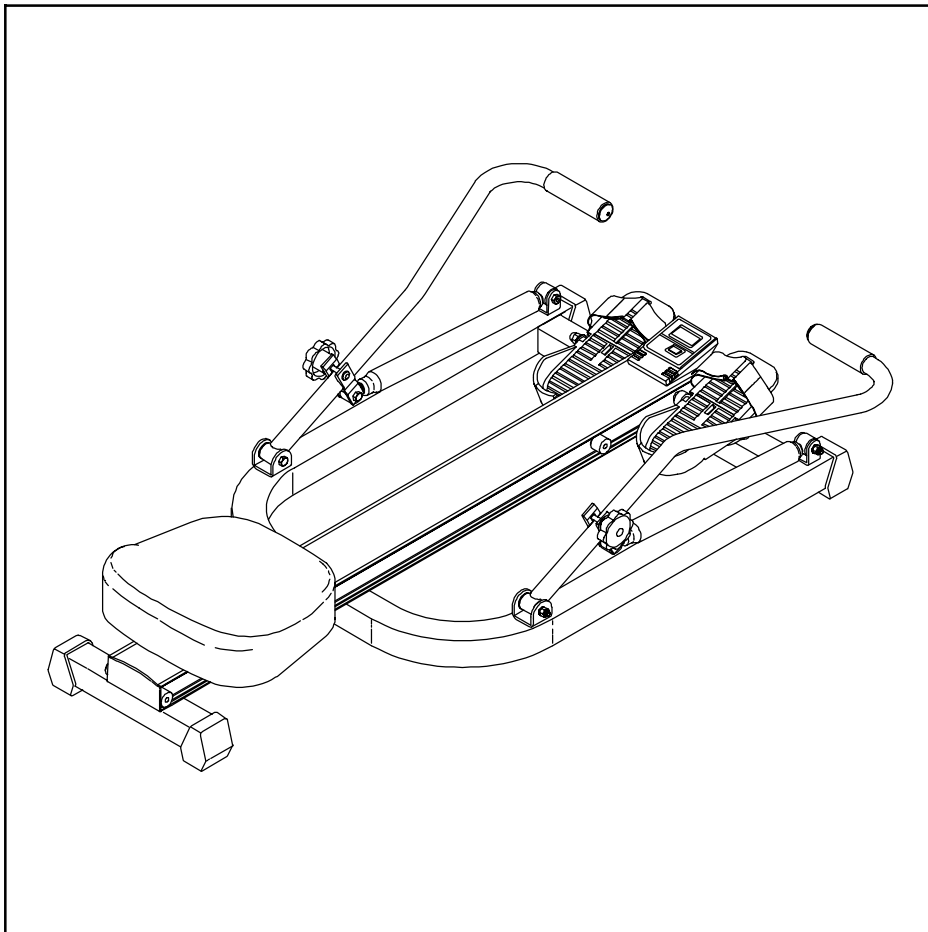




1205 PRECISION ROWER

Owner's Manual



CAUTION:

Weight on this product should not exceed 250 lbs.

! WARNING !

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

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

35-1205
STAMINA PRODUCTS
MADE IN TAIWAN

Product May Vary Slightly
From Pictured.

This Product is Produced Exclusively by



2757 S. Austin, Springfield, MO 65807

Customer Service Number

1 (800) 375-7520

www.staminaproducts.com

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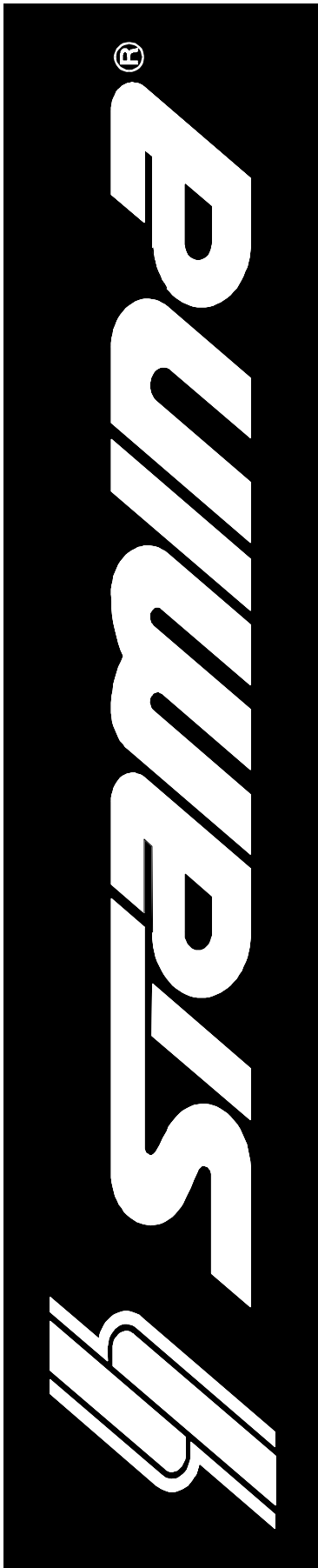
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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **1205 PRECISION ROWER**.

1. Read all warnings posted on the **1205 PRECISION ROWER**.
2. Read this Owner's Manual and follow it carefully before using the **1205 PRECISION ROWER**. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the **1205 PRECISION ROWER**. Do not allow children to use or play on the **1205 PRECISION ROWER**. Keep children and pets away from the **1205 PRECISION ROWER** when it is in use.
4. Set up and operate the **1205 PRECISION ROWER** on a solid level surface. Do not position the **1205 PRECISION ROWER** on loose rugs or uneven surfaces.
5. Inspect the **1205 PRECISION ROWER** for worn or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the **1205 PRECISION ROWER**.
7. Shocks on rowers get **HOT** during use. To avoid burns, do not touch the shocks until they have time to cool.
8. 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.
9. Follow your physician's recommendations in developing your own personal fitness program.
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 **1205 PRECISION ROWER**.
12. 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.
13. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **1205 PRECISION ROWER**, loss of balance may result in a fall and serious bodily injury.
14. The **1205 PRECISION ROWER** should not be used by persons weighing over 250 pounds.
15. The **1205 PRECISION ROWER** should be used by only one person at a time.
16. The **1205 PRECISION ROWER** is for consumer use only. It is not for use in public or semipublic facilities.

