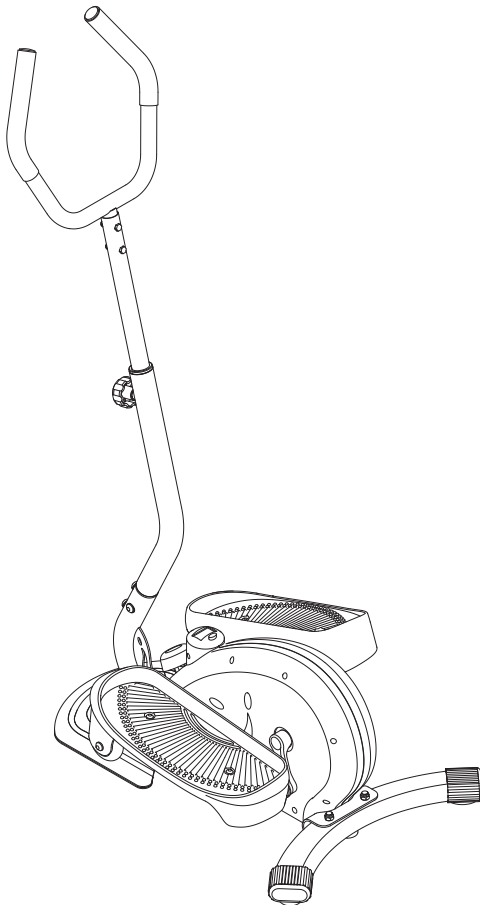


inMOTION[®]

E-3000 ELLIPTICAL

Owner's Manual



Product May Vary Slightly From Pictured.

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

This Product is Produced 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#: 55-1616




**STAMINA PRODUCTS
MADE IN CHINA**

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2010, 08


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SAFETY INSTRUCTIONS

-  **WARNING:** This equipment is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.
-  **WARNING:** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.
-  **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the InMotion® E3000.

1. Read all warnings posted on the InMotion® E3000.
2. The InMotion® E3000 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 InMotion® E3000. Do not allow children to use or play on the InMotion® E3000. Keep children and pets away from the InMotion® E3000 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 InMotion® E3000 on a solid level surface. Do not position the InMotion® E3000 on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the InMotion® E3000.
8. Before using, inspect the InMotion® E3000 for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
12. Do not wear loose or dangling clothing while using the InMotion® E3000.
13. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the InMotion® E3000, loss of balance may result in a fall and serious bodily injury.
15. To maintain your balance, always mount or dismount the InMotion® E3000 from the lowest foot pedal. Refer to the detail instructions on page 10.
16. Keep both feet firmly and securely on the pedal caps while exercising.
17. The InMotion® E3000 should not be used by persons weighing over 250 pounds.
18. The InMotion® E3000 should be used by only one person at a time.
19. The InMotion® E3000 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
InMotion® E3000**

To help you get started, we have pre-assembled most of your InMotion® E3000 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.



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



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE
CUSTOMER SERVICE
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 **InMotion® E3000**. 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 **InMotion® E3000** 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.

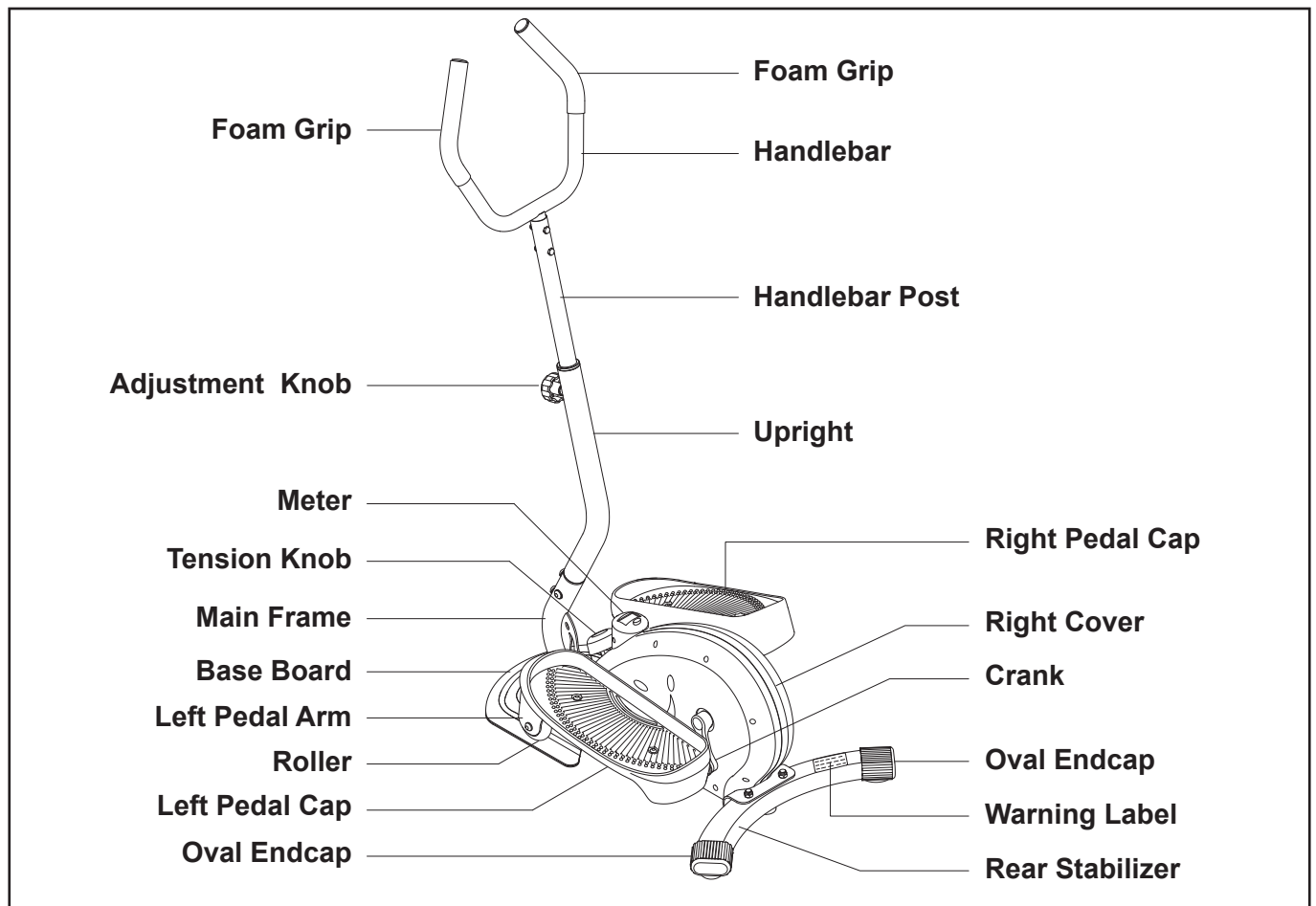
Read this manual carefully before using the **InMotion® E3000**.

