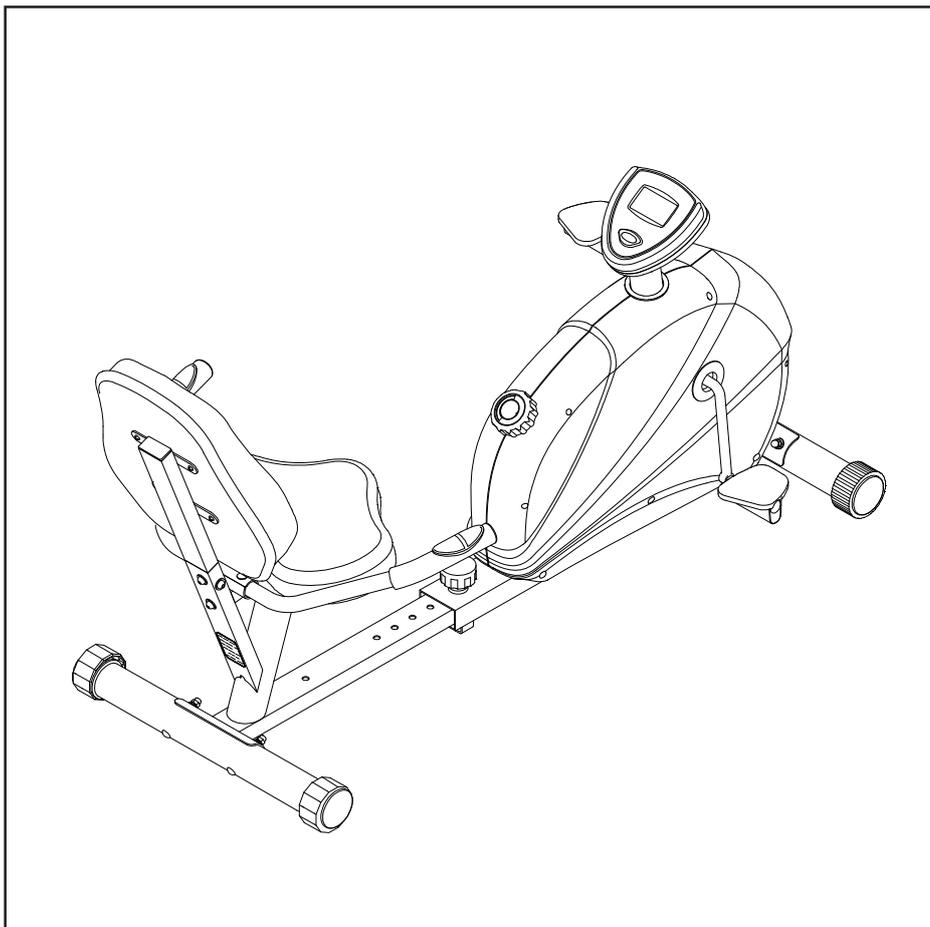


STAMINA® 4825

MAGNETIC RECUMBENT EXERCISE BIKE

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 300 lbs.

Model#: 15-4825
STAMINA PRODUCTS
MADE IN CHINA

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 **Magnetic Recumbent 4825 Bike**.

1. Read all warnings posted on the **Magnetic Recumbent 4825 Bike**.
2. The **Magnetic Recumbent 4825 Bike** 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 **Magnetic Recumbent 4825 Bike**. Do not allow children to use or play on the **Magnetic Recumbent 4825 Bike**. Keep children and pets away from the **Magnetic Recumbent 4825 Bike** when it is in use.
5. The **Magnetic Recumbent 4825 Bike** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. Make sure the **Magnetic Recumbent 4825 Bike** is properly assembled and that all nuts and bolts are tightened before use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **Magnetic Recumbent 4825 Bike** on a solid level surface. Do not position the **Magnetic Recumbent 4825 Bike** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Magnetic Recumbent 4825 Bike**.
10. Adjust the LEVELING CAPS(50) on the Rear Stabilizer so that the bike sits on the floor without rocking.
11. Before using, inspect the **Magnetic Recumbent 4825 Bike** for worn or loose components, and tighten or replace any loose or worn components prior to use.
12. Before using, always check the Rear Frame to be sure it is secure. The ADJUSTMENT KNOB(45) must be inserted into one of the holes in the Rear Frame and tightened.
13. Each user should adjust the seat per instructions on page 11.
14. Do not attempt to adjust the seat while you are on the **Magnetic Recumbent 4825 Bike**.
15. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
16. Follow your physician's recommendations in developing your own personal fitness program.
17. 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.
18. Do not wear loose or dangling clothing while using the **Magnetic Recumbent 4825 Bike**.
19. 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.
20. Care should be taken in mounting or dismounting the **Magnetic Recumbent 4825 Bike**.
21. The **Magnetic Recumbent 4825 Bike** should not be used by persons weighing over 300 pounds.
22. The **Magnetic Recumbent 4825 Bike** should be used by only one person at a time.
23. Do not ride the **Magnetic Recumbent 4825 Bike** while standing up.
24. The **Magnetic Recumbent 4825 Bike** 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 Magnetic Recumbent 4825 Bike

To help you get started, we have pre-assembled most of your Magnetic Recumbent 4825 Bike 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 **Magnetic Recumbent 4825 Bike**. 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 **Magnetic Recumbent 4825 Bike** 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.

