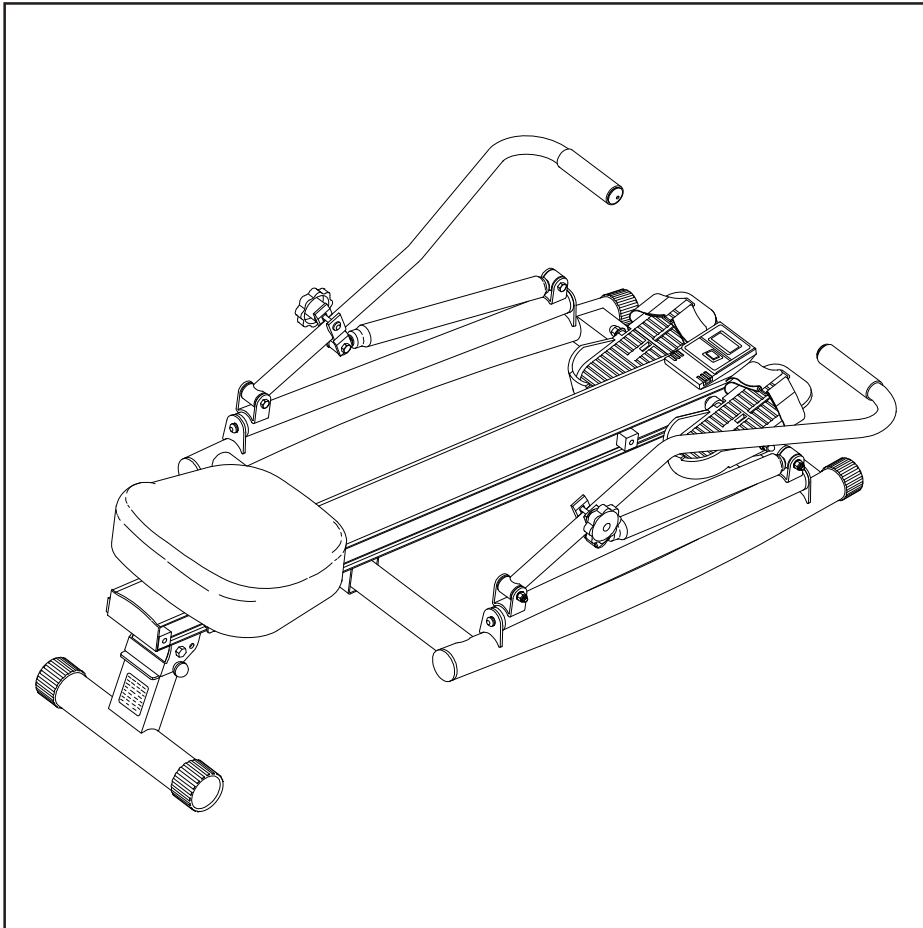




1215 ORBITAL ROWER

Owner's Manual



⚠ 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.

CAUTION:
Weight on this product should not exceed 250 lbs.

35-1215
STAMINA PRODUCTS
MADE IN TAIWAN

Product May Vary Slightly
From Pictured.

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the 1215 Orbital Rower.

1. Read all warnings posted on the **1215 Orbital Rower**.
2. Read this Owner's Manual and follow it carefully before using the **1215 Orbital Rower**. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **1215 Orbital Rower**. Do not allow children to use or play on the **1215 Orbital Rower**. Keep children and pets away from the **1215 Orbital Rower** 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 **1215 Orbital Rower** on a solid level surface. Do not position the **1215 Orbital Rower** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **1215 Orbital Rower**.
8. Inspect the **1215 Orbital Rower** for worn or loose components prior to use.
9. Tighten/replace any loose or worn components prior to using the **1215 Orbital Rower**.
10. Shocks on rowers get **HOT** during use. To avoid burns, do not touch the shock until it has time to cool.
11. 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.
12. Follow your physician's recommendations in developing your own personal fitness program.
13. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
14. Do not wear loose or dangling clothing while using the **1215 Orbital Rower**.
15. 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.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **1215 Orbital Rower**, loss of balance may result in a fall and serious bodily injury.
17. Do not use the seat to move the **1215 Orbital Rower**. The Seat will move and the Seat Carriage may pinch your hand or fingers.
18. The **1215 Orbital Rower** should not be used by persons weighing over 250 pounds.
19. The **1215 Orbital Rower** should be used by only one person at a time.
20. The **1215 Orbital 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



Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE 1215 Orbital Rower

To help you get started, we have pre-assembled most of your 1215 Orbital Rower 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 on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



TELEPHONE

CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX

CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE

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



MAIL

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

BEFORE YOU BEGIN

Thank you for choosing the **1215 Orbital 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 **1215 Orbital 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.

