ELITE PROGRAMMABLE
ELLIPTICAL
STEPPER
TOTAL BODY

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.

55-2065
STAMINA PRODUCTS
MADE IN TAIWAN

Product May Vary Slightly From Pictured.

This Product is Produced Exclusively by

Stamina®

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

TABLE OF CONTENTS

SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the *ELITE ELLIPTICAL*/*STEPPER*.

1. Read all warnings posted on the *ELITE ELLIPTICAL*/*STEPPER*.
2. Read this Owner's Manual and follow it carefully before using the *ELITE ELLIPTICAL*/*STEPPER*. 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 *ELITE ELLIPTICAL*/*STEPPER*. Do not allow children to use or play on the *ELITE ELLIPTICAL*/*STEPPER*. Keep children and pets away from the *ELITE ELLIPTICAL*/*STEPPER* 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 *ELITE ELLIPTICAL*/*STEPPER* on a solid level surface. Do not position the *ELITE ELLIPTICAL*/*STEPPER* on loose rugs or uneven surfaces.
7. Adjust the LEVELING CAPS on the REAR STABILIZER so that the *ELITE ELLIPTICAL*/*STEPPER* sets on the floor without rocking.
8. Inspect the *ELITE ELLIPTICAL*/*STEPPER* for worn or loose components prior to use.
9. Tighten/replace any loose or worn components prior to using the *ELITE ELLIPTICAL*/*STEPPER*.
10. Before exercising, securely tighten both adjustment knobs which secure the Pedal Supports.
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. Consult your physician before using the Body Fat Program (P8) or any of the Heart Rate Control Programs (P9 to P12). See pages 15 and 16 for a description of these programs.
14. 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.
15. Do not wear loose or dangling clothing while using the *ELITE ELLIPTICAL* / *STEPPER*.
16. 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.
17. Be careful to maintain your balance while using, mounting, dismounting, or assembling the *ELITE ELLIPTICAL*/*STEPPER,* loss of balance may result in a fall and serious bodily injury.
18. Keep both feet firmly and securely on the Foot Pedals while exercising.
19. The *ELITE ELLIPTICAL*/*STEPPER* should not be used by persons weighing over 250 pounds.
20. The *ELITE ELLIPTICAL*/*STEPPER* should be used by only one person at a time.
21. The *ELITE ELLIPTICAL*/*STEPPER* 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

STAMINA®

CUSTOMER SERVICE NUMBER
1 (800) 375-7520

THANK YOU FOR PURCHASING THE
ELITE ELLIPTICAL / STEPPER

To help you get started, we have pre-assembled most of your
ELITE ELLIPTICAL / STEPPER 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.
Within a few minutes you will be getting your body into shape and on your
way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Friday, 8:00 A.M. - 5:00 P.M., Central Time.

BEFORE YOU BEGIN

Thank you for choosing the **ELITE ELLIPTICAL/ STEPPER.** 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 **ELITE ELLIPTICAL /STEPPER** 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 **ELITE ELLIPTICAL/STEPPER.**

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

Left Handlebar
Hand Pulse Sensor
Stationary Handlebar
Handlebar Sleeve
Water Bottle
Mounting Bracket
Pedal Divider
Pedal Cap
Adjustment Knob
Rail Cap
Left Cover
Leveling Cap
Rear Stabilizer
Pedal Rail
Main Frame
Pedal Slider
Pedal Cap
Computer
Right Handlebar
Handlebar Sleeve
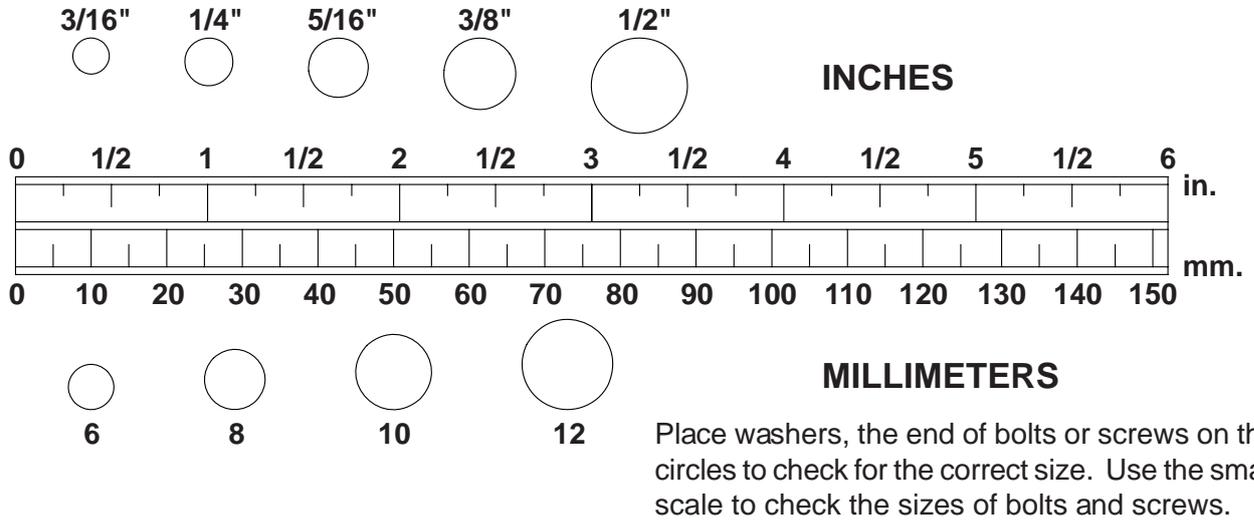Right AL Upright
Right Pivoting Arm
Right Upright Cover
Linkage
Round Endcap
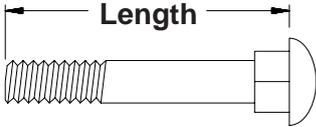Front Stabilizer
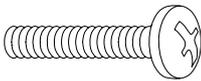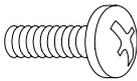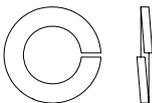
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

