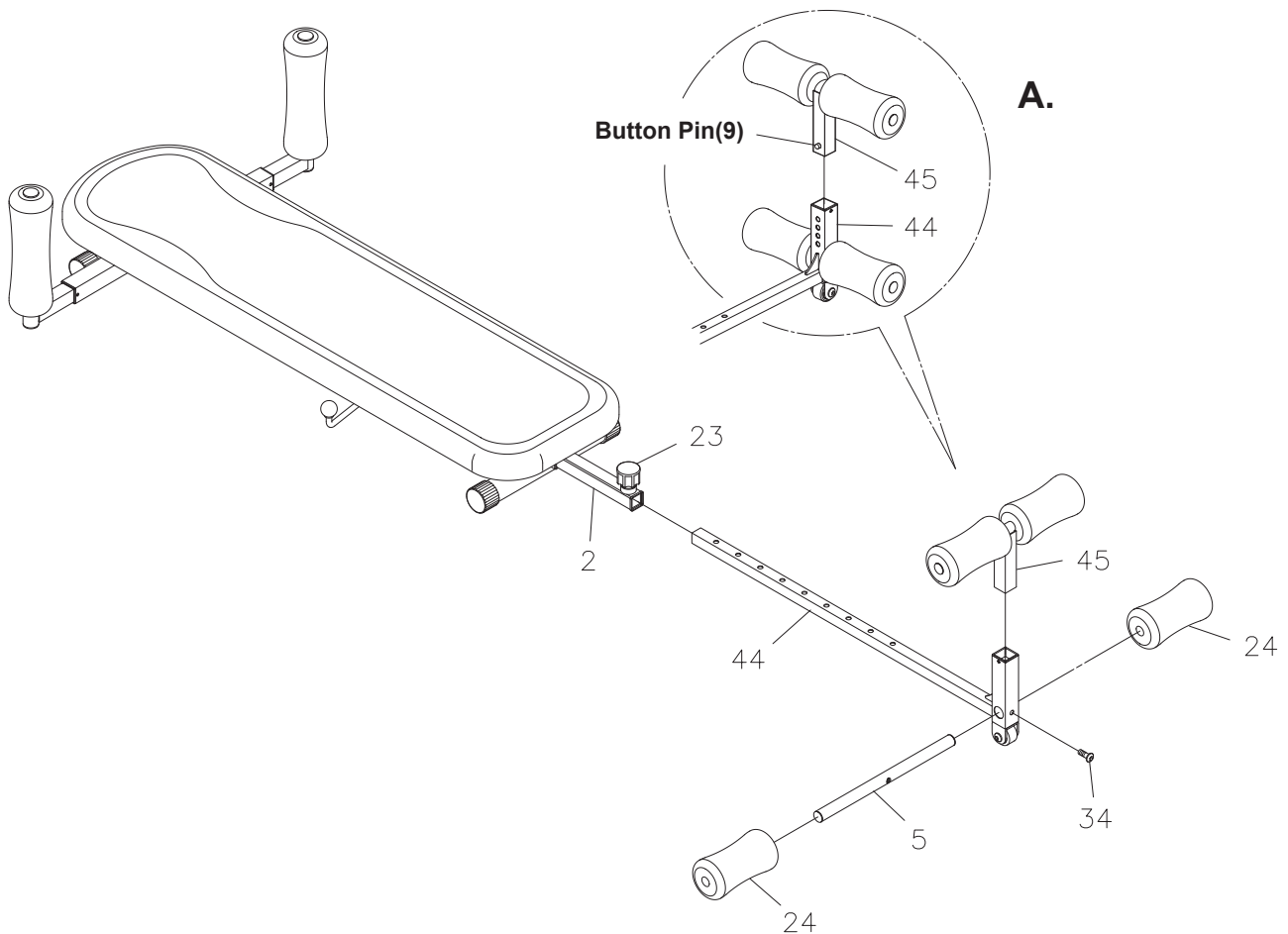
STEP 4

Insert the **PAD TUBE(5)** through the hole in the **HEIGHT ADJUSTMENT BEAM(44)** and secure with **BUTTON HEAD BOLT(M8x1.25x22mm)(34)**. Slide the **FOAM PADS(24)** on both ends of the **PAD TUBE(5)**.

STEP 5

Refer to detail view A. Push in the **BUTTON PIN(9)** and insert the **ADJUSTABLE INSTEP FRAME(45)** into the **HEIGHT ADJUSTMENT BEAM(44)**.

NOTE: There are four adjustment holes in the **HEIGHT ADJUSTMENT BEAM(44)** which allow the **ADJUSTABLE INSTEP FRAME(45)** to be attached in four different positions. Find the position which is most comfortable for holding your ankles while performing the back stretching exercise.