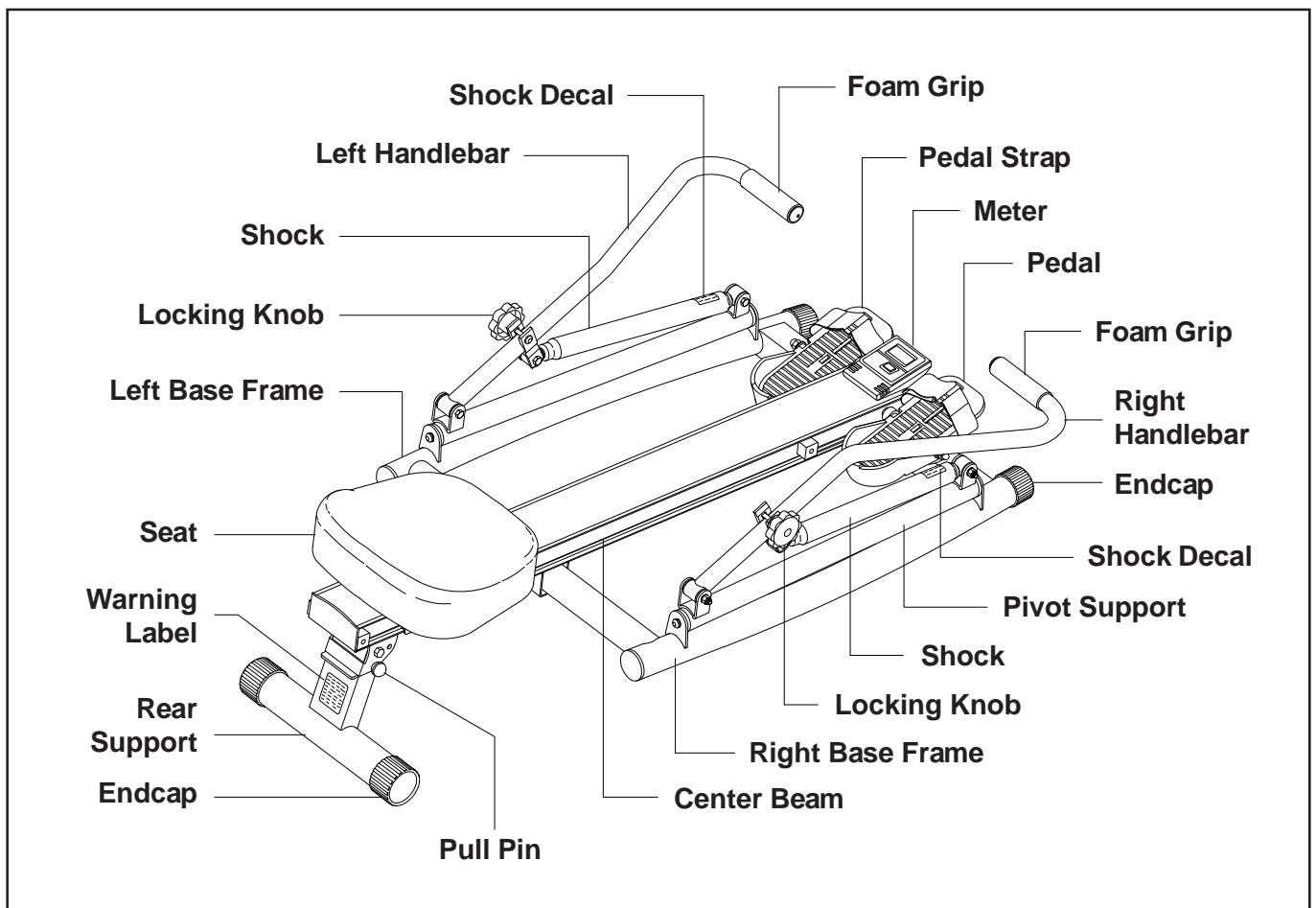
Read this manual carefully before using the **1215 Orbital Rower**.

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 **1215 Orbital Rower**, please do not return the product. Contact us FIRST!

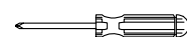
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

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



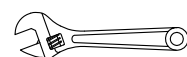
THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



Phillips Screwdriver



Adjustable Wrench



Adjustable Wrench

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **1215 Orbital Rower**. Please take a moment to familiarize yourself with all of the warning & notice labels.

Label is larger than actual size

W1 WARNING LABEL(54)



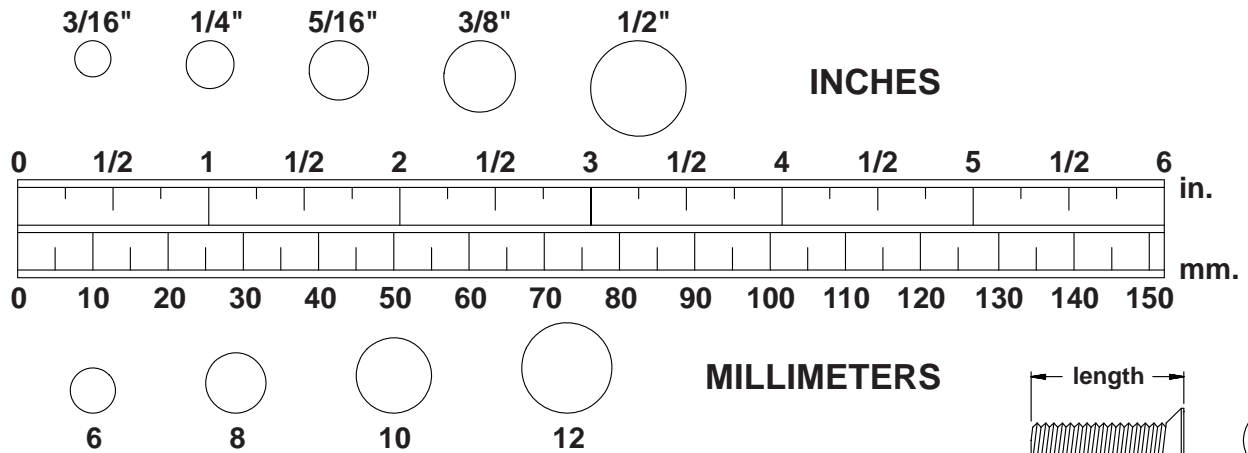
D1 SHOCK DECAL(18)



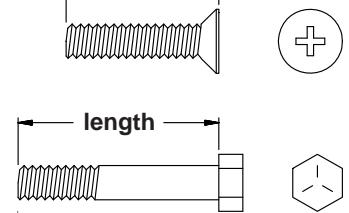
(2 locations)

HARDWARE IDENTIFICATION CHART

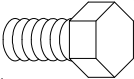
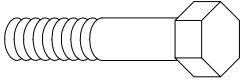
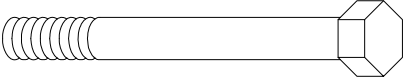
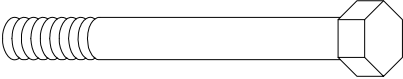
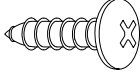


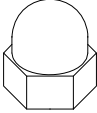


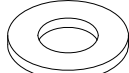
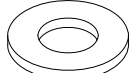
This chart is provided to help identify the hardware used in the assembly process. Place the washers, the ends of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.