Wrench (17mm)

Wrench (10mm)

Allen Wrench (5mm)

Allen Wrench (6mm)
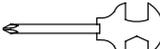
Combination Wrench

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. After unpacking the unit, open the hardware bag and make sure that you have the following items:

3/16"   1/4"   5/16"   3/8"   1/2"

INCHES

0	1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6

in.

mm.

0	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150

MILLIMETERS

6   8   10   12

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

	Part No. and Description	Qty
Length		
	63 Carriage Bolt (M8 x 1.25 x 85mm)	2
	65 Bolt, Round Head (M6 x 1 x 25mm)	4
	66 Bolt, Round Head (M6 x 1 x 35mm)	4
	78 Screw, Round Head (M5 x 12mm)	2
	68 Bolt, Socket Head (M8 x 1.25 x 35mm)	2
	70 Bolt, Socket Head (M8 x 1.25 x 25mm)	4
	71 Bolt, Socket Head (M8 x 1.25 x 50mm)	2
	72 Bolt, Socket Head (M8 x 1.25 x 90mm)	2
	83 Nylock Nut (M6 x 1)	4
	85 Nylock Nut (M8 x 1.25 x 8mm thick)	8
	86 Nylock Nut (M10 x 1.25)	2
	88 Lock Washer (M8)	8
	89 Washer (M8)	2
	90 Washer (M10)	2

NOTE: Some of the hardware items listed may be attached to other parts.