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 **InMotion® E3000**, please do not return the product. Contact us **FIRST!**

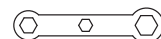
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

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

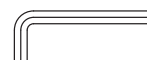
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Wrench



Allen Wrench (6mm)

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning and notice labels on the InMotion® E3000. Please take a moment to familiarize yourself with all of the warning and notice labels.

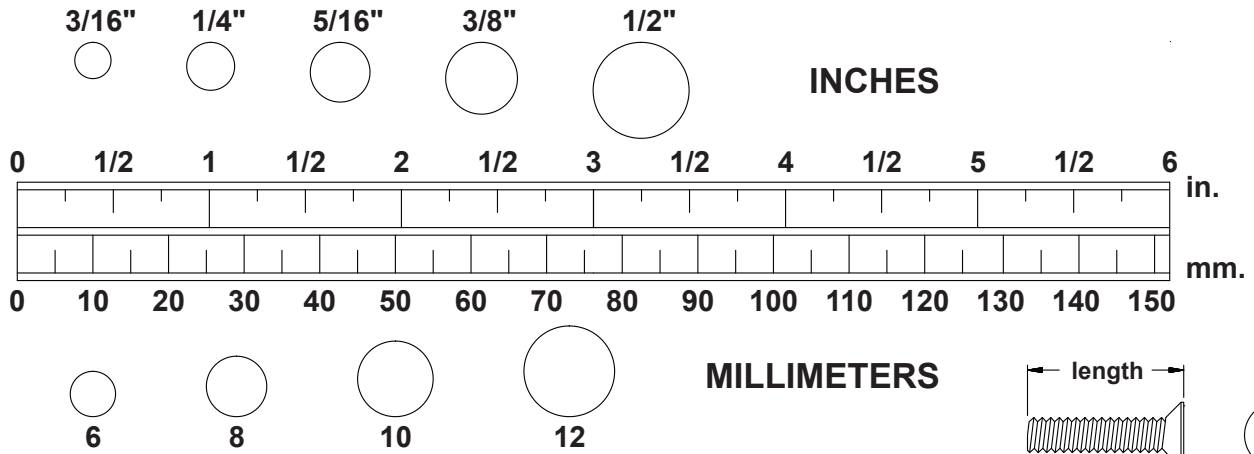
Label is larger than actual size

W1 WARNING LABEL(55)

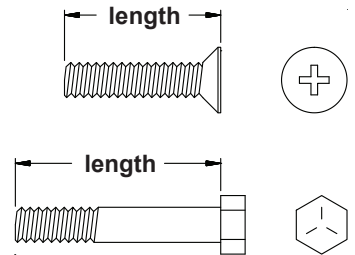


HARDWARE IDENTIFICATION CHART

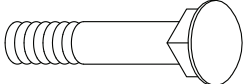
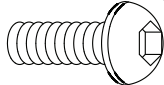
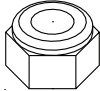
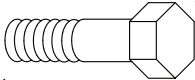

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



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

| | Part Number and Description | Qty |
|---|--|--------|
|  | 42 Carriage Bolt (M10 x 1.5 x 43mm) | 2 |
|  | 45 Bolt, Button Head (M8 x 1.25 x 20mm) 59 Bolt, Button Head (M8 x 1.25 x 16mm) | 4 6 |
|  | 49 Nylock Nut (M6 x 1) 51 Nylock Nut (M10 x 1.5) | 2 2 |
|  | 75 Bolt, Hex Head (M6 x 1 x 33mm) | 2 |
|  | 76 Arc Washer (M6) 77 Arc Washer (M8) | 2 4 |

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 customerservice@staminaproducts.com.