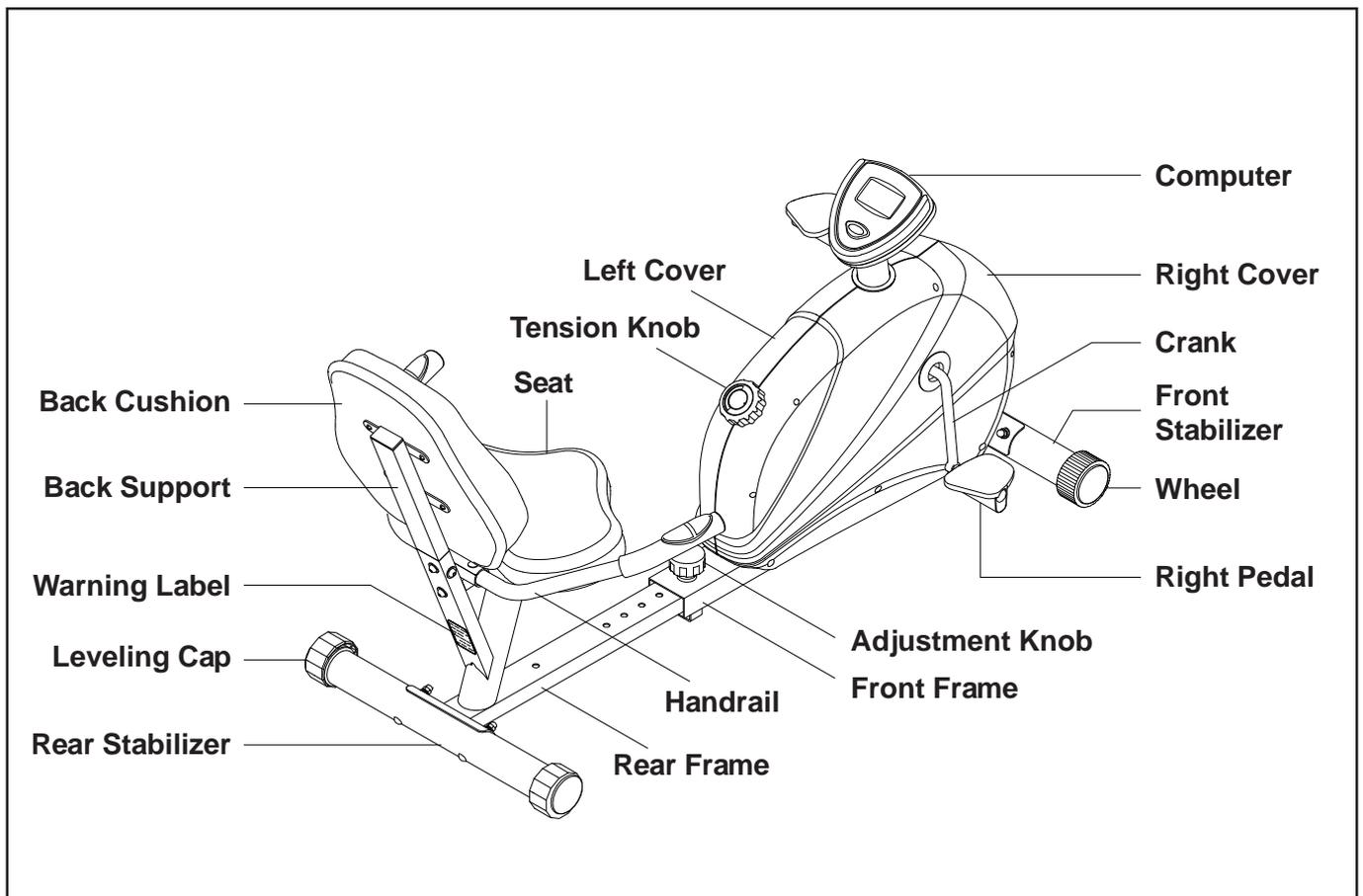
Read this manual carefully before using the **Magnetic Recumbent 4825 Bike**.

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 **Magnetic Recumbent 4825 Bike**, please do not return the product. Contact us **FIRST!**

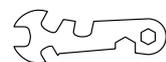
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

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



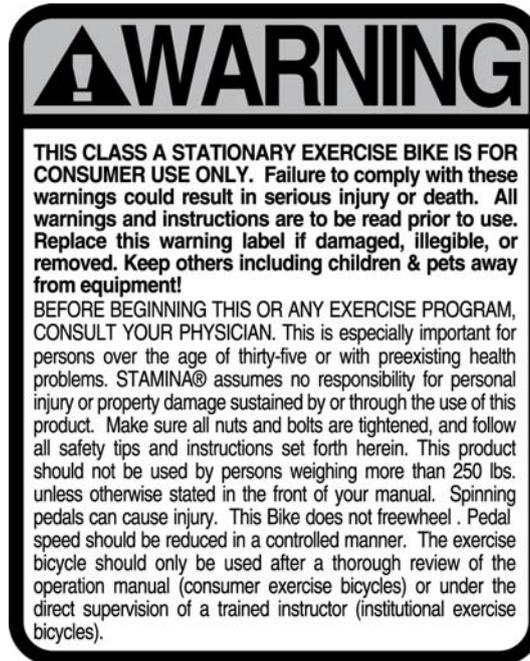
Allen Wrench (6mm)

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **Magnetic Recumbent 4825 Bike**. Please take a moment to familiarize yourself with all of the warning & notice labels.

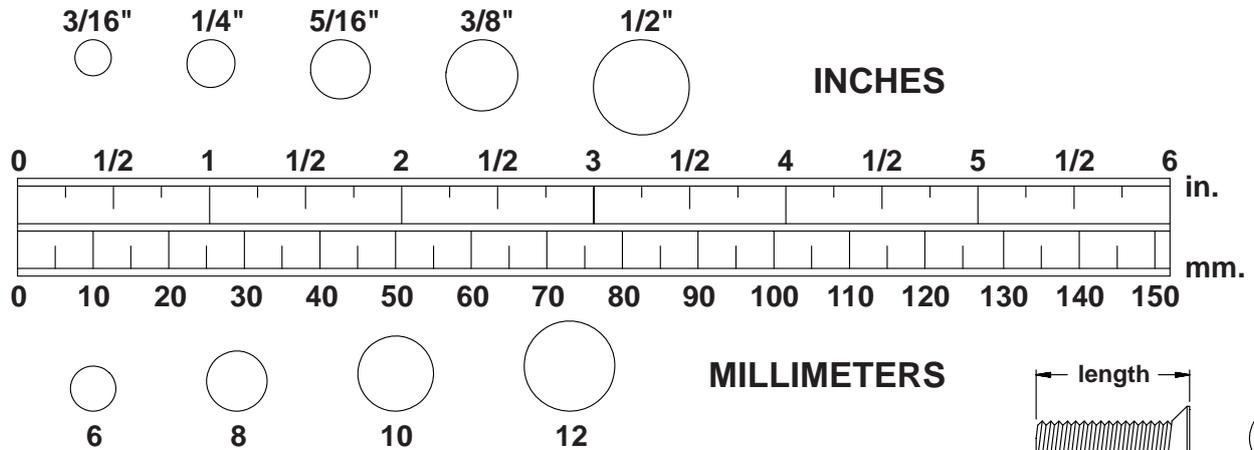
Label is larger than actual size

W1 WARNING LABEL(78)



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.