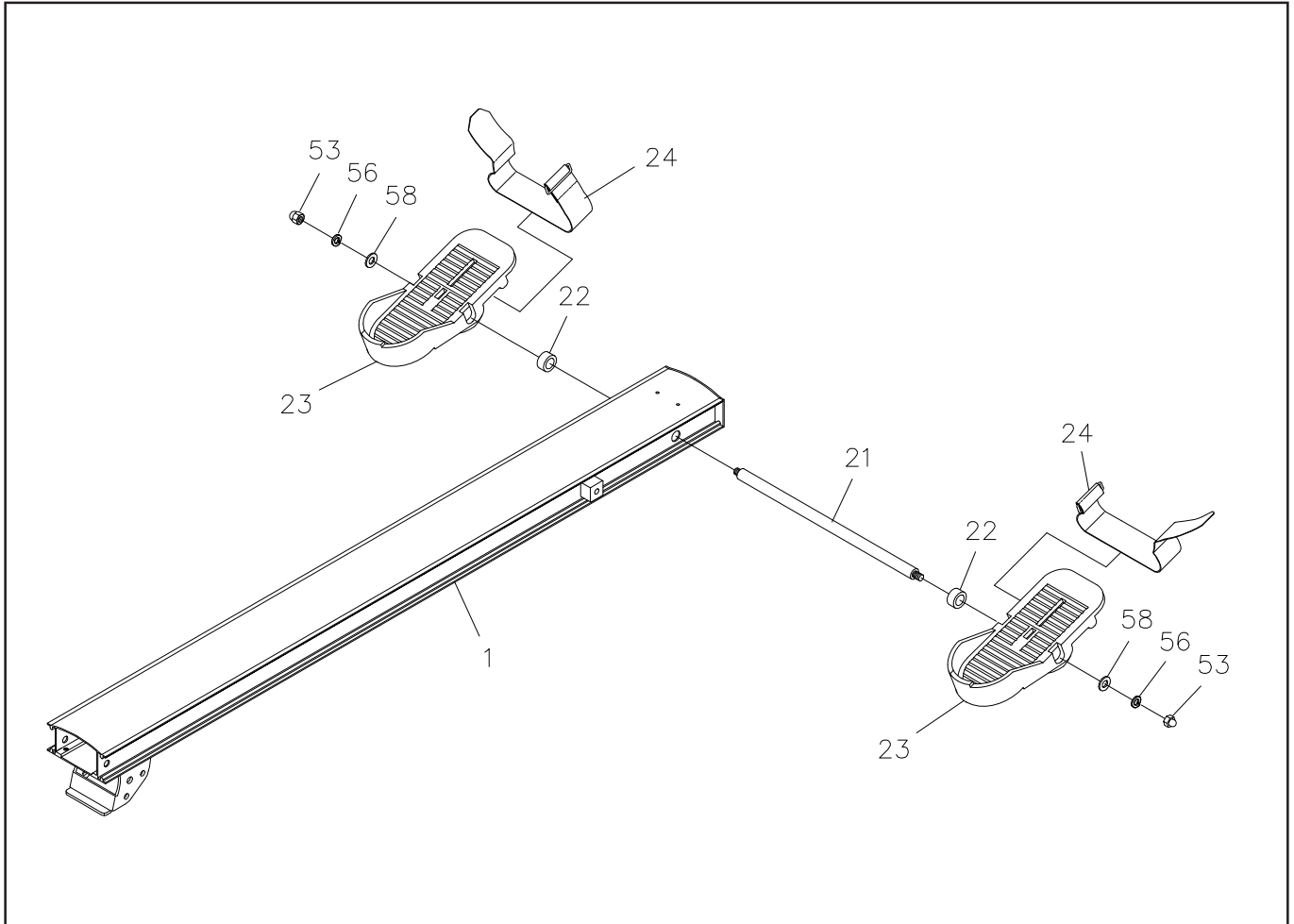
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	43 Bolt, Hex Head (M8 x 1.25 x 16mm)	8
	44 Bolt, Hex Head (M8 x 1.25 x 40mm)	4
	45 Bolt, Hex Head (M8 x 1.25 x 55mm)	2
	46 Bolt, Hex Head (M10 x 1.5 x 95mm)	1
	48 Screw, Round Head (M4 x 10mm)	2
	51 Nylock Nut (M8 x 1.25)	6
	52 Nylock Nut (M10 x 1.25)	1
	53 Acorn Nut (M10 x 1.25)	2
	55 Lock Washer (M8)	8
	56 Lock Washer (M10)	2
	57 Washer (M8)	6
	58 Washer (M10)	2