STEP 1

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

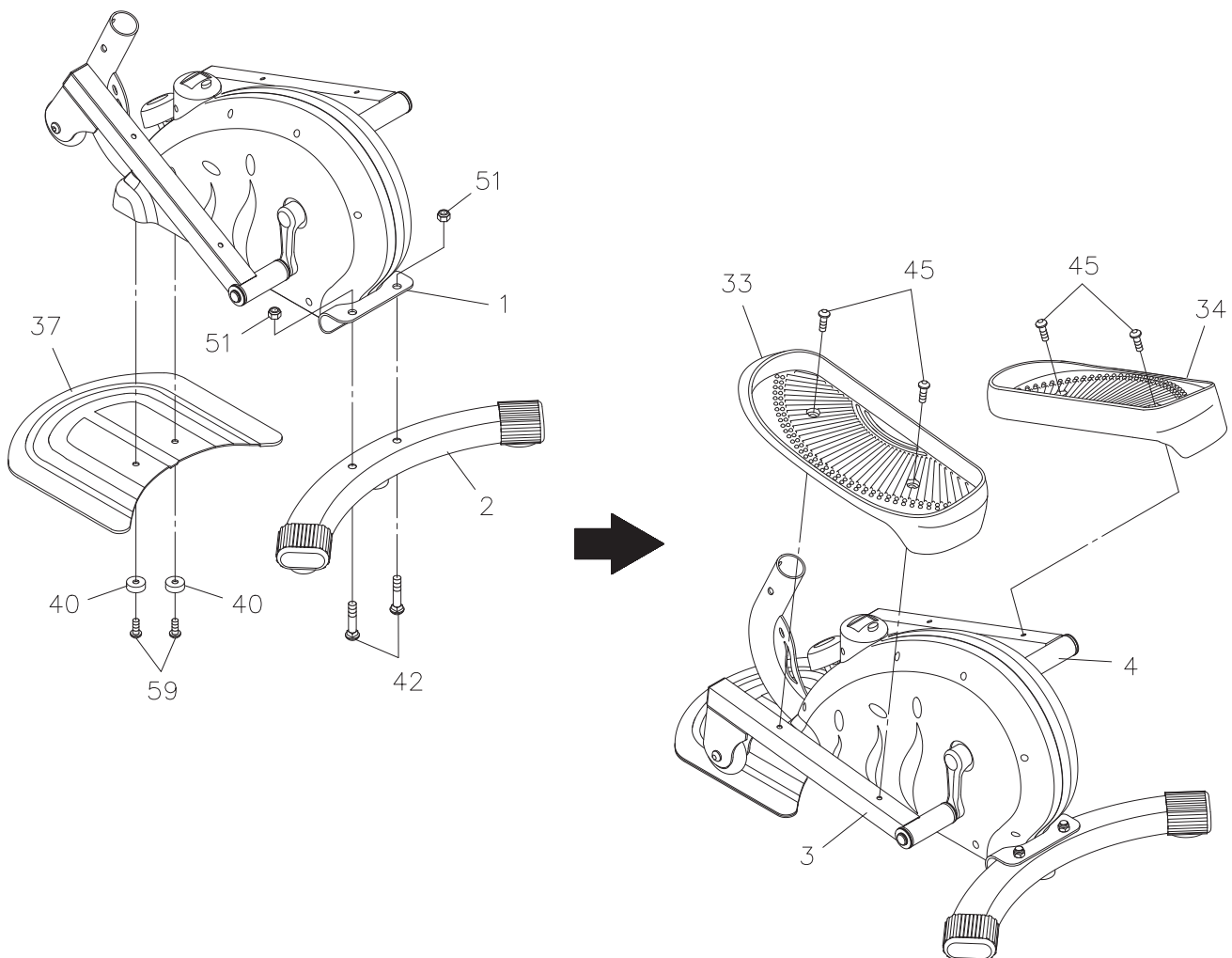
STEP 2

Attach the **BASE BOARD(37)** to the **MAIN FRAME(1)** with the **STANDS(40)** and **BUTTON HEAD BOLTS(M8x1.25x16mm)(59)**.

STEP 3

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

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



ASSEMBLY INSTRUCTIONS

STEP 4

Insert the **UPRIGHT(68)** into the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS (M8x1.25x16mm)(59)** and **ARC WASHERS(M8)(77)**.