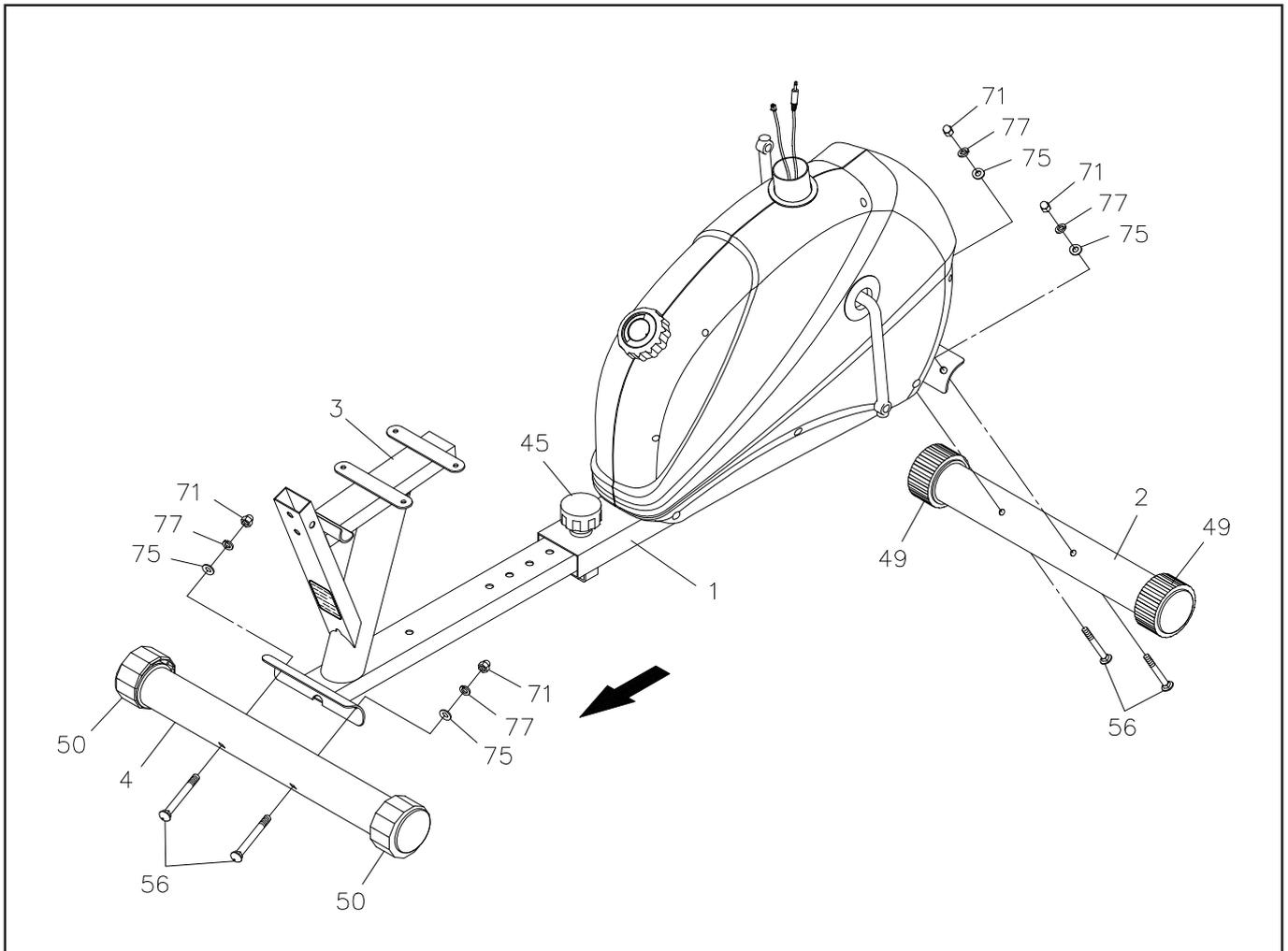
NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

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 No. and Description	Qty
	55 Carriage Bolt (M8 x 1.25 x 45mm)	2
	56 Carriage Bolt (M8 x 1.25 x 75mm)	4
	57 Bolt, Button Head (M8 x 1.25 x 15mm)	5
	61 Bolt, Round Head (M6 x 1 x 20mm)	8
	62 Screw, Round Head (M5 x 0.8 x 15mm)	4
	71 Acorn Nut (M8 x 1.25)	6
	75 Arc Washer (M8)	6
	76 Washer (M8)	4
	77 Lock Washer (M8)	6

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

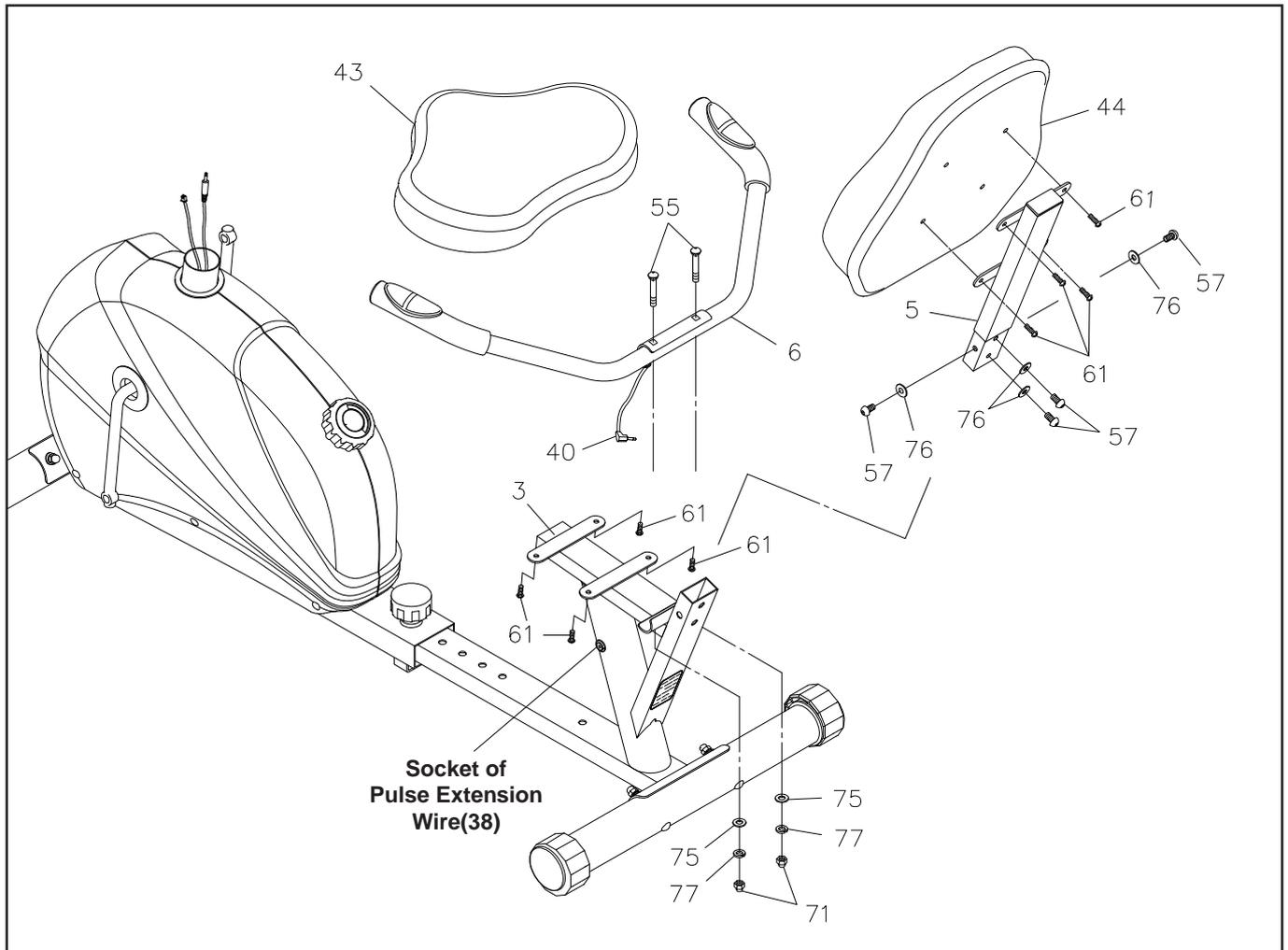
Attach the **FRONT STABILIZER(2)**, the short one with the **WHEELS(49)**, to the front of the **FRONT FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm)(56)**, **ARC WASHERS(M8)(75)**, **LOCK WASHERS(M8)(77)**, and **ACORN NUTS(M8x1.25)(71)**.