STORAGE

1. To store the **inLINE® Back Stretch Bench**, simply keep it in a clean dry place.
2. Adjust the **HEIGHT ADJUSTMENT BEAM(44)** and **MAIN FRAME(1)** to the shortest position. The **inLINE® Back Stretch Bench** is approximately 56 inches long x 18.5 inches wide x 14 inches tall. These dimensions will vary. Please measure your **inLINE® Back Stretch Bench** if exact dimensions are needed.
3. To move the **inLINE® Back Stretch Bench**, lift by the **CUSHION(12)** on one end and the **HEIGHT ADJUSTMENT BEAM(44)** at the other end. Use caution as the **SWING ARMS(6)** may move and cause a pinching hazard.

MAINTENANCE

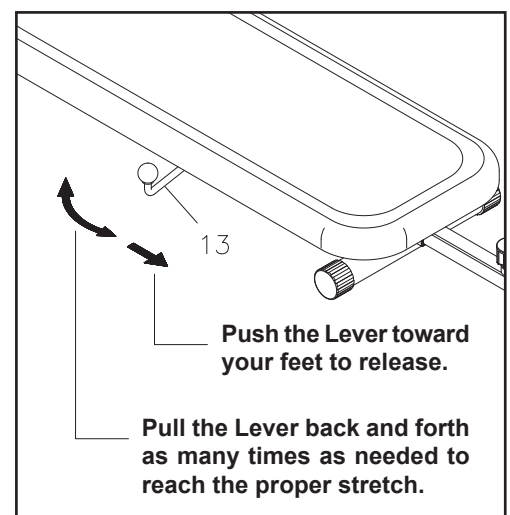
The safety and integrity designed into the **inLINE® Back Stretch Bench** can only be maintained when the **inLINE® Back Stretch Bench** is regularly examined for damage and wear. Special attention should be given to the following:

1. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
2. Verify that the **CAUTION LABEL(40)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(40)** 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 **inLINE® Back Stretch Bench** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **inLINE® Back Stretch Bench**.
6. Keep your **inLINE® Back Stretch Bench** clean by wiping it off with an absorbent cloth after use.

OPERATIONAL INSTRUCTIONS

STRETCH SYSTEM

The **inLINE® Back Stretch Bench** stretches the back with its one way rack and pinion engineering. Lie on the **inLINE® Back Stretch Bench** with the **ARMPIT PADS(8)** under your armpits, and the **FOAM PADS(24)** holding your ankles. Pull the **LEVER(13)** back and forth as many times as needed until you feel a gentle stretch. Stop pulling at the desired position and stay at the stretched position for a few minutes. Push the **LEVER(13)** firmly toward your feet to release the stretch.