STEP 5

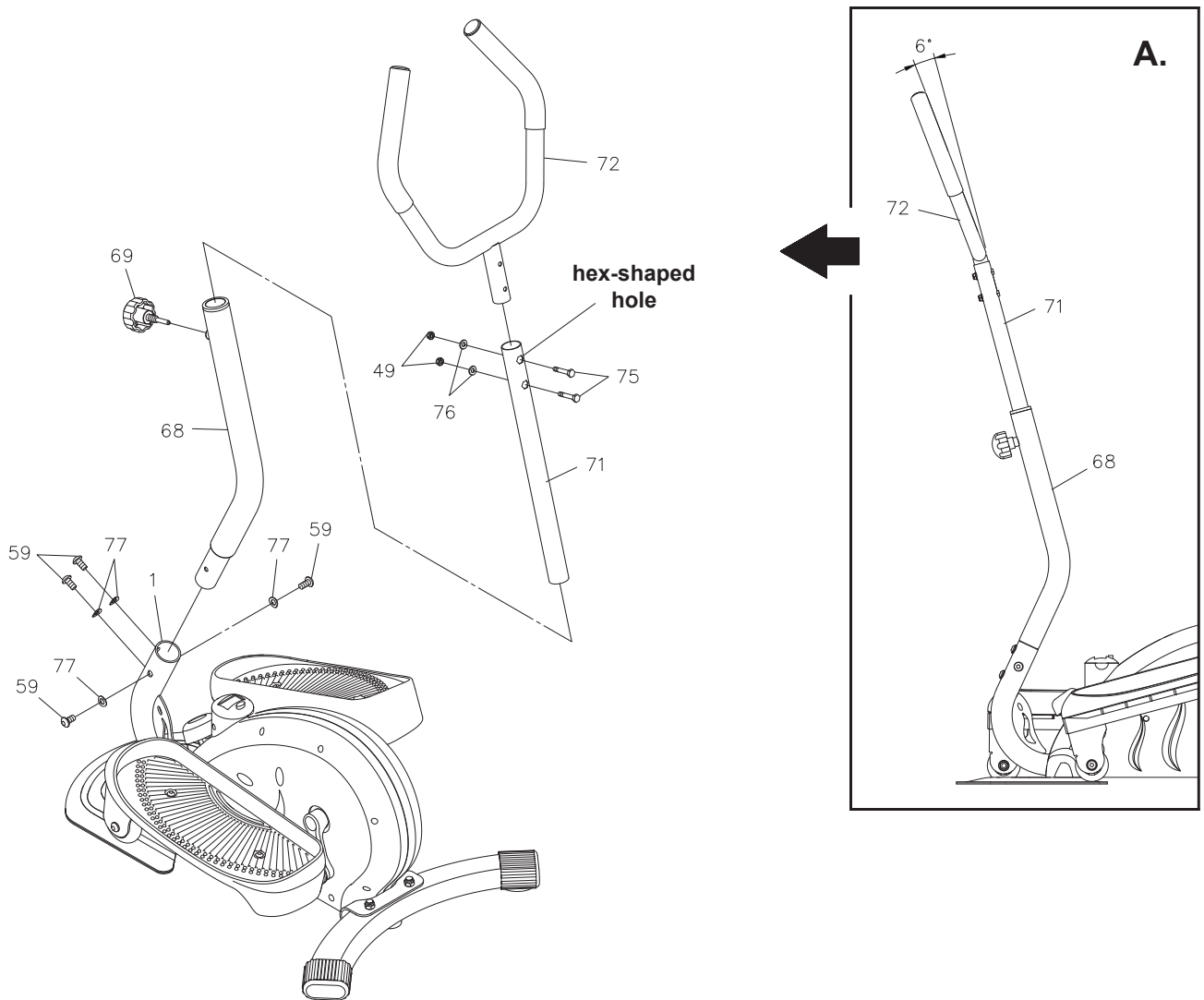
Insert the **HANDLEBAR POST(71)** into the **UPRIGHT(68)**, and lock it in one of the adjustment holes with **ADJUSTMENT KNOB(69)**.

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

STEP 6

Refer to the detail view A. Note the correct position of the **HANDLEBAR(72)**, the **HANDLEBAR(72)** should be assembled with a six degrees angle forward than the **HANDLEBAR POST(71)**.

Attach the **HANDLEBAR(72)** to the **HANDLEBAR POST(71)** with **HEX BOLTS(M6x1x33mm)(75)**, **ARC WASHERS(M6)(76)**, and **NYLOCK NUTS(M6x1)(49)**. The **HEX BOLTS(M6x1x33mm)(75)** fit inside the hex-shaped holes in the **HANDLEBAR POST(71)**.