STEP 2

Rotate the **ADJUSTMENT KNOB(45)** counterclockwise until the knob portion can be pulled. Pull the **ADJUSTMENT KNOB(45)** and slide the **REAR FRAME(3)** backward. Lock the **REAR FRAME(3)** in position by inserting the pin of the **ADJUSTMENT KNOB(45)** into one of the adjustment holes in the **REAR FRAME(3)**, then rotate the **ADJUSTMENT KNOB(45)** clockwise to lock the **REAR FRAME(3)** securely. Attach the **REAR STABILIZER(4)**, the one with the **LEVELING CAPS(50)**, to the **REAR FRAME(3)** with **CARRIAGE BOLTS(M8x1.25x75mm)(56)**, **ARC WASHERS(M8)(75)**, **LOCK WASHERS(M8)(77)**, and **ACORN NUTS(M8x1.25)(71)**.

NOTE: You can adjust the **LEVELING CAPS(50)** on the **REAR STABILIZER(4)** to keep the Recumbent Bike stable.

ASSEMBLY INSTRUCTIONS



STEP 3

Attach the **HANDRAIL(6)** to the **REAR FRAME(3)** with **CARRIAGE BOLTS(M8x1.25x45mm)(55)**, **ARC WASHERS(M8)(75)**, **LOCK WASHERS(M8)(77)**, and **ACORN NUTS(M8x1.25)(71)**. Plug the **PULSE SENSOR WIRE(40)** into the Socket of the **PULSE EXTENSION WIRE(38)** located on the **REAR FRAME(3)**.

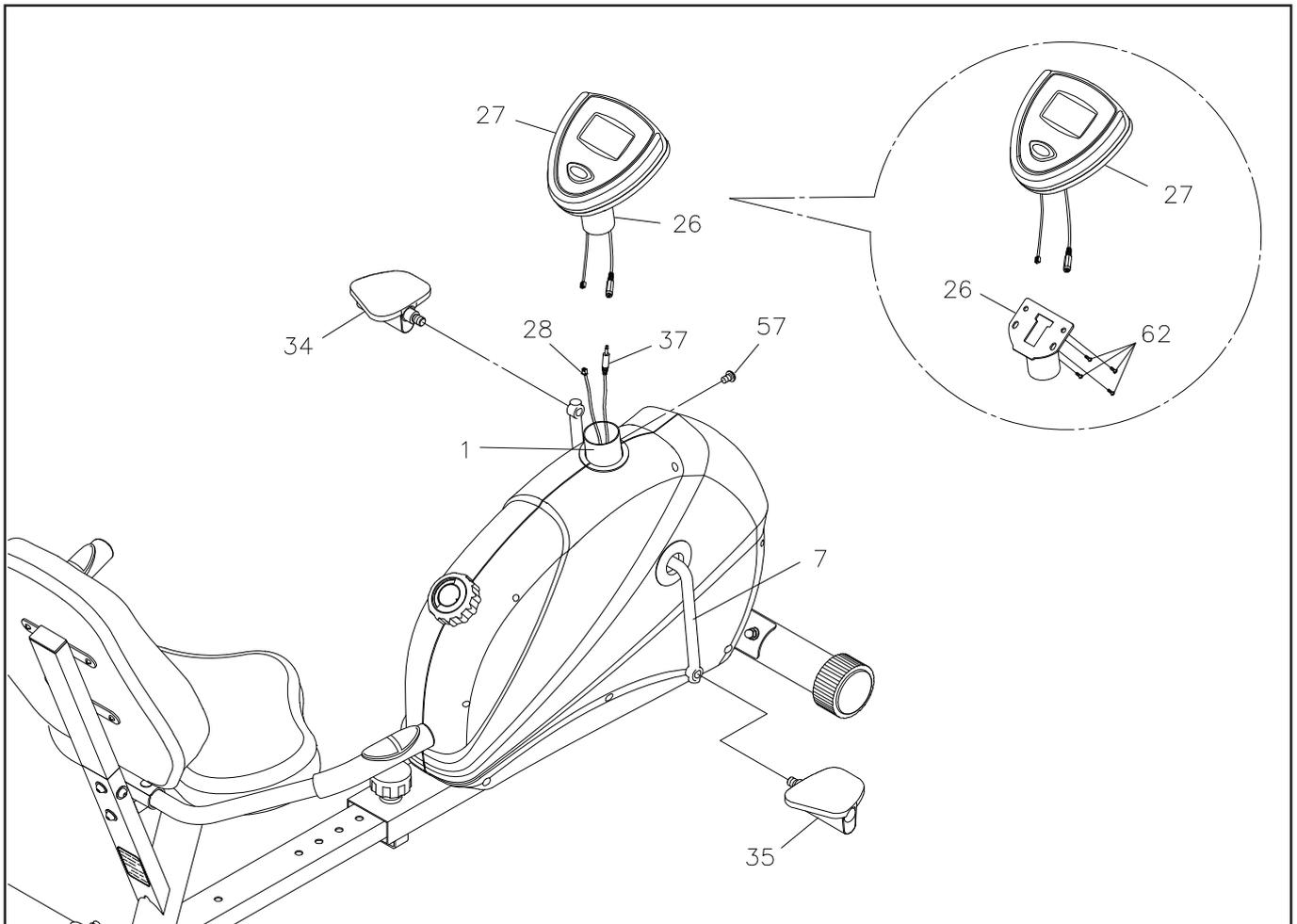
STEP 4

Attach the **SEAT(43)** to the **REAR FRAME(3)** with **ROUND HEAD BOLTS(M6x1x20mm)(61)**.

STEP 5

Attach the **BACK SUPPORT(5)** to the **REAR FRAME(3)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(57)** and **WASHERS(M8)(76)**. Attach the **BACK CUSHION(44)** to the **BACK SUPPORT(5)** with **ROUND HEAD BOLTS(M6x1x20mm)(61)**.

ASSEMBLY INSTRUCTIONS



STEP 6

NOTE: The **RIGHT PEDAL(35)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(35)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(34)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(34)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(35)** to the right side of the **CRANK(7)** as shown. Tighten the pedal securely. Do the same to attach the **LEFT PEDAL(34)** to the left side of the **CRANK(7)**.