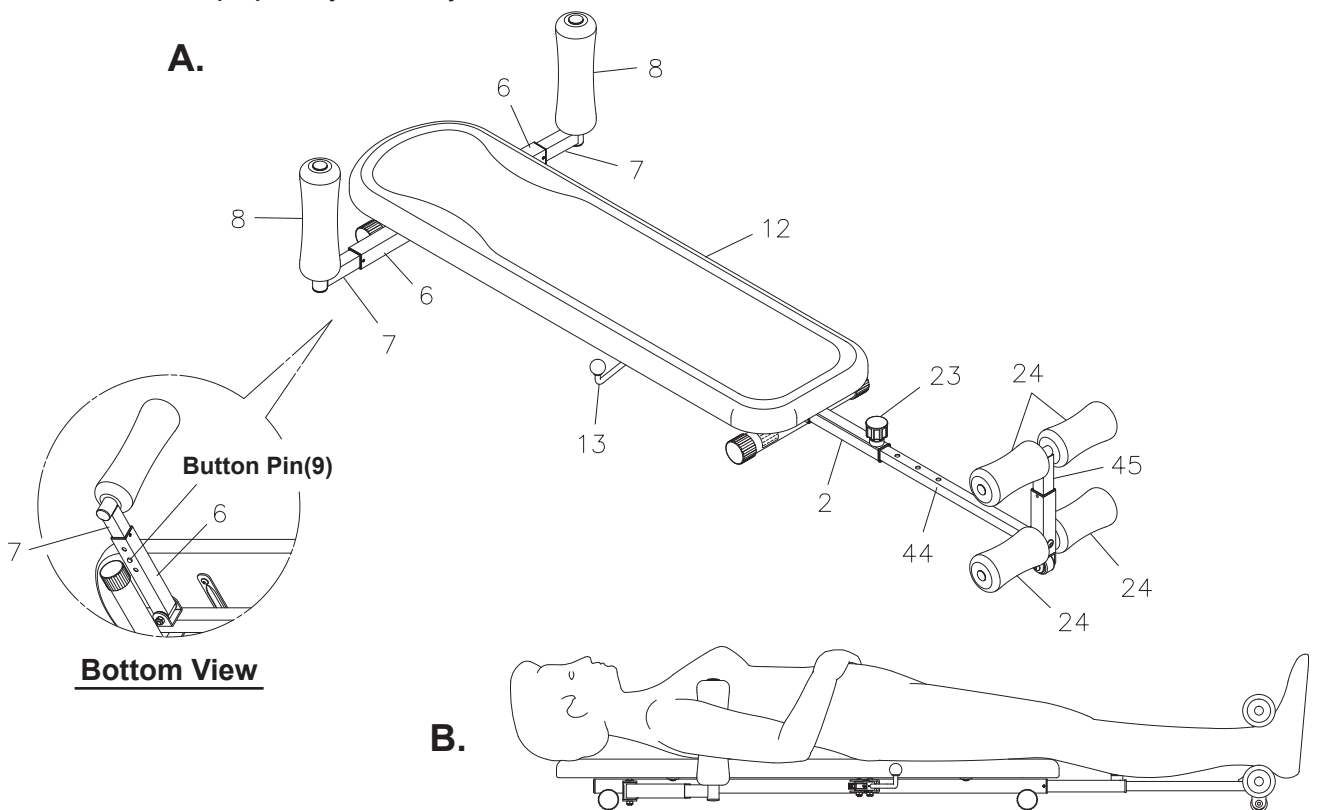


OPERATIONAL INSTRUCTIONS

USING THE inLINE® Back Stretch Bench

To use the inLINE® Back Stretch Bench, proper height adjustment is important. Use the following procedure to set the height adjustment for a revitalizing stretch.

1. Refer to illustration A. Push the **LEVER(13)** toward the **FOAM PADS(24)** at your feet and pull the **EXTENDING TUBE(2)** in to its shortest position.
2. Lie on the inLINE® Back Stretch Bench with the **ARMPIT PADS(8)** under and supporting your armpits. If the **ARMPIT PADS(8)** do not rest comfortably under your armpits, adjust the **ARMPIT PAD SUPPORTS(7)** by pushing in the **BUTTON PIN(9)** and sliding them in or out of the **SWING ARMS(6)**. Straighten your body and legs to determine if a height adjustment needs to be made.
3. To make a height adjustment, loosen and pull the **ADJUSTMENT KNOB(23)** and slide the **HEIGHT ADJUSTMENT BEAM(44)** to adjust. Lock the **HEIGHT ADJUSTMENT BEAM(44)** in desired position by inserting the pin of the **ADJUSTMENT KNOB(23)** into one of the adjustment holes in the **HEIGHT ADJUSTMENT BEAM(44)**. Tighten the **ADJUSTMENT KNOB(23)** to lock the **HEIGHT ADJUSTMENT BEAM(44)** securely.
4. Sit up on the **CUSHION(12)**. Adjust the **ADJUSTABLE INSTEP FRAME(45)** by pushing in the **BUTTON PIN(9)** and sliding it up, then place your ankles between the **FOAM PADS(24)**. Push the **ADJUSTABLE INSTEP FRAME(45)** down to secure your feet. Place the **ADJUSTABLE INSTEP FRAME(45)** at the position which is most comfortable for holding your ankles. Lie down with the **ARMPIT PADS(8)** under and supporting your armpits, refer to illustration B.
5. To stretch, pull the **LEVER(13)** back and forth as many times as needed to reach the proper stretch. Stop pulling at the desired stretch position and stay at the stretch position for few minutes. To release, push the **LEVER(13)** firmly toward your feet.



ARMPIT PAD ADJUSTMENT

To accommodate different sizes of users, the **ARMPIT PAD SUPPORTS(7)** can be adjusted to one of three positions. Refer to the Bottom View illustration above. There are three adjustment holes in the bottom of the **SWING ARM(6)**. Start with the center position and adjust if necessary. To adjust, push the **BUTTON PIN(9)** in and slide the **ARMPIT PAD SUPPORTS(7)** to the position that is comfortable. Make sure that the **BUTTON PIN(9)** is snapped into the proper adjustment hole before use.