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



**CALL
US FIRST
1 (800) 375-7520**

**THANK YOU FOR PURCHASING THE
1205 PRECISION ROWER**

To help you get started, we have pre-assembled part of your **1205 PRECISION ROWER** at the factory with the exception of those parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. Within a few minutes you will be getting your body into shape and 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 - Friday, 8:00 A.M. - 5:00 P.M., Central Time.

BEFORE YOU BEGIN

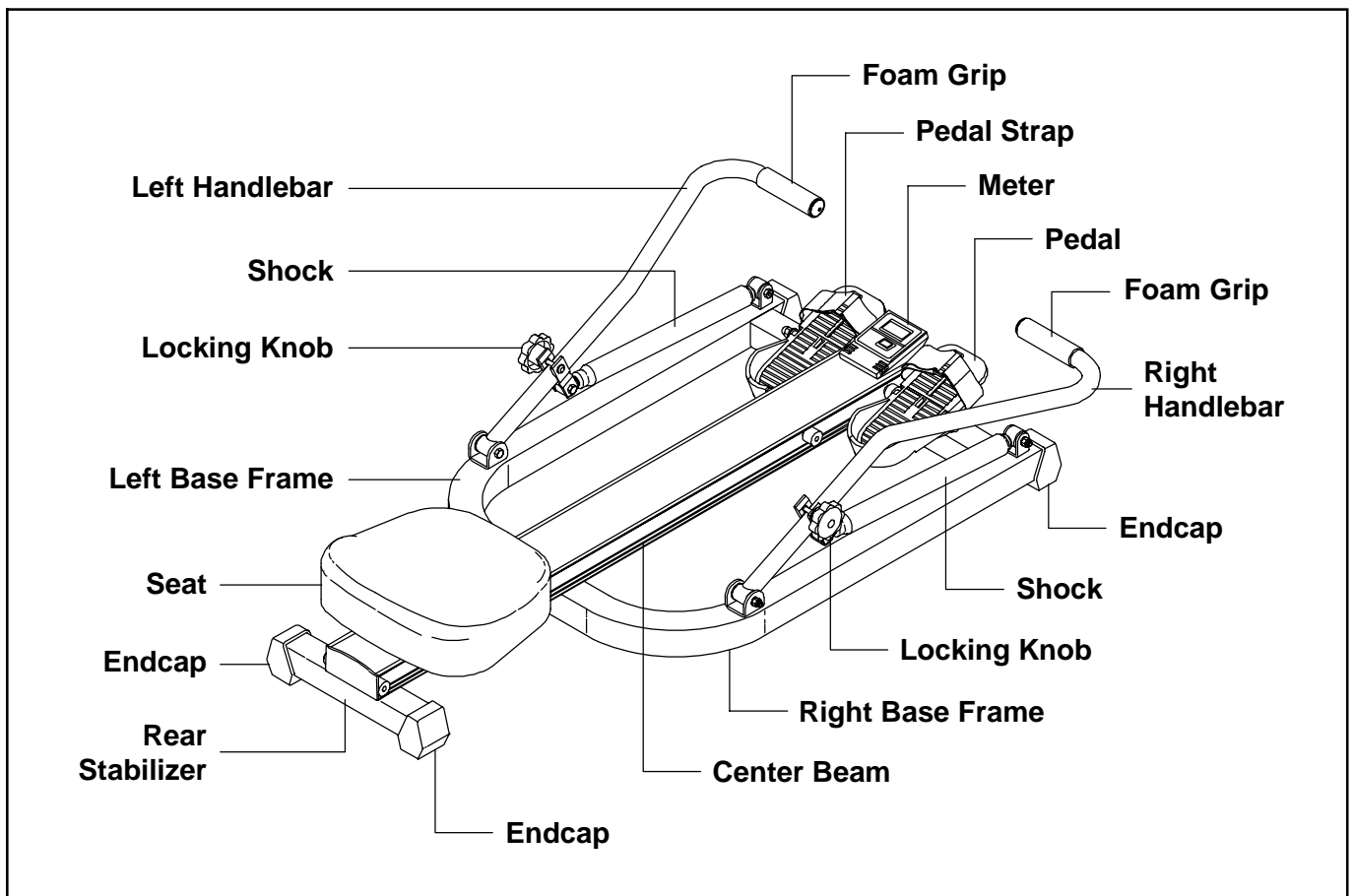
Thank you for choosing the **1205 PRECISION ROWER**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, 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 **1205 PRECISION ROWER** 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 **1205 PRECISION ROWER**.