ASSEMBLY INSTRUCTIONS

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

parts@staminaproducts.com



STEP 1

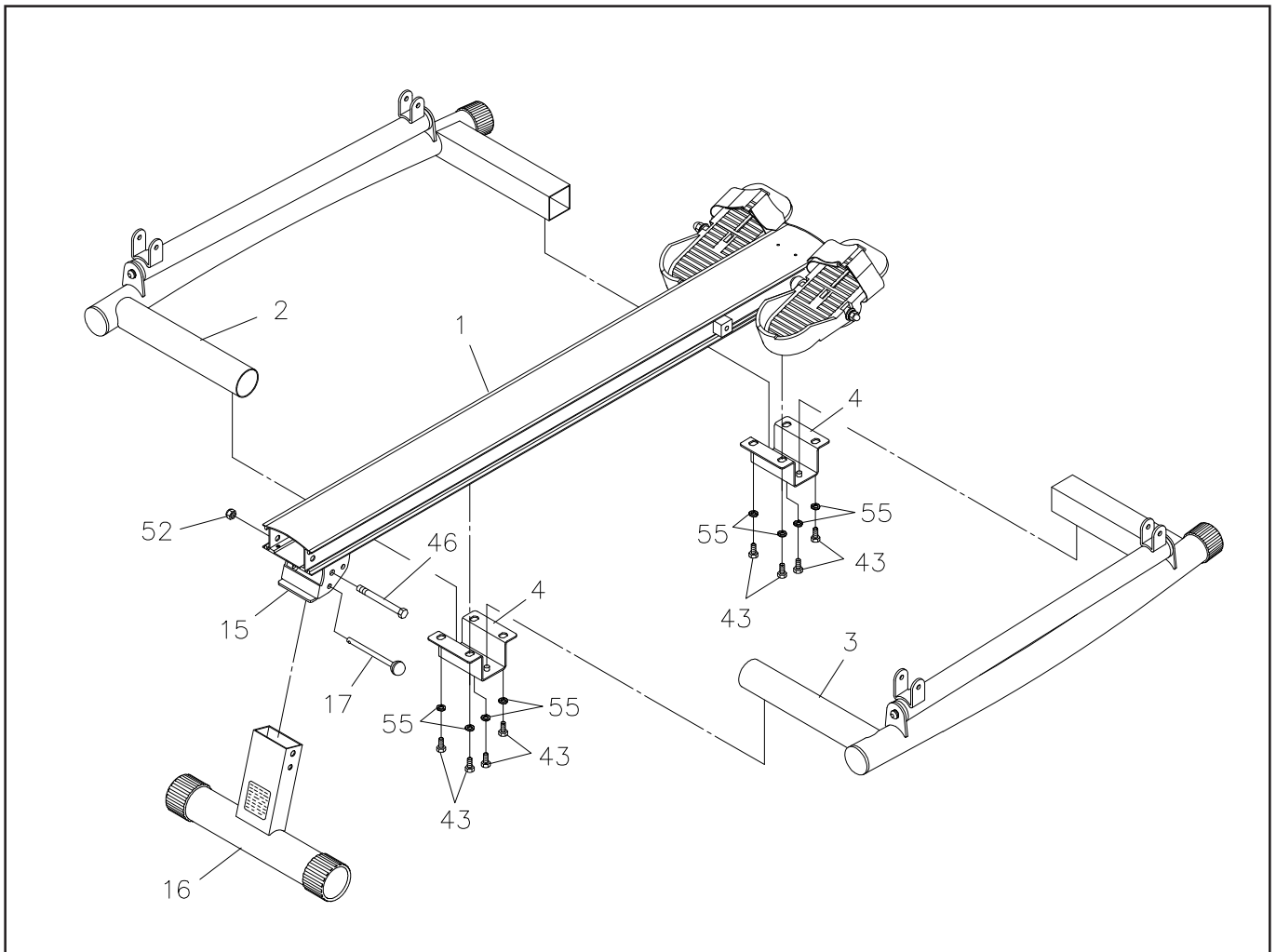
Insert the **PEDAL SHAFT(21)** through holes located on the front end of the **CENTER BEAM(1)**. Place a **SPACER(22)** and a **PEDAL(23)** onto each end of the **PEDAL SHAFT(21)** and slide them toward the **CENTER BEAM(1)**. Then secure the **PEDALS(23)** with **WASHERS(M10)(58)**, **LOCK WASHERS (M10)(56)**, and **ACORN NUTS(M10x1.5)(53)** at both sides of the **PEDAL SHAFT(21)**.

NOTE: You need to use two Wrenches to tighten the **ACORN NUTS(M10x1.5)(53)** at both ends of the **PEDAL SHAFT(21)** at the same time.

STEP 2

Insert the **PEDAL STRAPS(24)** into the slots in the bottom of the **PEDALS(23)**. When feet are in the **PEDALS(23)**, the ends of the **PEDAL STRAPS(24)** will be facing away from the **CENTER BEAM(1)** as shown above.

ASSEMBLY INSTRUCTIONS



NOTE: Lay your partially assembled 1215 Orbital Rower up side down to complete STEP 3 and 4.