STEP 7

Install two AA batteries into the **COMPUTER(27)**. Two batteries are included. See page 15 for detailed battery installation instructions. Refer to the inset drawing. Run the Connection Wires of the **COMPUTER(27)** through the **COMPUTER POST(26)** from the square hole on the top of the **COMPUTER POST(26)** until the Connection Wires extend out of the bottom end of the **COMPUTER POST(26)**. Place the **COMPUTER(27)** onto the plate on the **COMPUTER POST(26)** and secure with **ROUND HEAD SCREWS(M5x0.8x15mm)(62)**.

STEP 8

Connect the **SENSOR WIRE(28)** and the **PULSE PLUG WIRE(37)** to the Connection Wires of the **COMPUTER(27)**, and push the excess wires back into the **FRONT FRAME(1)**. Then insert the **COMPUTER POST(26)** into the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLT(M8x1.25x15mm)(57)**.

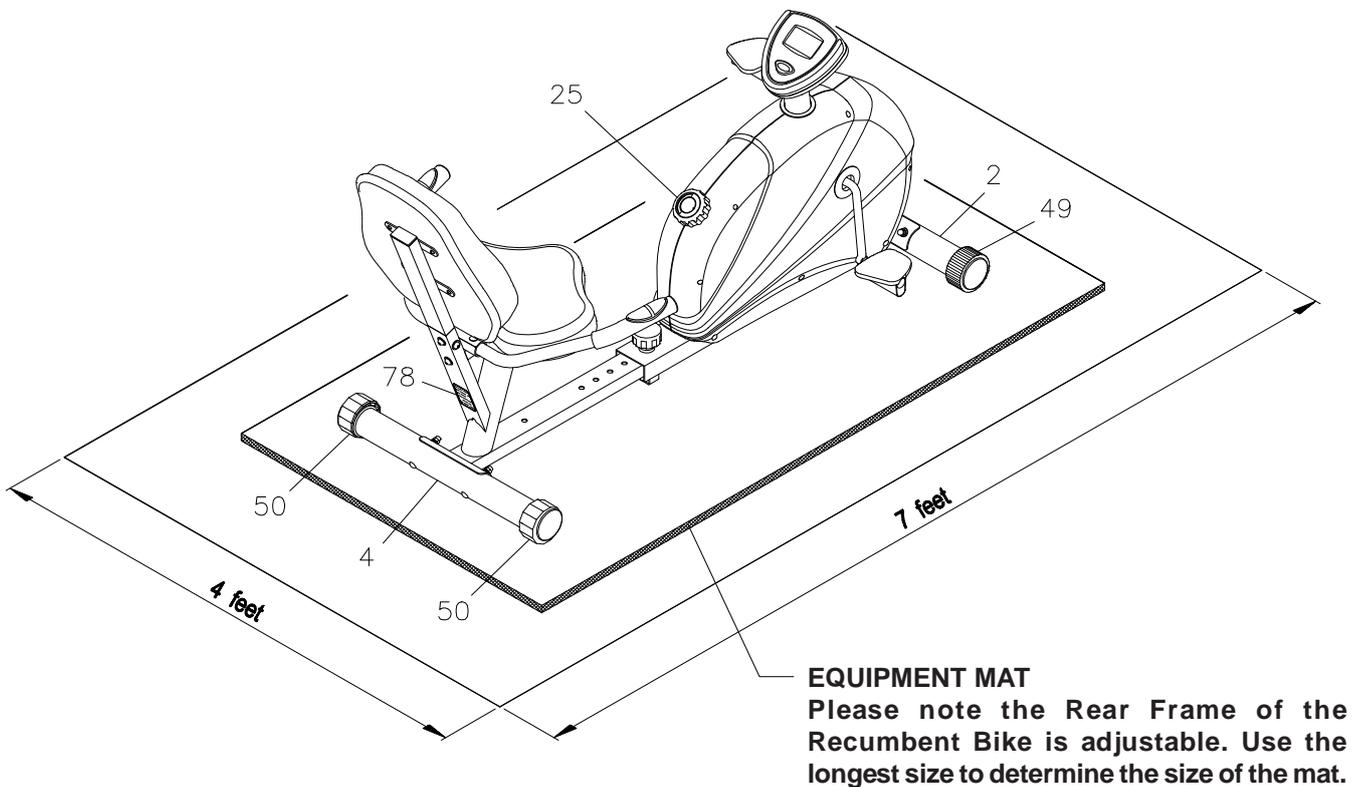
NOTE: Be careful not to damage the wires when attaching the **COMPUTER(27)** and the **COMPUTER POST(26)**.

SET UP INSTRUCTIONS

Place the **Magnetic Recumbent 4825 Bike** in the area where it will be used. It is recommended that the **Magnetic Recumbent 4825 Bike** be placed on an equipment mat. The **Magnetic Recumbent 4825 Bike** is approximately 58 inches long (max.) x 26 3/4 inches wide x 31 3/4 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **Magnetic Recumbent 4825 Bike**. Make sure that adequate space is available for access to and passage around the **Magnetic Recumbent 4825 Bike**.

LEVELING: Adjust the **LEVELING CAPS(50)** on the **REAR STABILIZER(4)** so that the Recumbent Bike sits on the floor without rocking.

MOVING: The **Magnetic Recumbent 4825 Bike** has a pair of **WHEELS(49)** on the **FRONT STABILIZER (2)**. Lift up from **REAR STABILIZER(4)** to move the **Magnetic Recumbent 4825 Bike**.



FUNCTION INSPECTION:

Visually inspect the **Magnetic Recumbent 4825 Bike** to verify that assembly is as shown in the above illustration. Check the function of the **Magnetic Recumbent 4825 Bike** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(25)** and verify that it functions properly.

CAUTION: Locate and read the **WARNING LABEL(78)** on the **Magnetic Recumbent 4825 Bike**. Make sure that all users read the **WARNING LABEL(78)**.