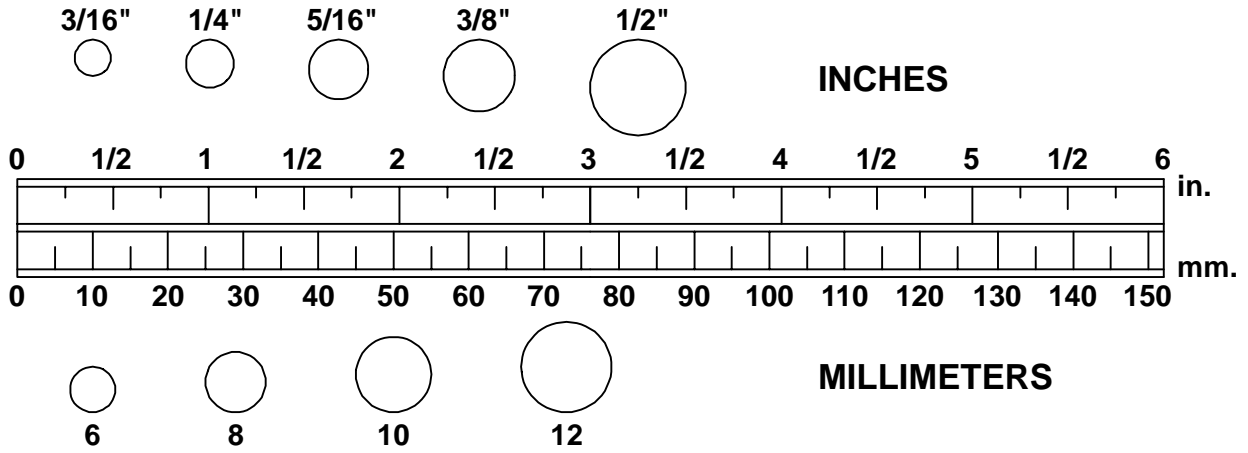
Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place these things will happen occasionally. Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. If a part is missing, does not fit, is the incorrect size, or is otherwise inappropriate, please call 1 (800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday. Our operators will be able to assist you with your problem and the parts will be mailed directly to your house.



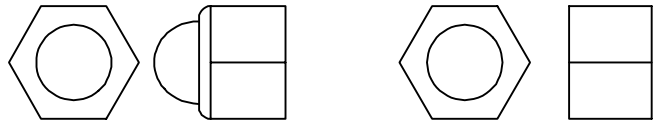
- THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :
-  Phillips Screwdriver
 -  Adjustable Wrench
 -  Adjustable Wrench

HARDWARE ILLUSTRATIONS

This chart is provided to help identify some of the small parts used in the assembly of this product. This sheet may not include all the hardware needed to assemble your product. It is intended to be used as a guide to help simplify your assembly process.

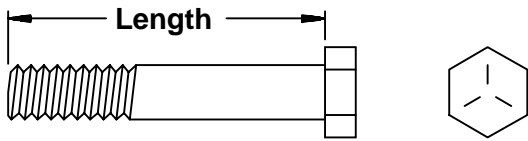


Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.