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**
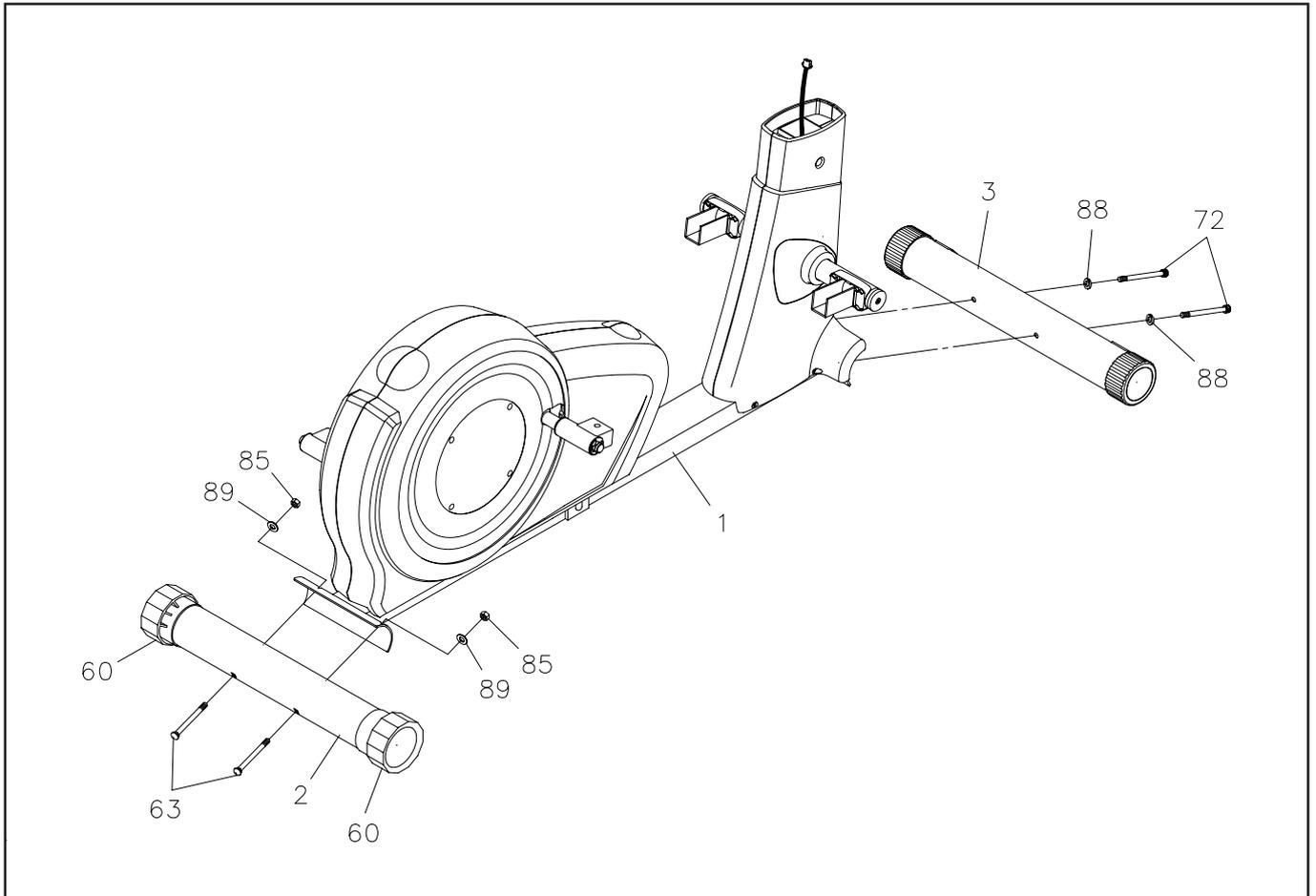
STEP 1
Attach the **FRONT STABILIZER(3),** the one with wheels, onto the **MAIN FRAME(1)** with **SOCKET HEAD BOLTS(M8 x 90mm)(72)** and **LOCK WASHERS(M8)(88).**

STEP 2
Attach the **REAR STABILIZER(2)** onto the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8 x 85mm)(63), WASHERS(M8)(89),** and **NYLOCK NUTS(M8)(85).**
NOTE: You can adjust the **LEVELING CAPS(60)** on the **REAR STABILIZER(2)** to keep the *ELITE ELLIPTICAL/STEPPER* stable.