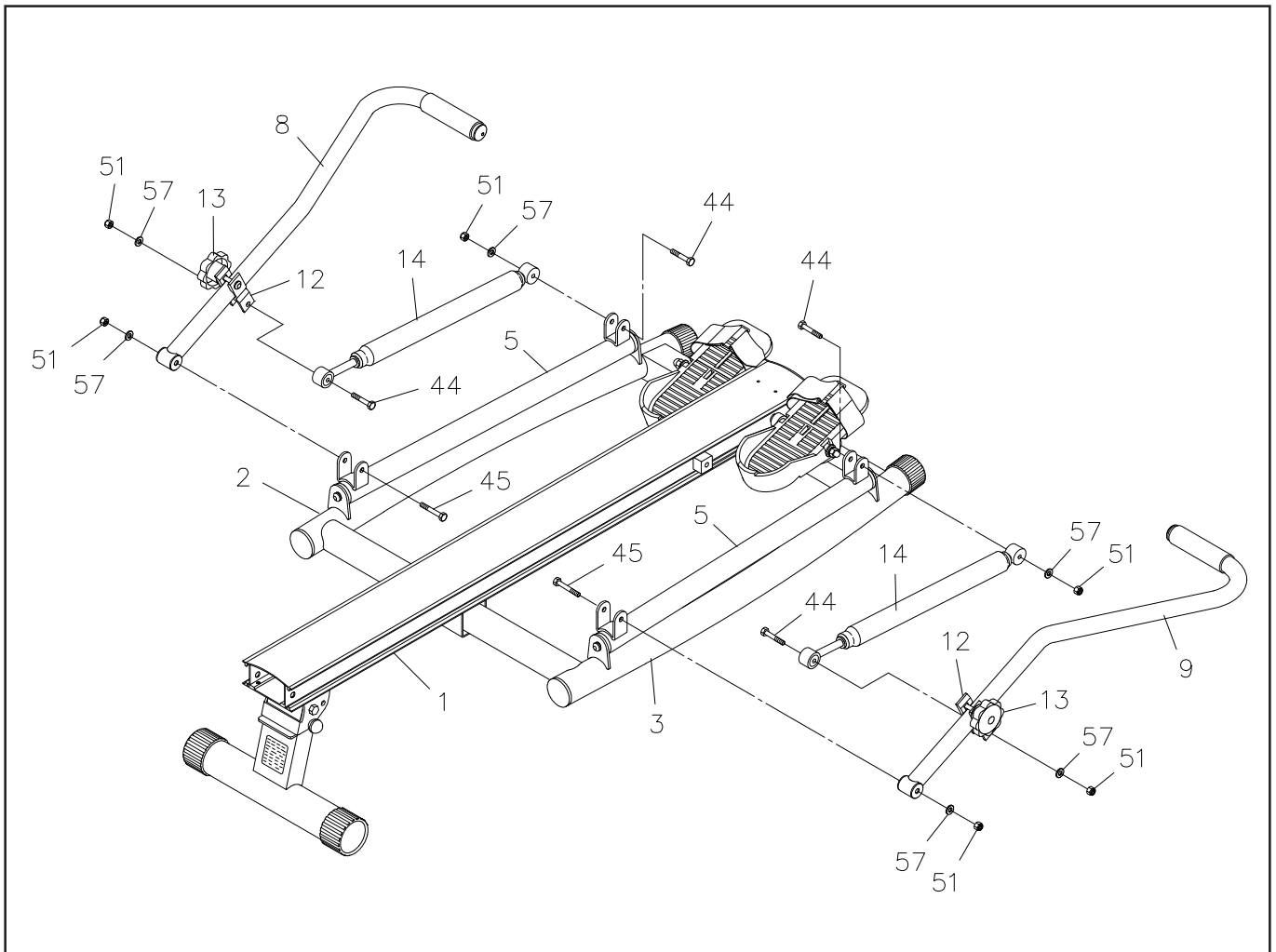
STEP 3

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 **HEX BOLTS**(M8x1.25x16mm)(43) and **LOCK WASHERS**(M8)(55).

STEP 4

Attach the **REAR SUPPORT**(16) to the **SUPPORT BRACKET**(15) with **HEX BOLT**(M10x1.5x95mm)(46) and **NYLOCK NUT**(M10x1.5)(52). Lock the **REAR SUPPORT**(16) in position by inserting the **PULLING PIN**(17) through the holes in the **SUPPORT BRACKET**(15) and **REAR SUPPORT**(16).

ASSEMBLY INSTRUCTIONS



STEP 5

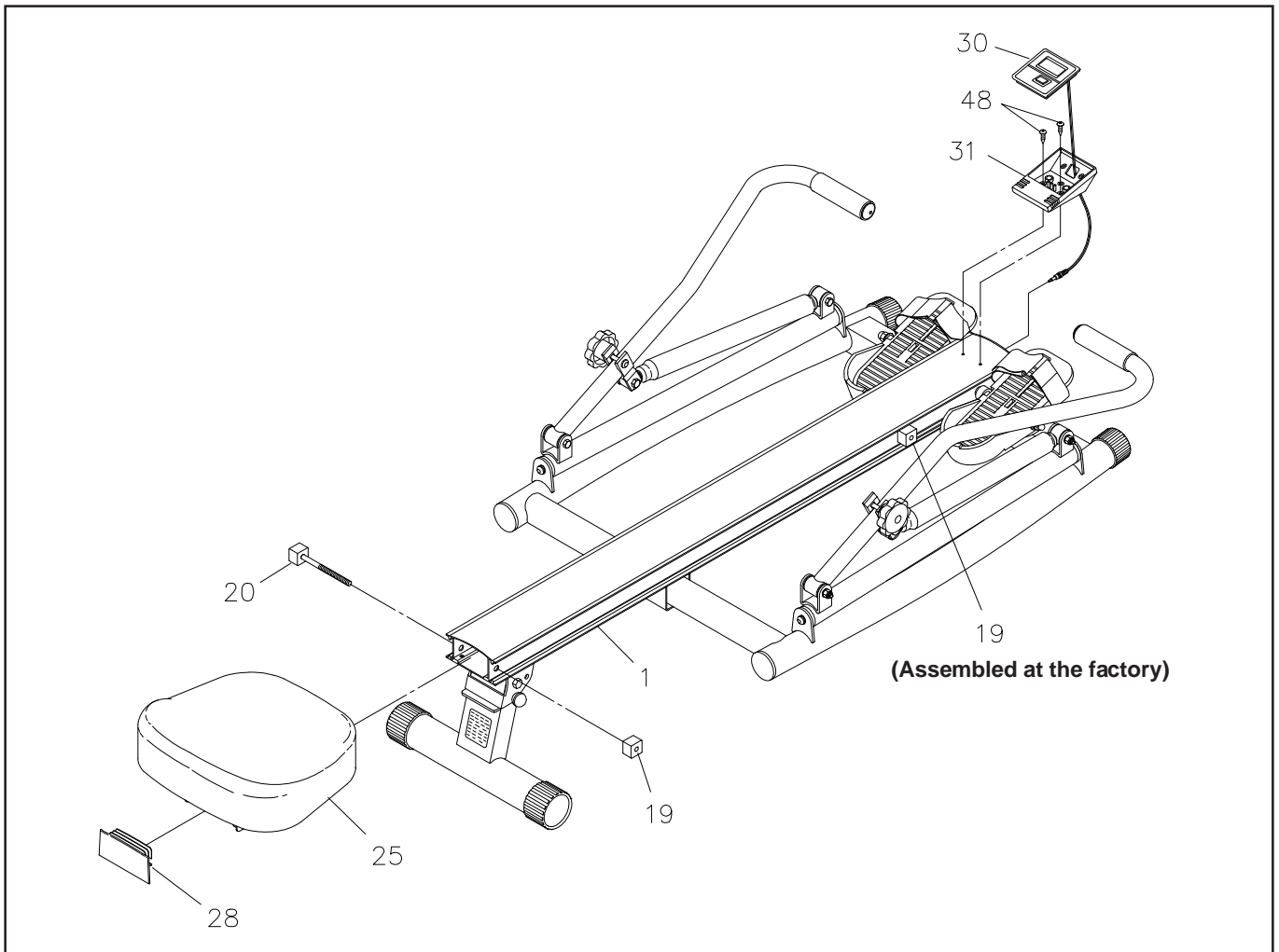
Attach the **LEFT HANDLEBAR(8)** to the bracket located on the rear of the **LEFT BASE FRAME(2)** with **HEX BOLT(M8x1.25x55mm)(45)**, **WASHER(M8)(57)**, and **NYLOCK NUT(M8x1.25)(51)**.