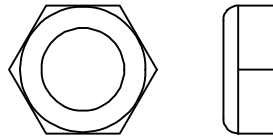


Acorn Nut

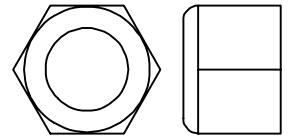
Standard Nut



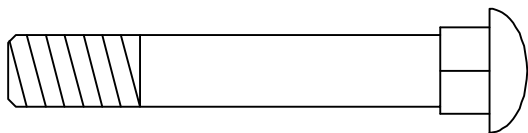
Hex Head Bolt



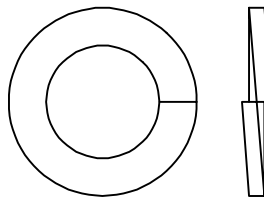
Thin Nylock Nut



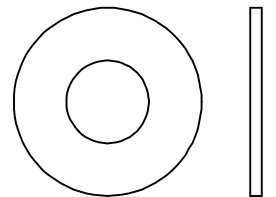
Nylock Nut



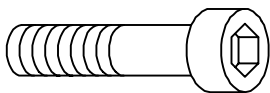
Carriage Bolt



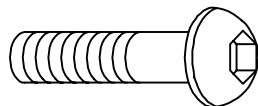
Lock Washer



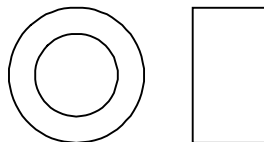
Flat Washer



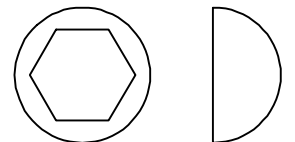
Socket Head Screw



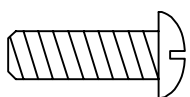
Button Head Screw



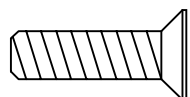
Spacer



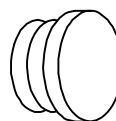
Nut Cap



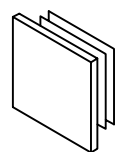
Round Head Screw



Flat Head Screw



Round Plug

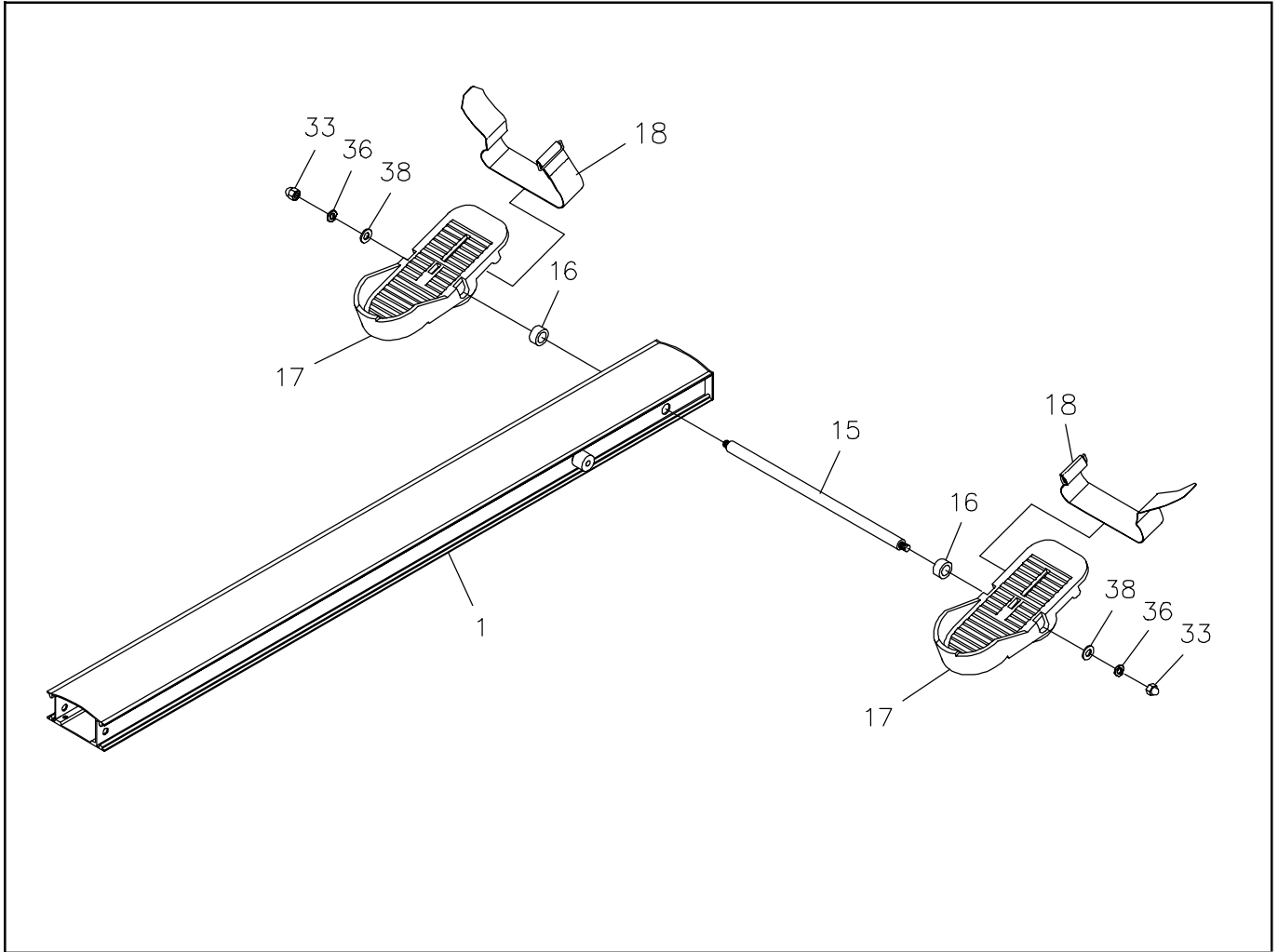


Square Plug

ASSEMBLY INSTRUCTIONS

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

parts@staminaproducts.com



STEP 1

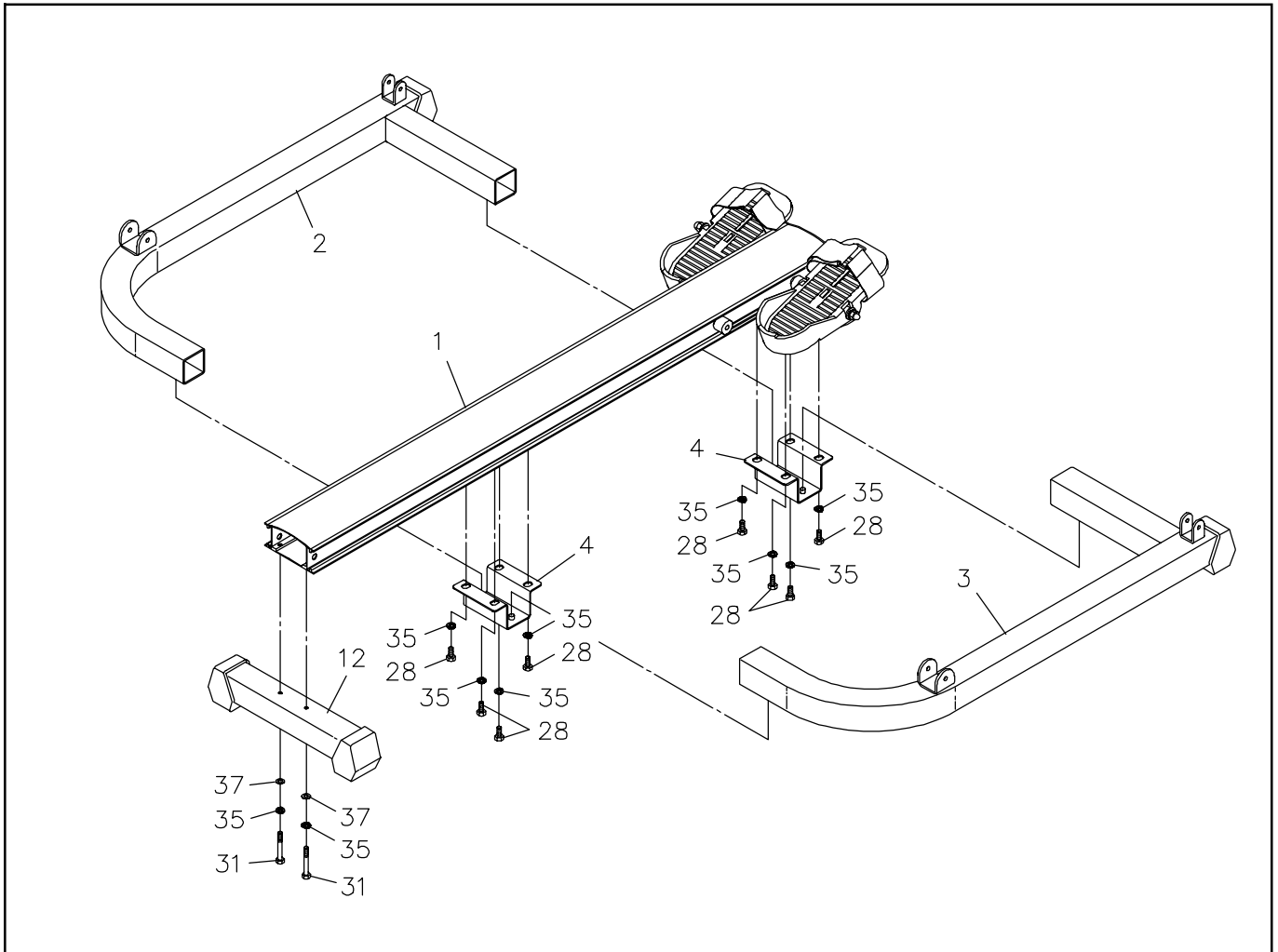
Insert the **PEDAL SHAFT (15)** through holes located on the front end of the **CENTER BEAM (1)**. Place a **SPACER (16)** and a **PEDAL (17)** onto each end of the **PEDAL SHAFT (15)** and slide them toward the **CENTER BEAM (1)**. Then secure the **PEDALS (17)** with **WASHERS (M10) (38)**, **LOCK WASHERS (M10) (36)**, and **ACORN NUTS (M10) (33)** at both sides of the **PEDAL SHAFT (15)**.