OPERATIONAL INSTRUCTIONS

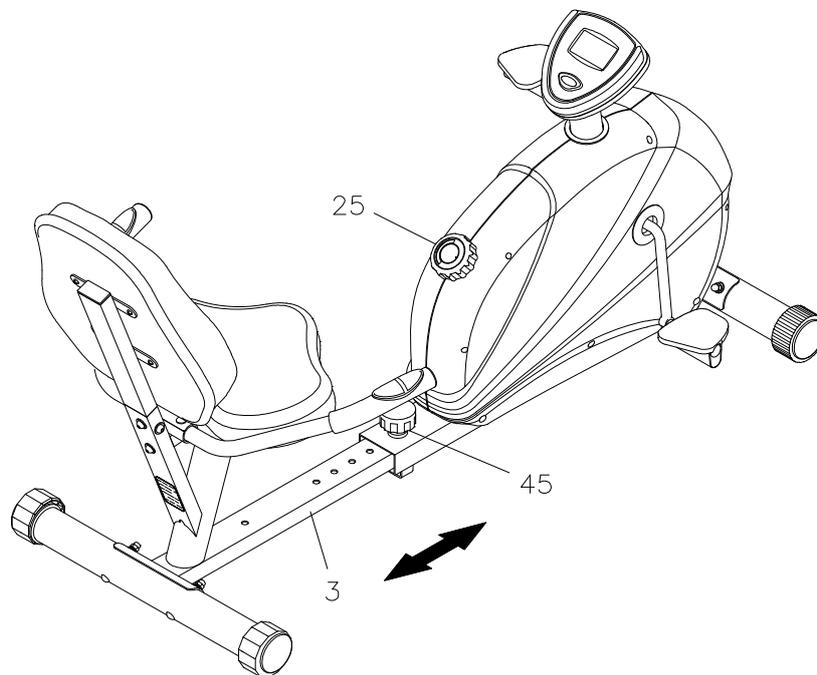
SEAT ADJUSTMENT

Proper seat adjustment is important. There are seven adjustment holes in the **REAR FRAME(3)**. These adjustment holes allow users to adjust the position of the seat for efficient exercise.

1. Rotate the **ADJUSTMENT KNOB(45)** counterclockwise until the knob portion can be pulled. Pull the **ADJUSTMENT KNOB(45)** and slide the **REAR FRAME(3)** backward. Lock the **REAR FRAME(3)** in position by inserting the pin of the **ADJUSTMENT KNOB(45)** into one of the adjustment holes in the **REAR FRAME(3)**, then rotate the **ADJUSTMENT KNOB(45)** clockwise to lock the **REAR FRAME(3)** securely.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke.

CAUTION:

1. Do not attempt to adjust the seat while you are on the **Magnetic Recumbent 4825 Bike**.
2. Always tighten the **ADJUSTMENT KNOB(45)** after adjusting the seat to a new position.



LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(25)** clockwise. To decrease the load, turn the **TENSION KNOB(25)** counterclockwise. There are eight levels for the load adjustment.

OPERATIONAL INSTRUCTIONS

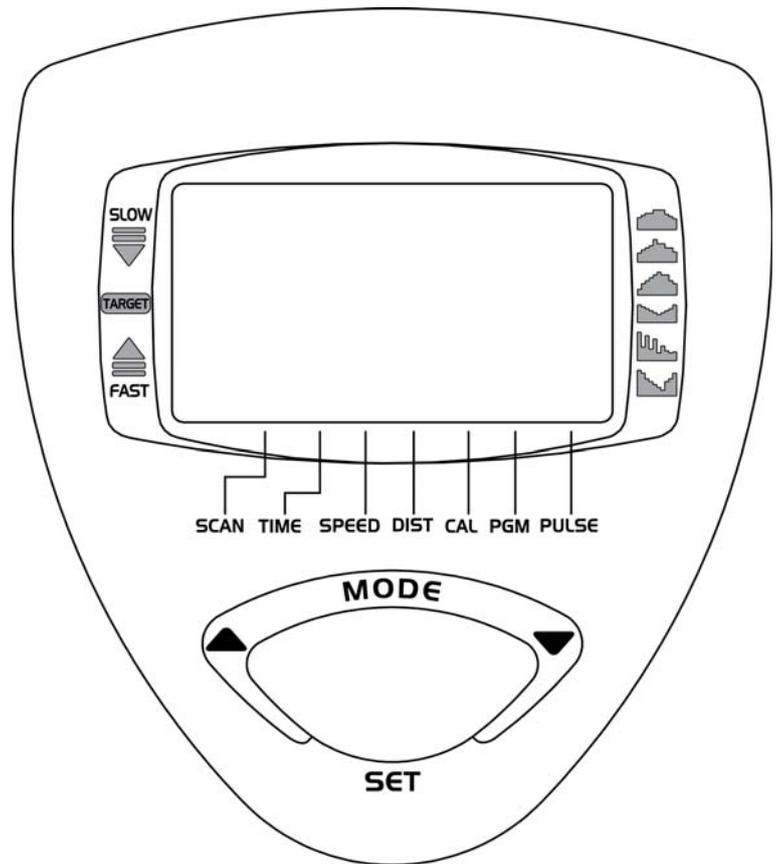
COMPUTER INSTRUCTIONS

This computer provides different programs designed to help you meet your fitness goals. Simply choose the program you like, set the time for the workout, and begin exercising. The computer display will show the elapsed time, speed, distance, pulse, and approximate calories burned.

MAIN DISPLAY PANEL

LCD MONITOR:

1. The LCD displays TIME, SPEED, DISTANCE, CALORIES, PROGRAM, and PULSE.
2. Use the MODE, SET, UP, and DOWN buttons to select a program and time.



LCD FEATURES:

SCAN: Automatically scans each function of **TIME**, **SPEED**, **DISTANCE**, **CALORIES**, **PROGRAM**, and **PULSE** in sequence with change every 5 seconds.

NOTE: If you do not want to use the **SCAN** function, press the **MODE** button to select one of the other functions.

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

SPEED: Displays the current speed from zero to 999.9 miles per hour.

DISTANCE: Displays the distance from zero to 99.99 miles.

CALORIES: Displays the calorie consumption from zero to 9999 Kcal.

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

PROGRAM: Displays programs for selection during setup from P0 to P6. Displays Target Speed during exercise for programs P1 to P6.

PULSE: Displays the pulse rate from 39 to 240 beats per minute.

NOTE: You must place both of your hands on the Pulse Sensors on the Handlebar to input the pulse signal. If you do not place your hands correctly and 8 seconds passes without a pulse input, the computer will turn off the pulse circuit. This is a power saving measure and you can press **MODE** button to restart the pulse function.

TARGET ZONE:

Displays the zone of current speed. The **TARGET** zone is preset by the program that you selected. Adjust your pedaling speed to keep the current speed display within the **TARGET** zone. Refer to the instructions on page 14 to read the **TARGET** zone correctly.

COMPUTER INSTRUCTIONS

PROGRAM DESCRIPTIONS

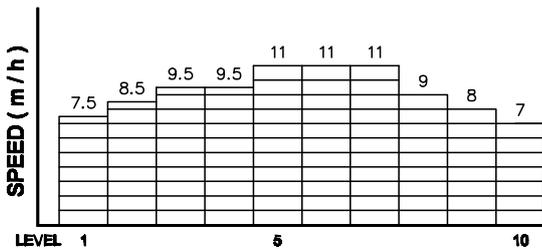
This computer offers a unique user interactive **TARGET** zone feature. You have the option of interacting with any of six different programs to achieve a workout that is fun and exhilarating. These programs set speed targets that change throughout the program. The **TARGET** zone display will tell you if your speed is too fast or too slow.

NOTE: You may set the **TENSION KNOB(25)** at any resistance level you choose. You may change the **TENSION KNOB(25)** setting at any time during the program. See page 11 for **LOAD ADJUSTMENT** instructions.