STEP 6

Attach the **SHOCK(14)** to the bracket located on the front of the **LEFT BASE FRAME(2)** with **HEX BOLT (M8x1.25x40mm)(44)**, **WASHER(M8)(57)**, and **NYLOCK NUT(M8x1.25)(51)**. Make sure you assembled the shock allowing the shock to extend toward the **LEFT HANDLEBAR(8)**. Connect the other end of the **SHOCK(14)** to the **TENSION ADJUSTER(12)** with **HEX BOLT (M8x1.25x40mm)(44)**, **WASHER(M8)(57)**, and **NYLOCK NUT(M8x1.25)(51)**.

Repeat the above to attach the **RIGHT HANDLEBAR(9)** and **SHOCK(14)** to the **RIGHT BASE FRAME(3)**.

ASSEMBLY INSTRUCTIONS



STEP 7

Slide the **SEAT(25)** onto the **CENTER BEAM(1)**. Insert the **STOPPER BOLT(20)** through the **CENTER BEAM(1)** and lock in position by screwing on the **STOPPER(19)**. Also, please verify that the other **STOPPER BOLT(20)** and **STOPPER(19)** are assembled at the factory. Press the **CENTER BEAM CAP(28)** into the back end of the **CENTER BEAM(1)**.

STEP 8

Pry the **METER(30)** from the **CONSOLE(31)**. Attach the **CONSOLE(31)** to the **CENTER BEAM(1)** with **ROUND HEAD SCREWS(M4x10mm)(48)**.

STEP 9

Install a AA battery into the **METER(30)**, one battery included. See page 12 for detailed battery installation instructions. Run the connection wire of the **METER(30)** through the square hole on the **CONSOLE(31)**. Place the **METER(30)** back into the **CONSOLE(31)**. Plug the connection wire of the **METER(30)** into the socket located at the front end of the **CENTER BEAM(1)**.

OPERATIONAL INSTRUCTIONS

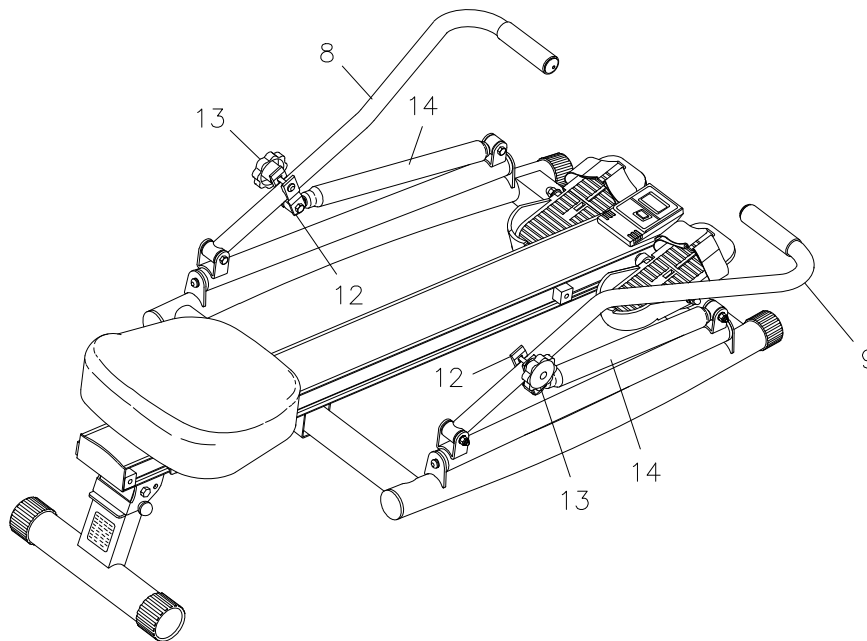
LOAD ADJUSTMENT

The resistance of the shocks can be adjusted by sliding the **TENSION ADJUSTERS(12)** to change the position on the **HANDLEBARS(8, 9)**. The lowest position will provide the lowest resistance, the upper position will provide the higher resistance.

Loosen the **LOCKING KNOB(13)** and slide the **TENSION ADJUSTER(12)** to aspired position. Tighten the **LOCKING KNOB(13)** after adjusting. Use the number marks on the **HANDLEBARS(8, 9)** to help set the **TENSION ADJUSTER(12)** at the same height on both sides.

NOTE: Tighten **LOCKING KNOBS(13)** securely before using the **1215 Orbital Rower**.

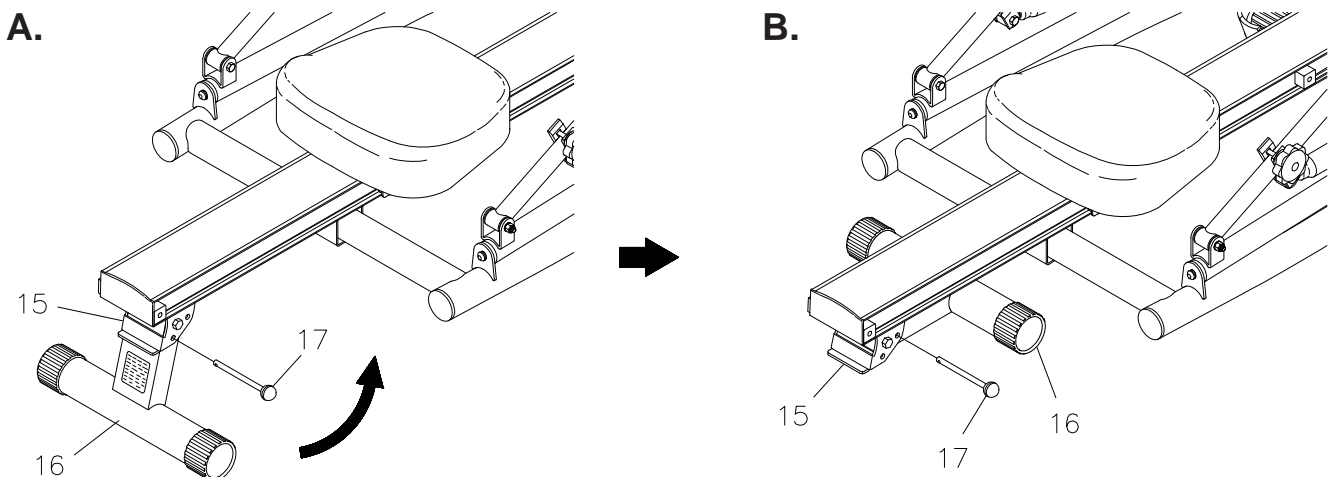
CAUTION: The shocks get **HOT** after a few minutes of use. To avoid burns, do not touch the shock until it has time to cool.