NOTE: You need to use two Wrenches to tighten the **ACORN NUTS (M10) (33)** at both ends of the **PEDAL SHAFT (15)** at the same time.

STEP 2

Insert the **PEDAL STRAPS (18)** into the slots in the bottom of the **PEDALS (17)**. When feet are in the **PEDALS (17)**, the ends of the **PEDAL STRAPS (18)** will be facing away from the **CENTER BEAM (1)** as shown above.

ASSEMBLY INSTRUCTIONS



NOTE: Lay your partially assembled **1205 PRECISION ROWER** up side down to complete Steps 3 and 4.

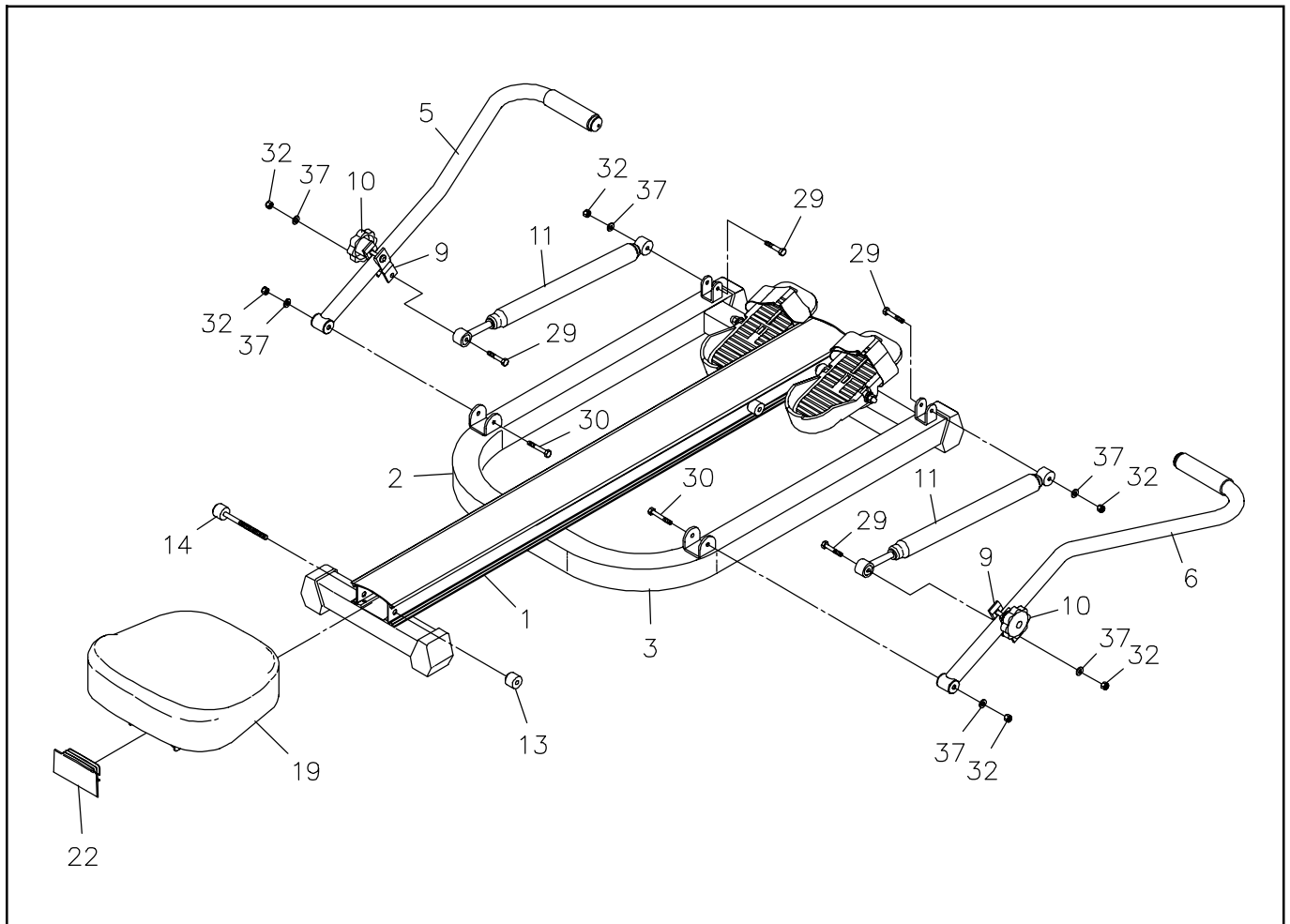
STEP 3

Place the **LEFT** and **RIGHT BASE FRAME(2, 3)** onto the **CENTER BEAM(1)**. Connect the **LEFT** and **RIGHT BASE FRAME(2, 3)** together with the two **MOUNTING BRACKETS(4)**, then secure with **BOLTS(M8 x 16mm)(28)** and **LOCK WASHERS(M8)(35)**.