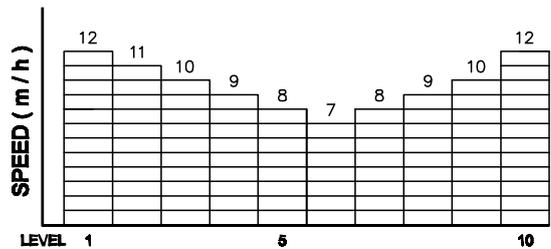
PROGRAM 0 (P0): This is a manual program.

PROGRAMS (P1-P6): Choose from six preset programs. Each program lets you determine the intensity based on the time you set. The minimum preset value of the program time is 20 minutes. You can change the tension during your workout.

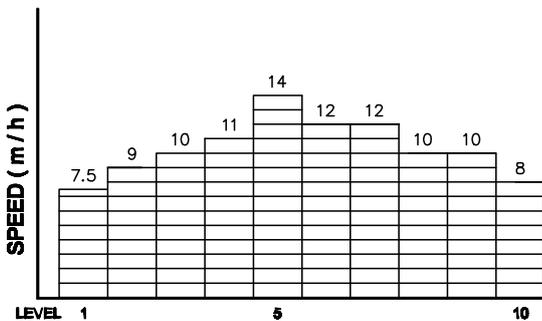
P1 - FAT BURN



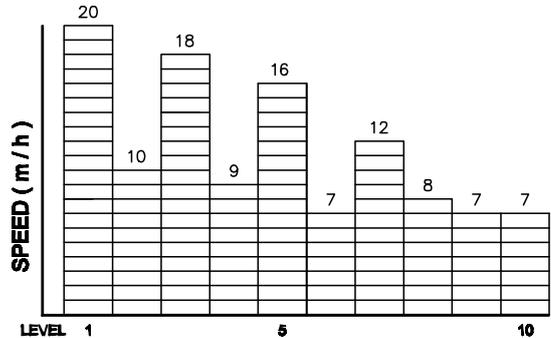
P4 - HILL



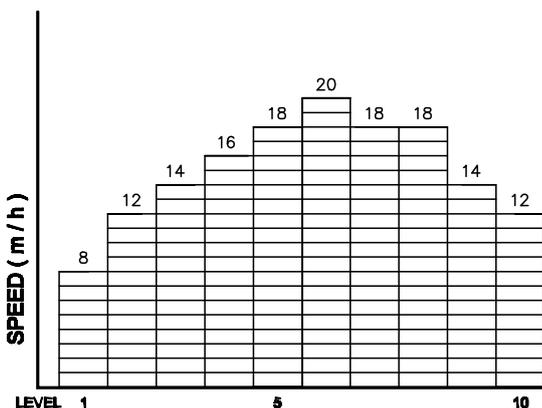
P2 - MAX. FAT BURN



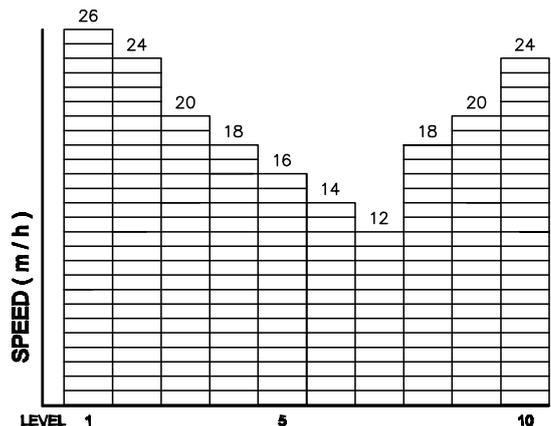
P5 - INTERVAL



P3 - AEROBIC



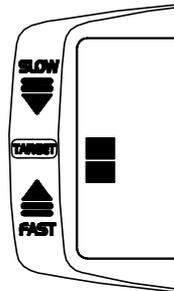
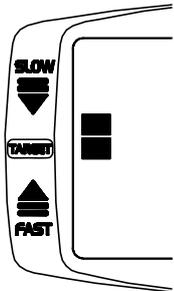
P6 - MOUNTAIN



COMPUTER INSTRUCTIONS

SPEED INDICATOR

A pre-programmed course requires you to keep pace within the **TARGET** zone. If you pedal too slowly the Speed Indicator will drift toward the **FAST** zone reminding you to pedal faster. When you pedal faster it will drift back to the **TARGET** zone. In addition, if you are pedaling too fast the Speed Indicator will drift toward the **SLOW** zone reminding you to slow down your pedaling.

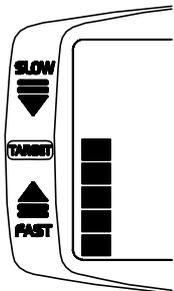


CORRECT PEDALING SPEED

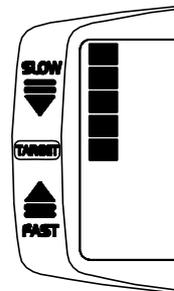
DISPLAYS ONE OR TWO BLOCKS IN THE CENTER

NOTE: If two blocks are displayed, your speed is within the acceptable range.

If only one block is displayed in the center, your speed matches the target speed.



PEDALING SPEED TOO SLOW
PEDAL FASTER



PEDALING SPEED TOO FAST
PEDAL SLOWER

COMPUTER OPERATION

STEP 1: POWER ON

Start pedaling or press the **MODE** button.

STEP 2: SET THE PROGRAM

Stop pedaling for four seconds. Press the **SET** button and the display will flash one of the following seven programs, P0, P1, P2, P3, P4, P5, or P6. Press the **UP** or **DOWN** button to select a program. Press the **SET** button when the desired program number appears. You are now ready to set the program time.

STEP 3: SET THE PROGRAM TIME

1. If you selected the program **P0**, the **TIME** function mode will appear with the display flashing **0:00**. Use the **UP** and **DOWN** buttons to set the program time from one minute up to 99 minutes in one minute increments. When desired time is chosen press the **SET** button.
The **TIME** will count down from preset value. If you set the time at **0:00**, the **TIME** will count up from **0:00**.
2. If you selected one of the programs **P1 - P6**, the **TIME** function mode will appear with the display flashing **20:00**. The minimum program time value is **20:00** minutes. Use the **UP** and **DOWN** buttons to set the program time from 20 minutes up to 99 minutes in one minute increments. When desired time is displayed press the **SET** button. The **TIME** will count down from preset value.

STEP 4:

Now you are ready to begin exercising. The program will not start until you start pedaling.

NOTE: Time example: If the program time is set at 30 minutes, the timer will count down from 30:00 to 00:00. Then the display will flash the program time (30:00) four times and start counting up from 00:00. The program (PGM) will be repeated.