TO ADJUST THE REAR SUPPORT(16)

Pull out the **PULL PIN(17)** from the **SUPPORT BRACKET(15)**. Fold the **REAR SUPPORT(16)** forward, then you can set the **1215 Orbital Rower** flat on the floor. Lock the **SUPPORT BRACKET(15)** in the flat position by inserting the **PULL PIN(17)** back into the **SUPPORT BRACKET(15)**. Refer to illustration B.

The seat can slide freely when the **1215 Orbital Rower** is in the flat position. In the incline position as shown in illustration A, there will be more resistance as you slide backward, less resistance as you slide forward.



OPERATIONAL INSTRUCTIONS

USING THE METER

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

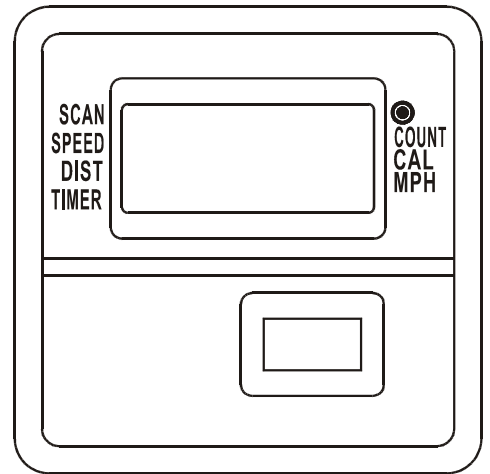
POWER OFF : Automatic shut off after 4 minutes of inactivity.

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 **CALORIES** 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 have traveled, from zero to 999.9 miles.

TIMER: Press the button until "**T**" appears to display the rowing time, from one second 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.

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

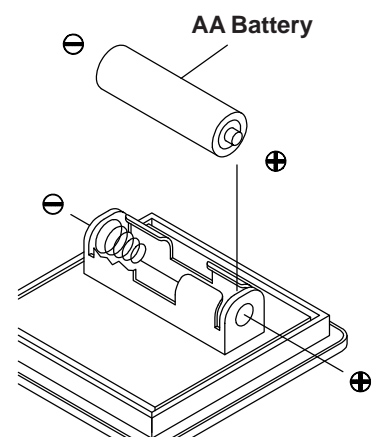
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

HOW TO INSTALL AND REPLACE BATTERY:

1. Use hand or simple tool to pry the **METER(30)** from the **CONSOLE (31)**.
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 **1215 Orbital Rower** simply keep it in a clean dry place.
2. Fold The **REAR SUPPORT(16)** for easy storage, refer to page 11.
3. Grasp the Front and Rear Stabilizer to move the **1215 Orbital Rower**. Do not use the Seat to move the **1215 Orbital Rower**. The Seat will move and the Seat Carriage may pinch your hand or fingers.
4. To avoid damage to the electronics, remove the battery before storing the **1215 Orbital Rower** for one year or more.

MAINTENANCE

The safety and integrity designed into the **1215 Orbital Rower** can only be maintained when the **1215 Orbital Rower** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **HANDLEBARS(8, 9)** and verify that the **SHOCKS(14)** provide tension. The **SHOCKS(14)** should provide many years of use.
2. Clean the roller tracks in the **CENTER BEAM(1)** with an absorbent cloth.
3. Verify that the Warning Label is in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement Warning Label if the Warning Label is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Verify that that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
6. Worn or damaged components shall be replaced immediately or the **1215 Orbital Rower** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **1215 Orbital Rower**.
8. Keep your **1215 Orbital 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, start slowly and increase your workout time gradually. Increase your workout intensity gradually, too, by monitoring your heart rate while you exercise.

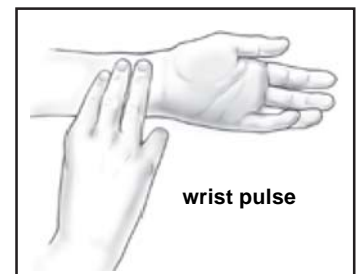
Remember to follow these essentials:

- 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

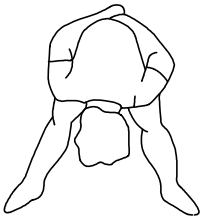
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

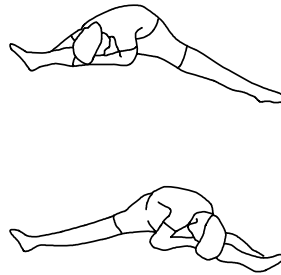
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



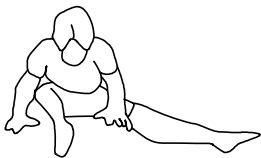
Lower Body Stretch

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.



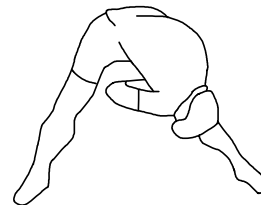
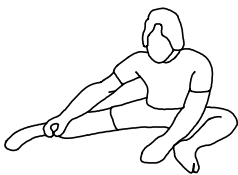
Floor Stretch

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.