STEP 4

Attach the **REAR STABILIZER(12)** onto the **CENTER BEAM(1)** with **BOLTS(M8 x 60mm)(31)**, **WASHERS(M8)(37)**, and **LOCK WASHERS(M8)(35)**.

ASSEMBLY INSTRUCTIONS



STEP 5: Attached the **LEFT HANDLEBAR(5)** onto the bracket located on the rear of the **LEFT BASE FRAME(2)** with **BOLT(M8 x 55mm)(30)**, **NYLOCK NUT(M8)(32)**, and **WASHER(M8)(37)**.

STEP 6: Attach the **SHOCK(11)** onto the bracket located on the front of the **LEFT BASE FRAME(2)** with **BOLT(M8 x 40mm)(29)**, **NYLOCK NUT(M8)(32)**, and **WASHER(M8)(37)**. Make sure you assembled the shock allowing the shock to extend toward the **HANDLEBAR(5)**. Connect the other end of the **SHOCK(11)** to the **TENSION ADJUSTER(9)** with **BOLT(M8 x 40mm)(29)**, **NYLOCK NUT(M8)(32)**, and **WASHER(M8)(37)**.

NOTE: 1. Repeat the above to assemble the **RIGHT HANDLEBAR(6)** and **SHOCK(11)** to the **RIGHT BASE FRAME(3)**.

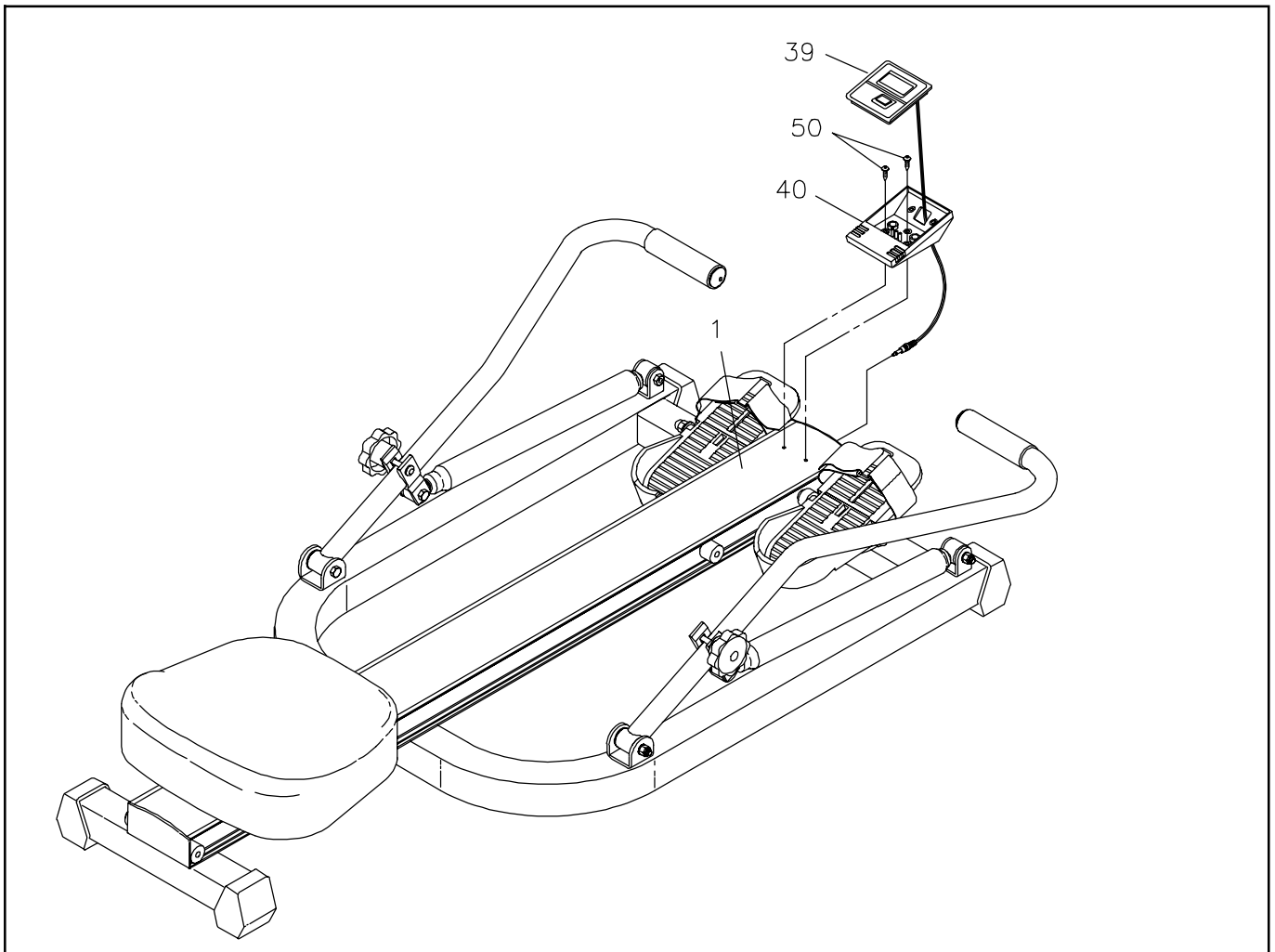
2. The resistance of the shocks can be adjusted by sliding the **TENSION ADJUSTERS** to change the position on the **HANDLEBARS**. The lowest position will provide the lowest resistance, the upper position will provide the higher resistance.

3. Tighten **LOCKING KNOBS(10)** securely before using the **1205 PRECISION ROWER**.

CAUTION: The shocks get **HOT** after a few minutes of use.

STEP 7: Slide the **SEAT(19)** onto the **CENTER BEAM(1)**. Insert the **STOPPER BOLT(14)** through the **CENTER BEAM(1)** and lock in position by screwing on the **STOPPER(13)**. Also, please verify that the other **STOPPER BOLT(14)** is assembled at the factory. Press the **CENTER BEAM CAP(22)** into the back end of the **CENTER BEAM(1)**.