ASSEMBLY INSTRUCTIONS
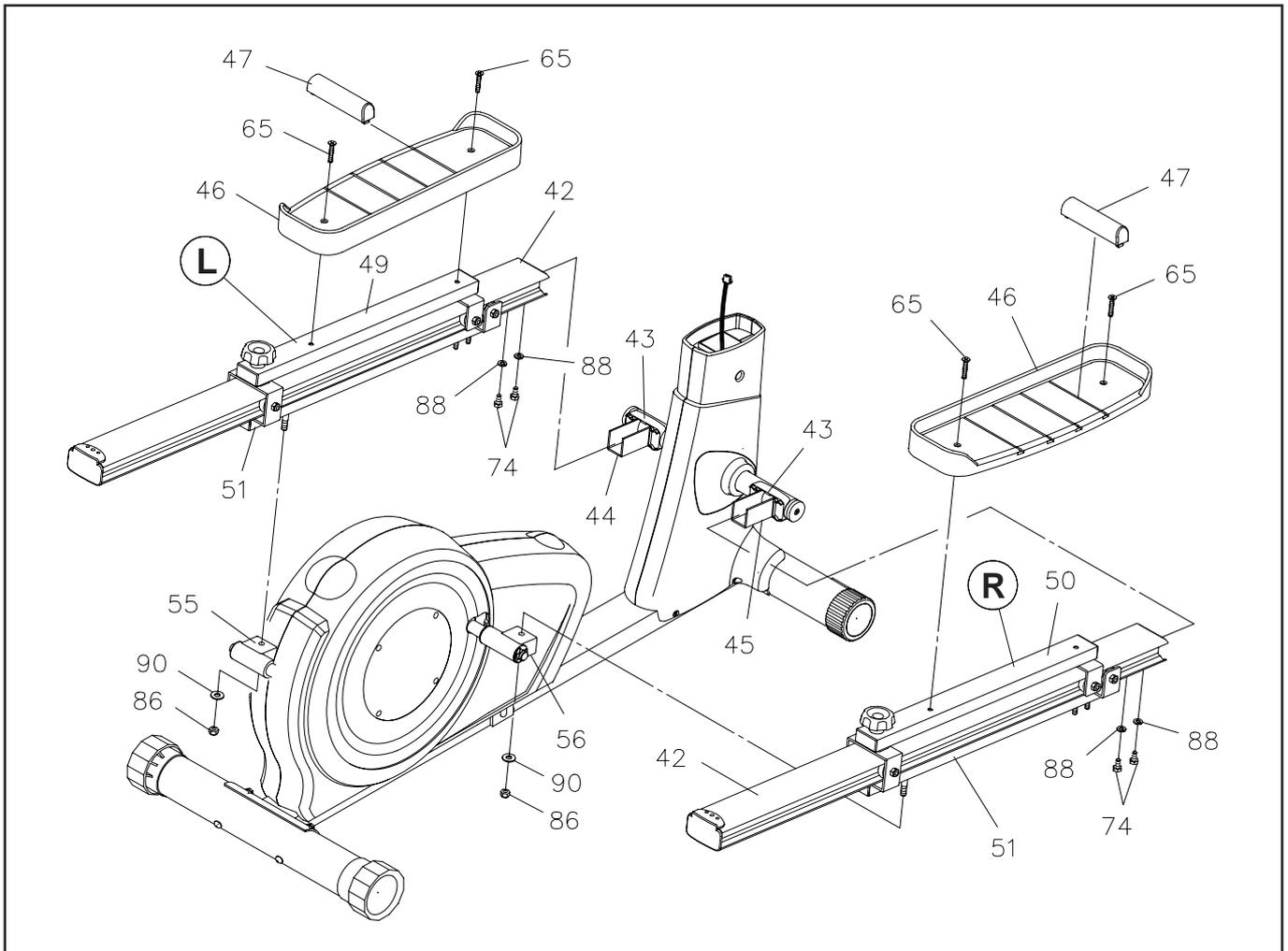
STEP 3
NOTE: There is a **"L"** decal on the **LEFT PEDAL SUPPORT(49)** attached to the left **PEDAL RAIL ASSEMBLY.** Attach the left **PEDAL RAIL ASSEMBLY** to the left side of the Elliptical unit. There is a **"R"** decal on the **RIGHT PEDAL SUPPORT(50)** attached to the right **PEDAL RAIL ASSEMBLY.** Attach the right **PEDAL RAIL ASSEMBLY** to the right side of the Elliptical unit.

Remove **HEX HEAD BOLTS(M8 x 16mm)(74)** and **LOCK WASHERS(M8)(88)** from the **RIGHT PIVOT(45).** Keep the **PEDAL RAIL CONNECTOR(43)** on the **RIGHT PIVOT(45).** Then insert the right **PEDAL RAIL ASSEMBLY** onto the **RIGHT PIVOT(45)** and secure with **HEX HEAD BOLTS (M8 x 16mm)(74)** and **LOCK WASHERS(M8)(88).** Do not tighten the bolts. Insert the bolt on the **PEDAL SLIDER(51)** into the hole on the **RIGHT PEDAL ARM CONNECTOR(56)** and secure with **NYLOCK NUT(M10)(86)** and **WASHER(M10)(90).** Tighten **BOLTS(M8 x 16mm)(74).** Repeat on the left side.

STEP 4: Attach the **PEDAL CAPS(46)** onto the **LEFT** and **RIGHT PEDAL SUPPORTS(49, 50)** with **ROUND HEAD BOLTS(M6 x 25mm)(65).** Slide the **PEDAL DIVIDERS(47)** into one of the four slots on the **PEDAL CAPS(46)** to fit your shoes. You may select the front or the back of the **PEDAL CAPS(46)** for foot placement. You will have more vertical movement in the Elliptical stride if you place your feet at the back of the **PEDAL CAPS(46).**
CAUTION: The lip on the **PEDAL CAPS(46)** must face inside. The sides without a lip face outside as
shown.