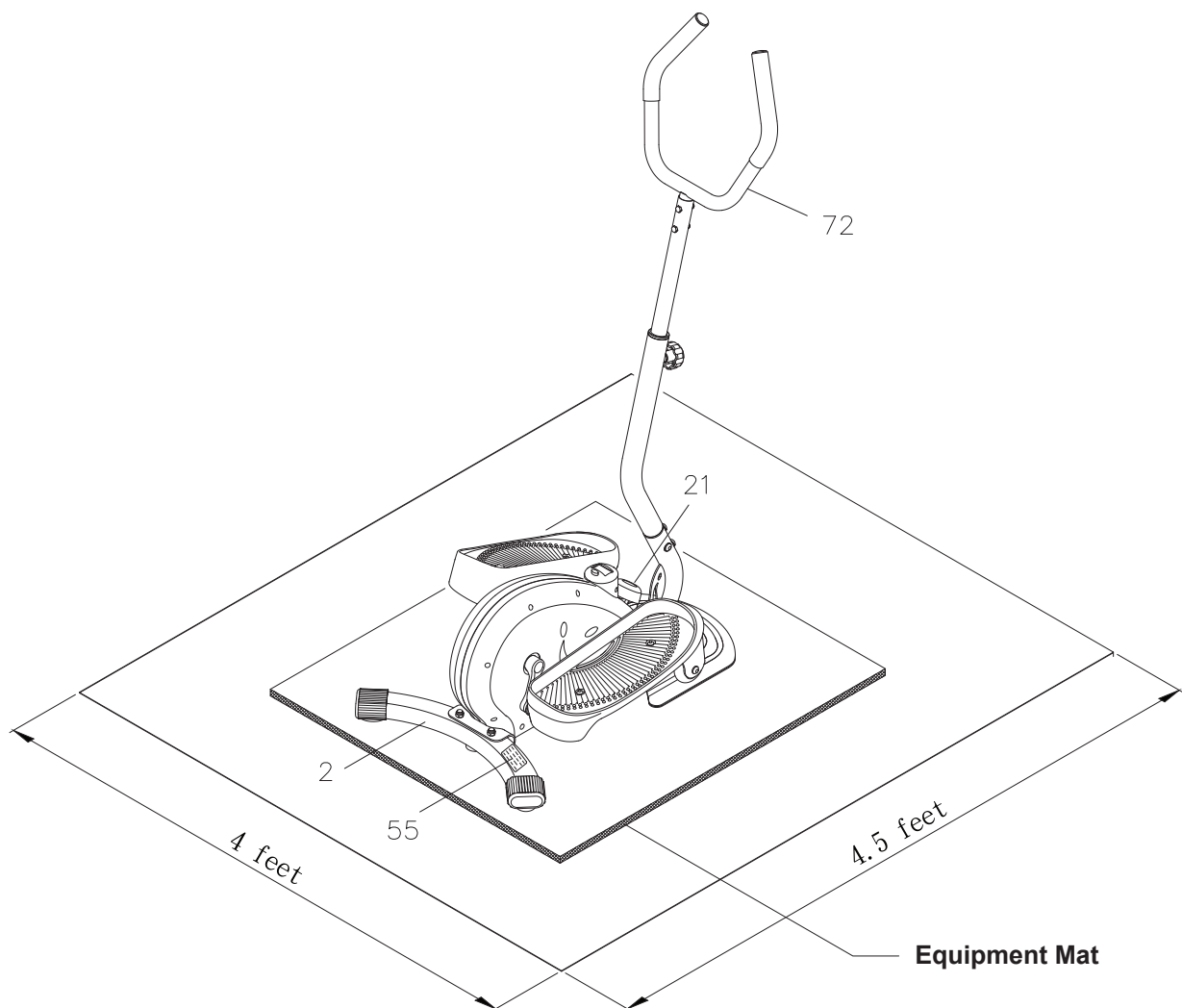


SET UP INSTRUCTIONS

Place the **InMotion® E3000** in the area where it will be used. It is recommended that the **InMotion® E3000** be placed on an equipment mat. The maximum operation dimensions of the **InMotion® E3000** are approximately 30.2 inches long x 18.5 inches wide x 48.8 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 4.5 feet long is required for safe operation of the **InMotion® E3000**. Make sure that adequate space is available for access to and passage around the **InMotion® E3000**.

LEVELING: Adjust the location of **InMotion® E3000** to ensure **InMotion® E3000** sits on the floor without rocking.

MOVING: Grasp the **REAR STABILIZER(2)** and **HANDLEBAR(72)** to move the **InMotion® E3000**. Do not use the **PEDAL ARMS(3,4)** to move the **InMotion® E3000**. The **PEDAL ARMS(3,4)** will move and may pinch your hand or fingers.



FUNCTION INSPECTION:

Visually inspect the **InMotion® E3000** to verify that assembly is as shown in the above illustration. Check the function of the **InMotion® E3000**. Stand on the foot pedals. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(21)** and verify that it functions properly.

CAUTION: Locate and read the **WARNING LABEL(55)** on the **InMotion® E3000**. Make sure that all users read the **WARNING LABEL(55)**.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

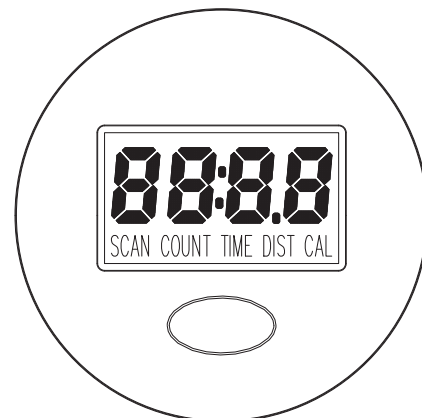
POWER ON: Pedal movement or press the button.