ASSEMBLY INSTRUCTIONS



STEP 8

Pry the **METER(39)** from the **CONSOLE(40)**. Attach the **CONSOLE(40)** onto the **CENTER BEAM(1)** with **SCREWS(M4 x 10mm)(50)**.

STEP 9

Install a "AA" battery into the **METER(39)**, one battery included. Run the connection wire of the **METER(39)** through the square hole on the **CONSOLE(40)**. Place the **METER(39)** back into the **CONSOLE(40)**. Plug the connection wire of the **METER(39)** into the socket located at the front end of the **CENTER BEAM(1)**.

NOTE: See page 10 for detailed battery installation instructions.

USING THE ELECTRONICS METER

POWER ON : Seat movement or push the **BUTTON**.

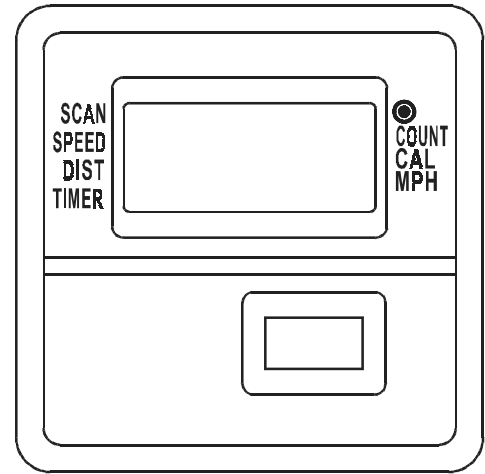
POWER OFF : Automatic shut off after 4 minutes of inactivity.

FUNCTION BUTTON:

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

FUNCTION MARKS (On The Display) :

A : Scan	CO : Count
S : Speed	CA : Calories
D : Distance	M : Mile
T : Timer	⊙ : Signal Mark



FUNCTIONS:

SCAN: Press the button until "**A**" appears in the display. Automatically scans **SPEED, DISTANCE, TIMER, COUNT,** and **CALORIE** in sequence with change every 4 seconds.

SPEED: Press the button until "**S**" appears to display the current speed, from zero to 71 MPH.

DISTANCE: Press the button until "**D**" appears to display the distance you are traveling, from zero to 999.9 miles.

TIMER: Press the button until "**T**" appears to display the rowing time, from 1 sec up to 99:59 minutes.

COUNT: Press the button until "**CO**" appears to display the total number of rows you have taken, from zero to 9999 rows.

CALORIE: Press the button until "**CA**" appears to display the calorie consumption, from zero to 999.9 K cal.

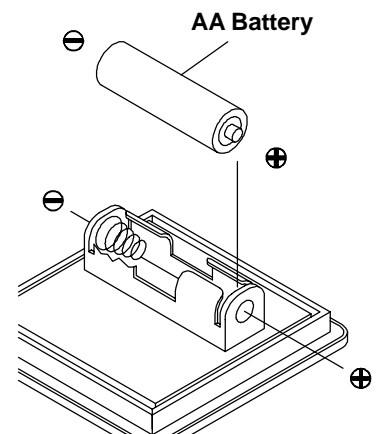
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

HOW TO INSTALL AND REPLACE BATTERY:

1. Use hand or simple tool to pry the **METER(39)** from the **CONSOLE(40)**.
2. The meter operates with an AA battery. Refer to the illustration to install or replace the battery.

NOTE:

1. Rechargeable batteries are not recommended.



STORAGE

1. To store the **1205 PRECISION ROWER** simply keep it in a clean dry place.
2. Grasp the Front and Rear Stabilizer to move the **1205 PRECISION ROWER**. Do not use the Seat to move the **1205 PRECISION ROWER**. The Seat will move and the Seat Carriage may pinch your hand or fingers.
3. To avoid damage to the electronics, remove the battery before storing the **1205 PRECISION ROWER** for one year or more.

MAINTENANCE

The safety and integrity designed into the **1205 PRECISION ROWER** can only be maintained when the **1205 PRECISION ROWER** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **HANDLEBARS(5, 6)** and verify that the **SHOCKS(11)** provides tension. The **SHOCKS(11)** should provide many years of use.
2. Clean the roller tracks in the **CENTER BEAM(1)** with an absorbent cloth.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Verify that that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
5. Worn or damaged components shall be replaced immediately or the **1205 PRECISION ROWER** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **1205 PRECISION ROWER**.
7. Keep your **1205 PRECISION ROWER** clean by wiping 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, you must start slowly and increase your time on the **1205 PRECISION ROWER** gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your **1205 PRECISION ROWER** on a flat, even surface at least 3 feet from walls and furniture.

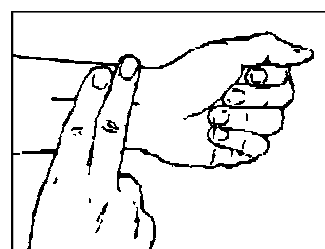
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
20	138~167	133~162
25	136~166	132~160
30	135~164	130~158
35	134~162	129~156
40	132~161	127~155
45	131~159	125~153
50	129~156	124~150
55	127~155	122~149
60	126~153	121~147
65	125~151	119~145
70	123~150	118~144
75	122~147	117~142
80	120~146	115~140
85	118~144	114~139

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 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.



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

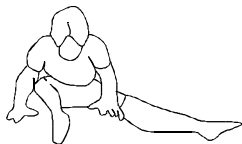
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!**

When the pull on the back of the legs lessens, try a lower position gradually.