LIMITED WARRANTY

MODEL 55-1401A

WARRANTY

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

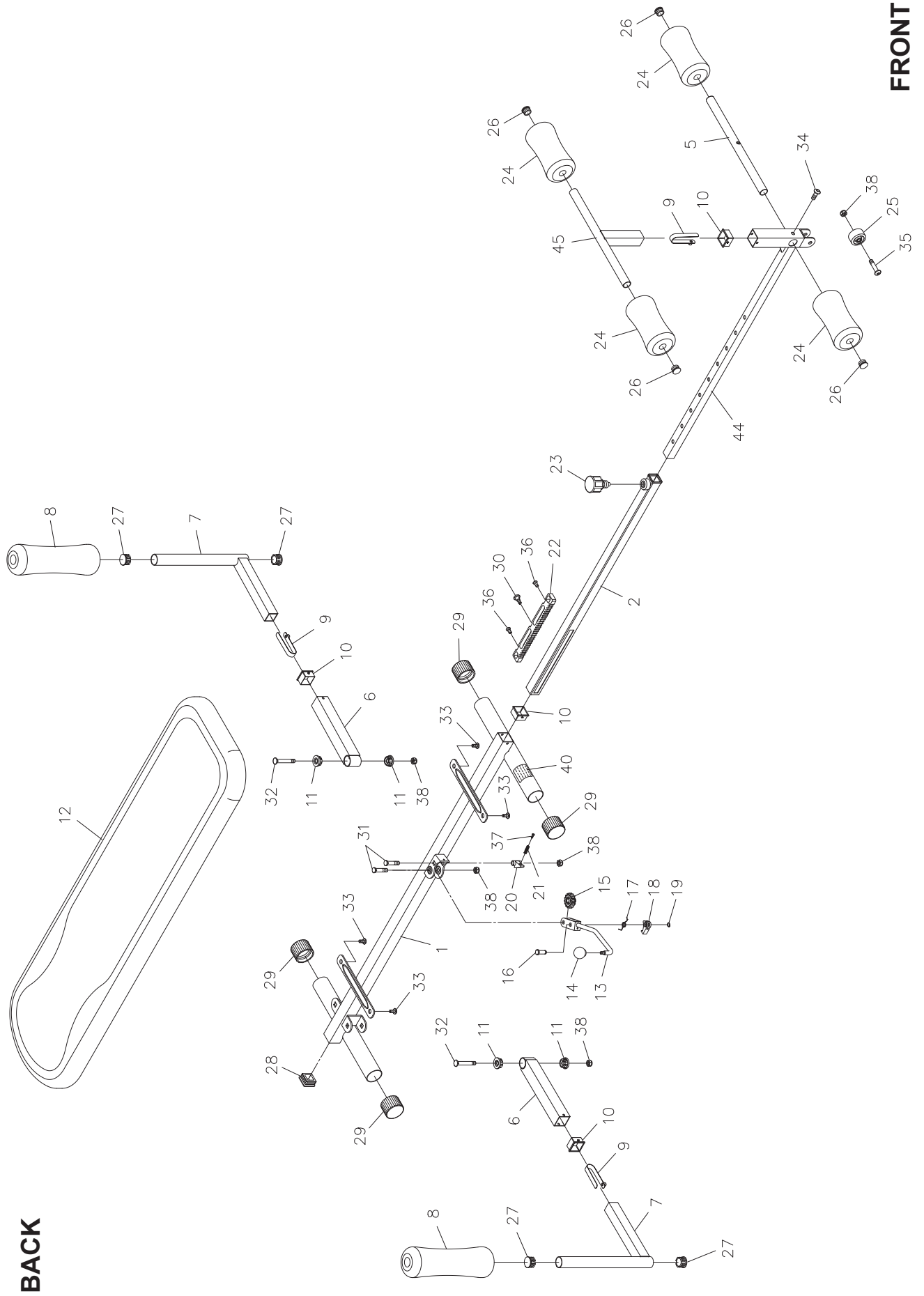
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

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.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Extending Tube	1
5	Pad Tube	1
6	Swing Arm	2
7	Armpit Pad Support	2
8	Armpit Pad	2
9	Button Pin	3
10	Square Bushing	4
11	Bushing	4
12	Cushion	1
13	Lever	1
14	Ball end	1
15	Gear	1
16	Shaft	1
17	Twist Spring	1
18	Claw	1
19	C Ring (8mm)	1
20	Claw Stopper	1
21	Pressing Spring	1
22	Gear Rack	1
23	Adjustment Knob	1
24	Foam Pad	4
25	Wheel	1
26	Round Plug (19mm)	4
27	Round Plug (25mm)	4
28	Square Plug (30 x 30mm)	1
29	Endcap (38mm)	4
30	Shoulder Bolt, Button Head (M6 x 1 x 18mm)	1
31	Carriage Bolt (M8 x 1.25 x 35mm)	2
32	Carriage Bolt (M8 x 1.25 x 52mm)	2
33	Bolt, Button Head (M6 x 1 x 13mm)	4
34	Bolt, Button Head (M8 x 1.25 x 22mm)	1
35	Bolt, Button Head (M8 x 1.25 x 35mm)	1
36	Bolt, Flat Head (M6 x 1 x 13mm)	2
37	Screw, Round Head (M3.5 x 8mm)	1
38	Nylock Nut (M8 x 1.25)	5
40	Caution Label	1
41	Allen Wrench (4mm)	1
42	Allen Wrench (6mm)	1
43	Manual	1
44	Height Adjustment Beam	1
45	Adjustable Instep Frame	1

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