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

FUNCTION BUTTON:

Press and release to select functions.

Press and hold for four seconds to reset all functions to zero.



FUNCTIONS:

SCAN: Automatically scans **TIME**, **DISTANCE**, **COUNT**, and **CALORIES** in sequence with a change every six seconds. Press and release the button until “**SCAN**” appears on the display.

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

DISTANCE: Displays the distance from zero to 999.9 miles.

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

CALORIES: Displays the calorie consumption from zero to 999.9 Kcal.

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

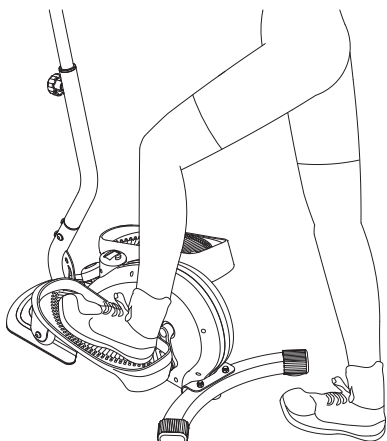
NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the button and hold it down for four seconds to reset all functions to zero.

BATTERY

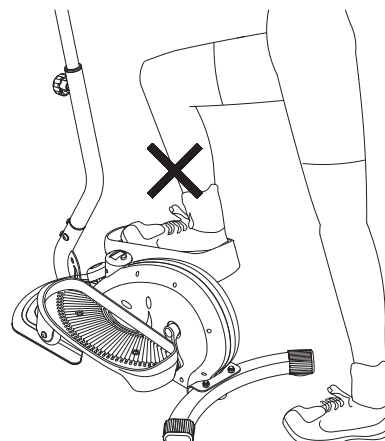
The meter operates with a 1.5v LR44 alkaline battery. Replace the battery when you see inconsistencies in the display.

PRECAUTIONS FOR USING

1. To maintain your balance, always mount or dismount the **InMotion® E3000** from the lowest foot pedal, refer to the following illustrations. Loss of balance may result in a fall and serious bodily injury.
2. Grasp the **HANDLEBAR(72)** with both hands to help to maintain your balance while using the **InMotion® E3000** until you are familiar with the **InMotion® E3000**.



CORRECT



INCORRECT

OPERATIONAL INSTRUCTIONS

EXERCISE WORKOUT

To start using the **InMotion® E3000** simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Move your highest foot forward and follow the natural path of the machine. For more stability, hold on to the **HANDLEBAR(72)** while stepping onto and off of the pedals. Start on a load level that is comfortable until you are familiar with the machine. Once you are familiar with the elliptical and comfortable with the resistance, adjust the load level as described below to achieve the workout desired.

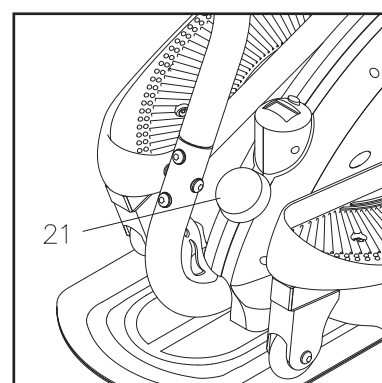
FORWARD AND REVERSE

The **InMotion® E3000** can be used in forward and reverse directions to vary the muscles that you work. This will help you to stay motivated and achieve the best results. To change directions, simply slow the pedals down until they stop, then pedal in the opposite direction.

LOAD LEVEL ADJUSTMENT

The load level of **InMotion® E3000** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

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



STORAGE

1. To store the **InMotion® E3000** simply keep it in a clean dry place.
2. The minimum rest dimensions of the **InMotion® E3000** are approximately 29.2 inches long x 18.5 inches wide x 45 inches tall. These dimensions may vary. Please measure your **InMotion® E3000** if exact dimensions are needed.
3. Grasp the **REAR STABILIZER(2)** and **HANDLEBAR(72)** to move the **InMotion® E3000**. Do not use the **PEDAL ARMS(3,4)** to move the **InMotion® E3000**.

MAINTENANCE

The safety and integrity designed into the **InMotion® E3000** can only be maintained when the **InMotion® E3000** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(21)** and verify that the Flywheel System provides tension. The Flywheel System should provide many years of use.
2. Verify that the **WARNING LABEL(55)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(55)** if it is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the **InMotion® E3000** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **InMotion® E3000**.
6. Keep your **InMotion® E3000** clean by wiping it off with an absorbent cloth after use.