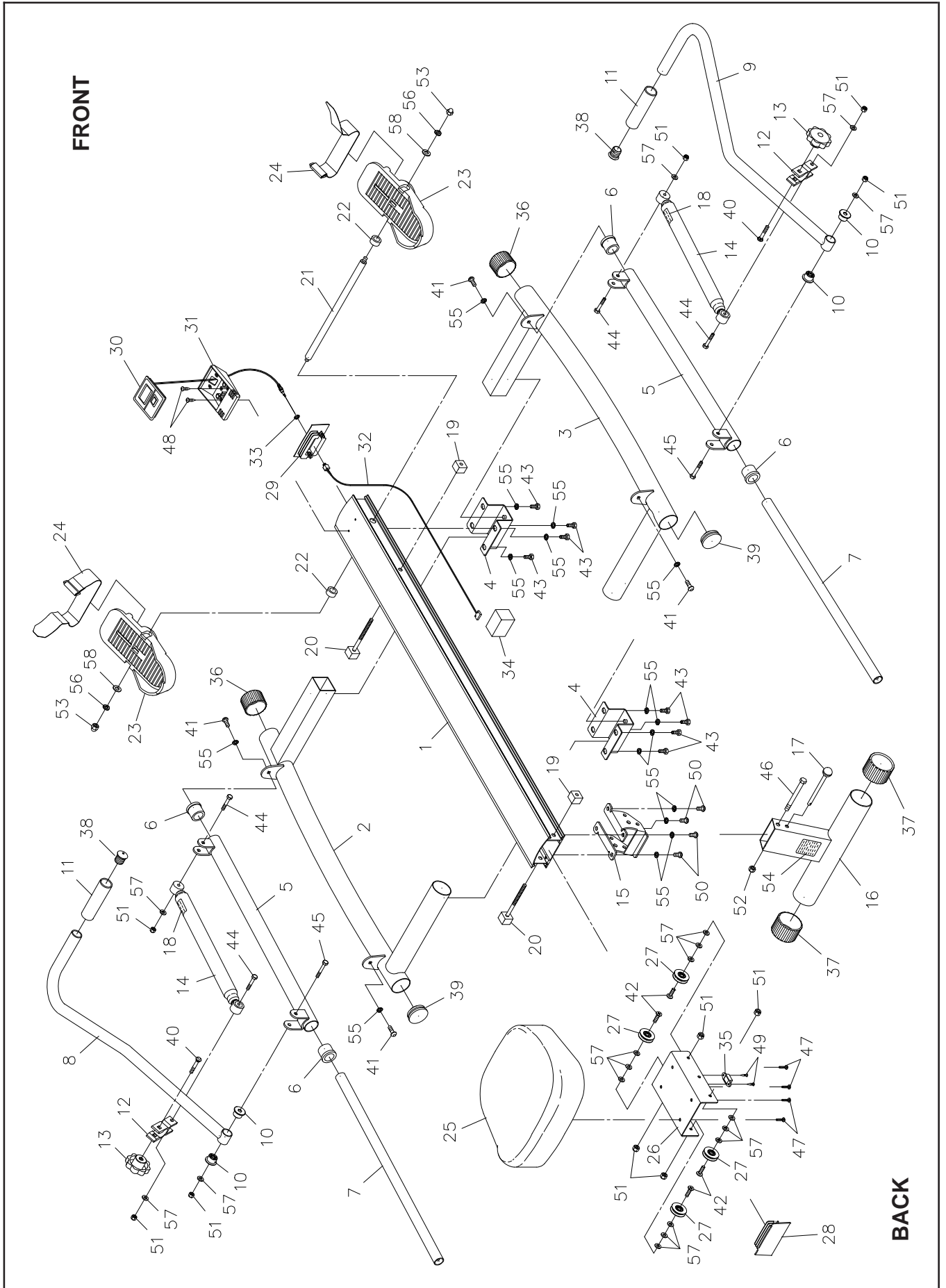
Bent Over Leg Stretch

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 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



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	Pivot Support	2
6	Bushing	4
7	Shaft Tube	2
8	Left Handlebar	1
9	Right Handlebar	1
10	Bushing	4
11	Foam Grip	2
12	Tension Adjuster	2
13	Locking Knob	2
14	Shock	2
15	Support Bracket	1
16	Rear Support	1
17	Pull Pin	1
18	Shock Decal	2
19	Stopper	2
20	Stopper Bolt	2
21	Pedal Shaft	1
22	Spacer	2
23	Pedal	2
24	Pedal Strap	2
25	Seat	1
26	Seat Carriage	1
27	Roller	4
28	Center Beam Cap	1
29	Center Beam Cap /with hole	1
30	Meter	1
31	Console	1
32	Sensor Wire	1
33	Thin Nut	1
34	Foam Block	1
35	Magnet	1
36	Endcap (50.8mm)	2
37	Endcap (60mm)	2
38	Round Plug (25mm)	2
39	Round Plug (50mm)	2
40	Carriage Bolt (M8 x 1.25 x 45mm)	2
41	Bolt, Button Head (M8 x 1.25 x 25mm)	4
42	Bolt, Flat Head (M8 x 1.25 x 25mm)	4
43	Bolt, Hex Head (M8 x 1.25 x 16mm)	8
44	Bolt, Hex Head (M8 x 1.25 x 40mm)	4
45	Bolt, Hex Head (M8 x 1.25 x 55mm)	2
46	Bolt, Hex Head (M10 x 1.5 x 95mm)	1
47	Screw, Round Head (M6 x 1 x 25mm)	4

PARTS LIST

DIAGRAM#	PART NAME	QTY
48	Screw, Round Head (M4 x 10mm)	2
49	Screw, Round Head (M4 x 16mm)	2
50	Bolt, Button Head (M8 x 1.25 x 16mm)	4
51	Nylock Nut (M8 x 1.25)	10
52	Nylock Nut (M10 x 1.25)	1
53	Acorn Nut (M10 x 1.25)	2
54	Warning Label	1
55	Lock Washer (M8)	16
56	Lock Washer (M10)	2
57	Washer (M8)	18
58	Washer (M10)	2
59	Manual	1

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