COMPUTER INSTRUCTIONS

OPERATION DESCRIPTIONS

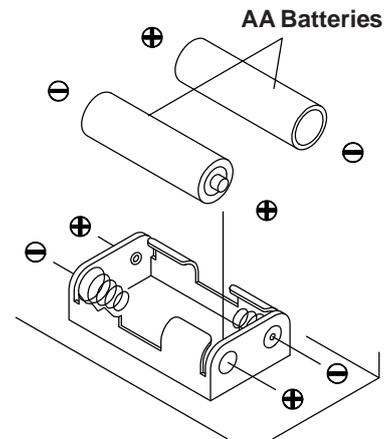
1. To stop a running program, stop pedaling for 4 seconds to switch into **STOP** mode. In this mode, you can move the pedals again to continue to run the current program, or you can press the **SET** button to select a new program. The function values of **DISTANCE** and **CALORIES** will continue to accumulate.
2. When you complete a program, you can stop pedaling and press **SET** button to select a new program. The function values of **DISTANCE** and **CALORIES** will continue to accumulate. This will allow you to run several programs and still know the total **DISTANCE** and **CALORIES** during the workout.
3. If you want to restart with a new program, press and hold the **MODE** button down for two seconds to reset all of the function values to zero. Press **SET** button to select a new program.
4. The computer will shut off automatically after 3 minutes of inactivity, and the function values, **DISTANCE** and **CALORIES**, will be kept.

HOW TO INSTALL AND REPLACE BATTERY:

1. Open the Battery Door on the back of the computer.
2. The computer operates with two AA batteries. Two batteries are included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



STORAGE

1. To store the **Magnetic Recumbent 4825 Bike**, simply keep it in a clean dry place.
2. Adjust the **REAR FRAME(3)** and **FRONT FRAME(1)** to the shortest position. The **Magnetic Recumbent 4825 Bike** is approximately 42 3/8 inches long x 26 3/4 inches wide x 31 3/4 inches tall. These dimensions will vary. Please measure your **Magnetic Recumbent 4825 Bike** if exact dimensions are needed.
3. To move the **Magnetic Recumbent 4825 Bike**, lift the **REAR STABILIZER(4)** and use the **WHEELS(49)** on the **FRONT STABILIZER(2)**.
4. To avoid damage to the electronics, remove the batteries before storing the **Magnetic Recumbent 4825 Bike** for one year or more.

MAINTENANCE

The safety and integrity designed into the **Magnetic Recumbent 4825 Bike** can only be maintained when the **Magnetic Recumbent 4825 Bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(25)** and verify that the Magnetic System provides tension. The Magnetic System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. Verify that the **WARNING LABEL(78)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(78)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **Magnetic Recumbent 4825 Bike** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **Magnetic Recumbent 4825 Bike**.
7. Keep your **Magnetic Recumbent 4825 Bike** 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 by monitoring your heart rate while you exercise.

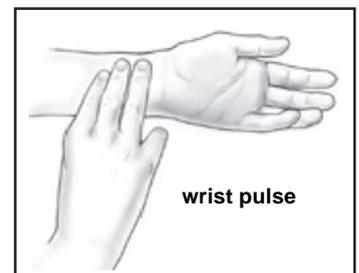
Remember to follow these essentials:

- 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

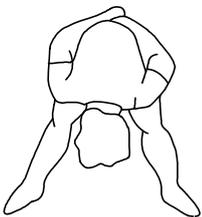
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

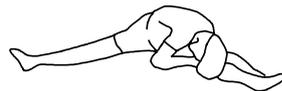
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



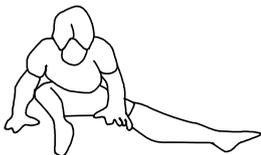
Lower Body Stretch

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.



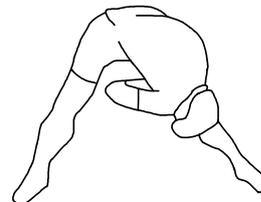
Floor Stretch

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.

PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Front Stabilizer	1
3	Rear Frame	1
4	Rear Stabilizer	1
5	Back Support	1
6	Handrail	1
7	Crank	1
8	Bearing Housing	2
9	Ball Bearing	2
10	Inside Bearing Collar	1
11	Outside Bearing Collar	1
12	Bearing Washer	1
13	Bearing Snap Washer	1
14	Bearing Nut	2
15	Pulley	1
16	V-Ribbed Belt	1
17	Idler Arm	1
18	Idler Wheel	1
19	Idler Wheel Bushing	1
20	Tension Spring	1
21	Magnetic Unit	1
22	Eyebolt	2
23	Tension Bracket	2
24	Tension Knob Support	1
25	Tension Knob	1
26	Computer Post	1
27	Computer	1
28	Sensor Wire	1
29	Magnet	1
30	Left Cover	1
31	Right Cover	1
32	Cover Cap	2
33	Ring Cap	1
34	Left Pedal	1
35	Right Pedal	1
36	Grommet Plug	1
37	Pulse Plug Wire	1
38	Pulse Extension Wire	1
39	Securing Plug	1
40	Pulse Sensor Wire	1
41	Pulse Sensor Plate	2
42	Foam Grip	2
43	Seat	1
44	Back Cushion	1
45	Adjustment Knob	1
46	Bushing	1
47	Press Plate	1

PARTS LIST

PART#	PART NAME	QTY
48	End Stopper	2
49	Wheel	2
50	Leveling Cap	2
51	Cap Bushing	4
52	Securing Cap	4
53	Rectangular Plug (25.4mm x 50.8mm)	2
54	Round Plug (25.4mm)	2
55	Carriage Bolt (M8 x 1.25 x 45mm)	2
56	Carriage Bolt (M8 x 1.25 x 75mm)	4
57	Bolt, Button Head (M8 x 1.25 x 15mm)	5
58	Bolt, Flat Head (M10 x 1.5 x 20mm)	1
59	Bolt, Flat Head (M10 x 1.5 x 40mm)	1
60	Bolt, Round Head (M8 x 1.25 x 12mm)	2
61	Bolt, Round Head (M6 x 1 x 20mm)	8
62	Screw, Round Head (M5 x 0.8 x 15mm)	4
63	Screw, Round Head (M5 x 0.8 x 20mm)	1
64	Screw, Round Head (M5 x 15mm)	6
65	Screw, Small Round Head (M5 x 25mm)	4
66	Screw, Round Head (M4 x 8mm)	2
67	Screw, Round Head (M4 x 12mm)	6
68	Screw, Round Head (M4 x 15mm)	2
69	Nut (M6 x 1)	2
70	Nylock Nut (M10 x 1.5 x 7mm thick)	2
71	Acorn Nut (M8 x 1.25)	6
72	Thin Nut (3/8" - 26 x 5/32" thick)	2
73	Nut (3/8" - 26 x 9/32" thick)	2
74	Large Washer (ø16.5 x ø32 x 1mm thick)	1
75	Arc Washer (M8)	6
76	Washer (M8)	4
77	Lock Washer (M8)	6
78	Warning Label	1
79	Wrench	1
80	Allen Wrench (6mm)	1
81	Manual	1

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, 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.

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