NOTE: A standard crank extractor tool is required to remove the **CRANKS(28)** from the **AXLE(9)**.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

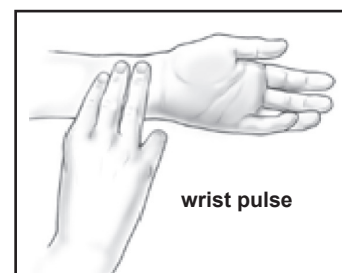
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

| Age | Target Heart Rate Zone (55%-90% of Maximum Heart Rate) | Average Maximum Heart Rate 100% |
|----------|---|------------------------------------|
| 20 years | 110-180 beats per minute | 200 beats per minute |
| 25 years | 107-175 beats per minute | 195 beats per minute |
| 30 years | 105-171 beats per minute | 190 beats per minute |
| 35 years | 102-166 beats per minute | 185 beats per minute |
| 40 years | 99-162 beats per minute | 180 beats per minute |
| 45 years | 97-157 beats per minute | 175 beats per minute |
| 50 years | 94-153 beats per minute | 170 beats per minute |
| 55 years | 91-148 beats per minute | 165 beats per minute |
| 60 years | 88-144 beats per minute | 160 beats per minute |
| 65 years | 85-139 beats per minute | 155 beats per minute |
| 70 years | 83-135 beats per minute | 150 beats per minute |

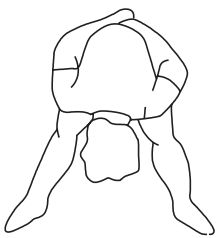
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

WARM-UP and COOL-DOWN

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

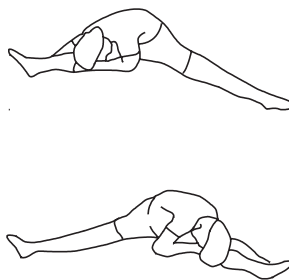
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



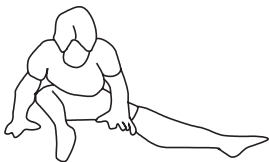
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

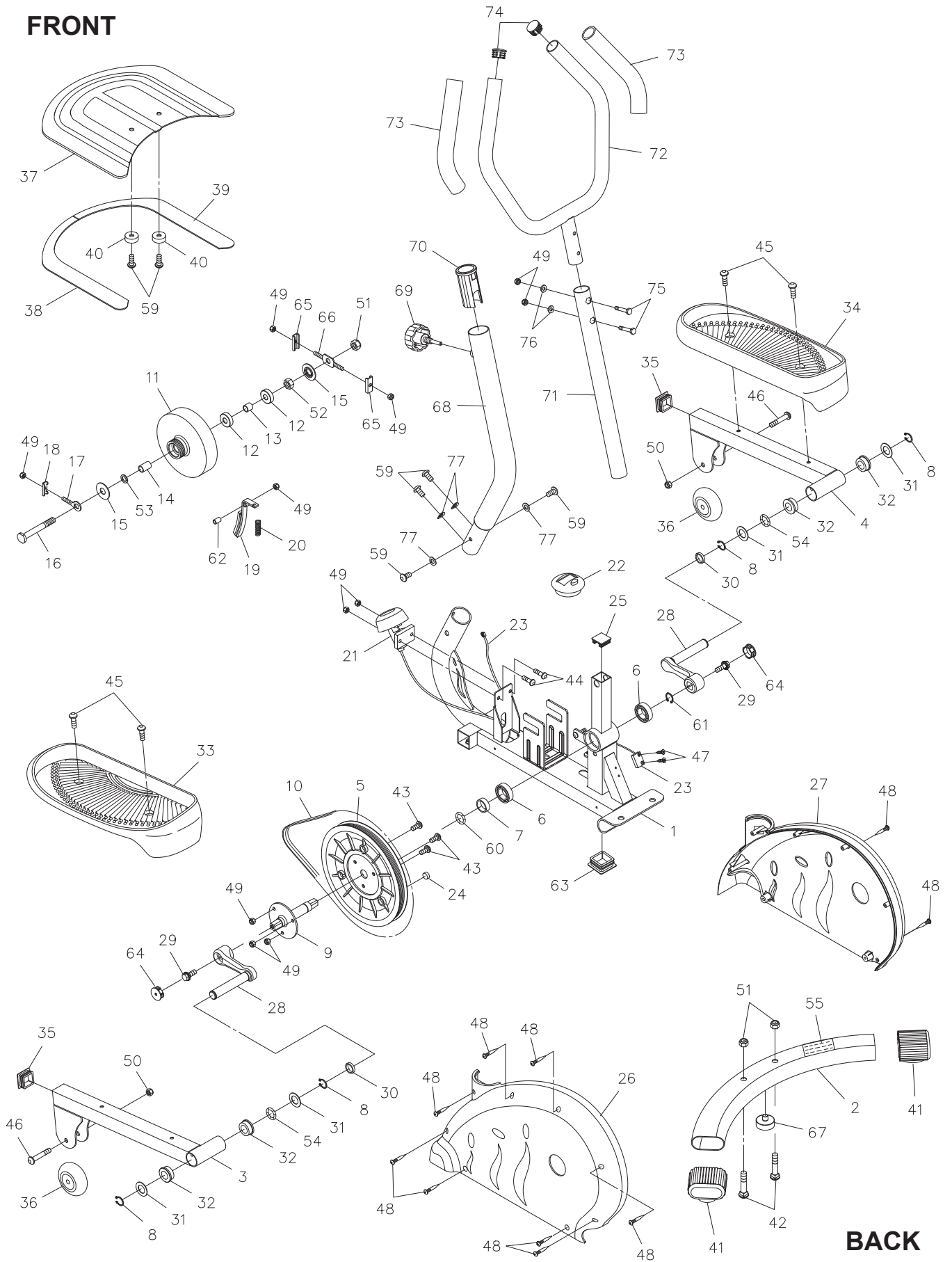
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times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