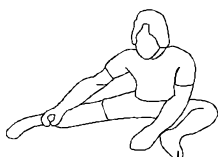
Floor Stretch

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

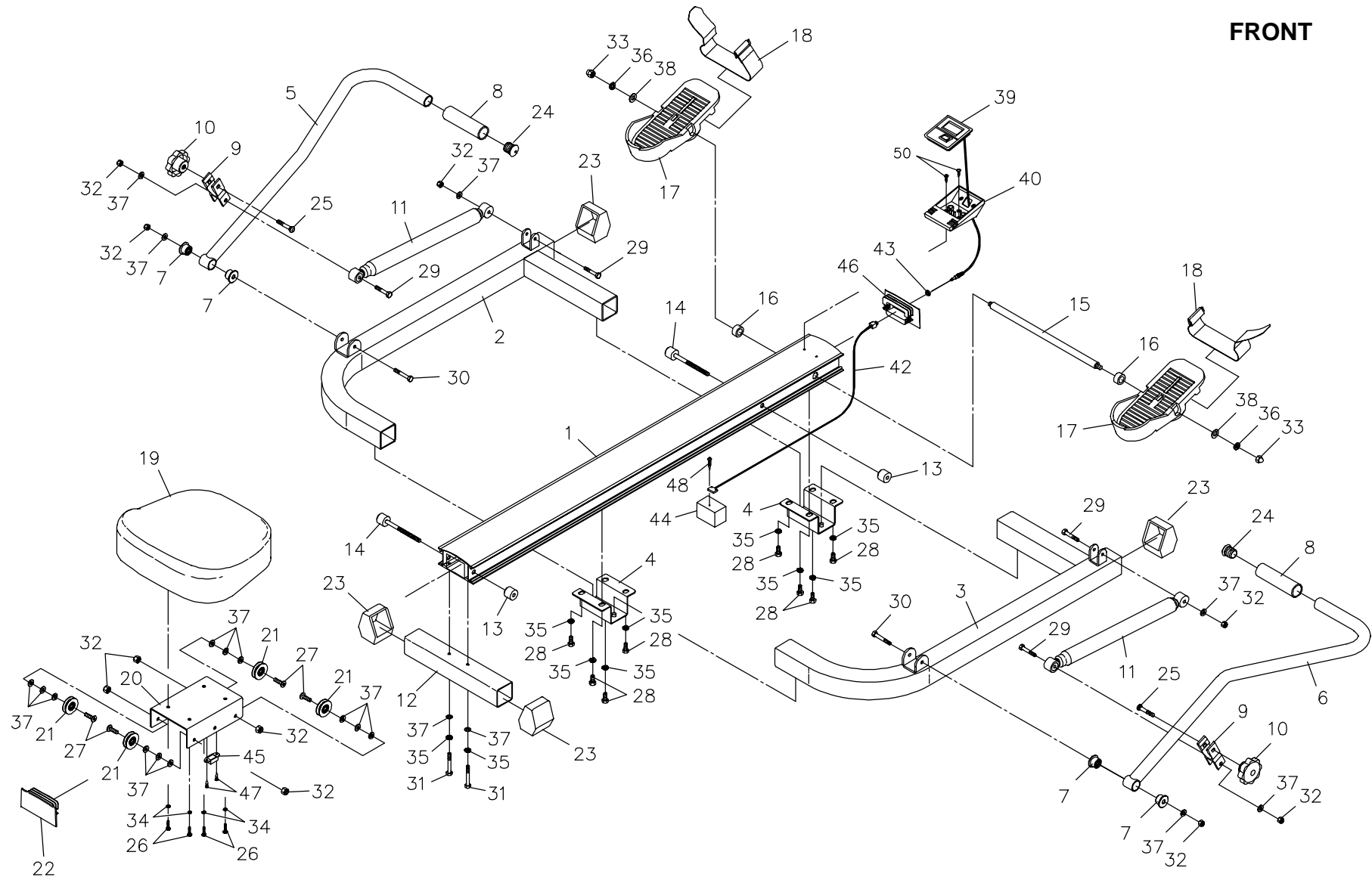
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember always to 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

DIAGRAM#	PART NAME	QTY
1	Center Beam	1
2	Left Base Frame	1
3	Right Base Frame	1
4	Mounting Bracket	2
5	Left Handlebar	1
6	Right Handlebar	1
7	Bushing	4
8	Foam Grip	2
9	Tension Adjuster	2
10	Locking Knob	2
11	Shock	2
12	Rear Stabilizer	1
13	Stopper	2
14	Stopper Bolt	2
15	Pedal Shaft	1
16	Spacer	2
17	Pedal	2
18	Pedal Strap	2
19	Seat	1
20	Seat Carriage	1
21	Roller	4
22	Center Beam Cap	1
23	Endcap	4
24	Round Plug (25mm)	2
25	Carriage Bolt (M8 x 1.25 x 45mm)	2
26	Screw, Round Head (M6 x 1 x 20mm)	4
27	Bolt, Flat Head (M8 x 1.25 x 25mm)	4
28	Bolt, Hex Head (M8 x 1.25 x 16mm)	8
29	Bolt, Hex Head (M8 x 1.25 x 40mm)	4
30	Bolt, Hex Head (M8 x 1.25 x 55mm)	2
31	Bolt, Hex Head (M8 x 1.25 x 60mm)	2
32	Nylock Nut (M8 x 1.25)	10
33	Acorn Nut (M10 x 1.5)	2
34	Lock Washer (M6)	4
35	Lock Washer (M8)	10
36	Lock Washer (M10)	2
37	Washer (M8)	20
38	Washer (M10)	2
39	Meter	1
40	Console	1
42	Sensor Wire	1
43	Wire Grommet	1
44	Rubber Block	1
45	Magnet	1
46	Center Beam Cap /with hole	1
47	Screw, Round Head (M4 x 16mm)	2
48	Screw, Round Head (M5 x 20mm)	1
49	Manual	1
50	Screw, Round Head (M4 x 10mm)	2

WARRANTY

Stamina Products, Inc. (the "Warrantor") warrants to the original purchaser only, 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 5 years on the frame from the date of the purchase by the original purchaser. **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 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.**

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