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

PRODUCT PARTS DRAWING

FRONT



BACK

PARTS LIST

| PART# | PART NAME | QTY |
|-------|--|-----|
| 1 | Main Frame | 1 |
| 2 | Rear Stabilizer | 1 |
| 3 | Left Pedal Arm | 1 |
| 4 | Right Pedal Arm | 1 |
| 5 | Pulley | 1 |
| 6 | Bearing (6003) | 2 |
| 7 | Pulley Spacer | 1 |
| 8 | C Ring (16mm) | 4 |
| 9 | Axle | 1 |
| 10 | V-Ribbed Belt | 1 |
| 11 | Flywheel | 1 |
| 12 | Bearing (6000) | 2 |
| 13 | Bearing Spacer | 1 |
| 14 | Flywheel Spacer | 1 |
| 15 | Spacer Cap | 2 |
| 16 | Flywheel Shaft Bolt (M10 x 1.5 x 82mm) | 1 |
| 17 | Eyebolt | 1 |
| 18 | Tension Bracket | 1 |
| 19 | Brake Brace | 1 |
| 20 | Spring | 1 |
| 21 | Tension Knob | 1 |
| 22 | Meter | 1 |
| 23 | Sensor Wire | 1 |
| 24 | Magnet | 1 |
| 25 | Square Plug (25mm x 25mm) | 1 |
| 26 | Left Cover | 1 |
| 27 | Right Cover | 1 |
| 28 | Crank | 2 |
| 29 | Flange Bolt (M8 x 1.25 x 15mm) | 2 |
| 30 | Crank Spacer | 2 |
| 31 | Large Washer (16.3 x 24mm) | 4 |
| 32 | Pedal Arm Bushing | 4 |
| 33 | Left Pedal Cap | 1 |
| 34 | Right Pedal Cap | 1 |
| 35 | Square Plug (30mm x 30mm) | 2 |
| 36 | Roller | 2 |
| 37 | Base Board | 1 |
| 38 | Left Foam Pad | 1 |
| 39 | Right Foam Pad | 1 |
| 40 | Stand | 2 |
| 41 | Oval Endcap (30mm x 60mm) | 2 |
| 42 | Carriage Bolt (M10 x 1.5 x 43mm) | 2 |
| 43 | Bolt, Button Head (M6 x 1 x 13mm) | 3 |
| 44 | Bolt, Button Head (M6 x 1 x 17mm) | 2 |
| 45 | Bolt, Button Head (M8 x 1.25 x 20mm) | 4 |
| 46 | Bolt, Button Head (M8 x 1.25 x 42mm) | 2 |
| 47 | Screw, Round Head (M3.4 x 8mm) | 2 |

PARTS LIST

| PART# | PART NAME | QTY |
|-------|--------------------------------------|-----|
| 48 | Screw, Round Head (M4 x 25mm) | 10 |
| 49 | Nylock Nut (M6 x 1) | 11 |
| 50 | Nylock Nut (M8 x 1.25) | 2 |
| 51 | Nylock Nut (M10 x 1.5) | 3 |
| 52 | Nut (M10 x 1.5) | 1 |
| 53 | Washer (M10) | 1 |
| 54 | Wavy Washer (M16) | 2 |
| 55 | Warning Label | 1 |
| 56 | Wrench | 1 |
| 57 | Allen Wrench (6mm) | 1 |
| 58 | Manual | 1 |
| 59 | Bolt, Button Head (M8 x 1.25 x 16mm) | 6 |
| 60 | Wavy Washer (M17) | 1 |
| 61 | C Ring (17mm) | 1 |
| 62 | Pu Bushing | 1 |
| 63 | Square Plug (38mm x 38mm) | 1 |
| 64 | Crank Cap | 2 |
| 65 | Large Tension Bracket | 2 |
| 66 | Double Eyebolt | 1 |
| 67 | Stabilizer Stand | 1 |
| 68 | Upright | 1 |
| 69 | Adjustment Knob | 1 |
| 70 | Sleeve | 1 |
| 71 | Handlebar Post | 1 |
| 72 | Handlebar | 1 |
| 73 | Foam Grip | 2 |
| 74 | Round Plug (25.4mm) | 2 |
| 75 | Bolt, Hex Head (M6 x 1 x 33mm) | 2 |
| 76 | Arc Washer (M6) | 2 |
| 77 | Arc Washer (M8) | 4 |

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NOTES