7
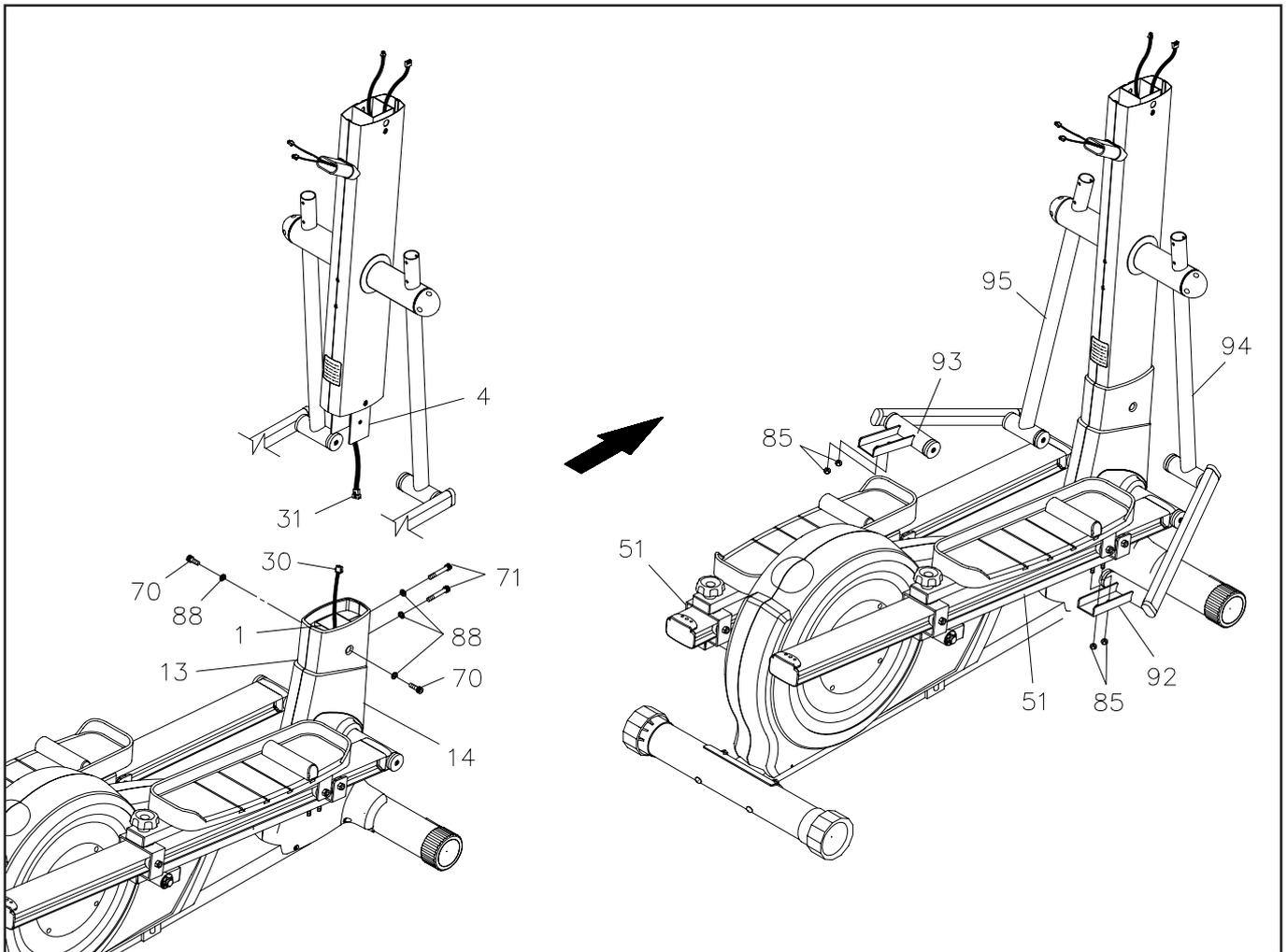
STEP 5

Connect the **LOWER CONNECTION WIRE(30)** to **UPPER CONNECTION WIRE(31).** Insert the **UPRIGHT(4)** into the **MAIN FRAME(1)** and secure with **SOCKET HEAD BOLTS(M8 x 25mm)(70),** **SOCKET HEAD BOLTS(M8 x 50mm)(71),** and **LOCK WASHERS(M8)(88).**

 NOTE: The opening in the channel on the **UPRIGHT(4)** must be facing toward the back as shown.

  HINT: If necessary, loosen the mounting **SCREWS(M4 x 20mm)(76)** for the **LEFT** and **RIGHT** **UPRIGHT COVERS(13, 14)** to provide additional space for the **UPRIGHT(4).** Re-tighten these screws after the **UPRIGHT(4)** is assembled.

STEP 6

Connect the **RIGHT PIVOTING ARM(94)** to the **PEDAL SLIDER(51)** by attaching the **RIGHT SLIDER CONNECTOR(92)** onto the **PEDAL SLIDER(51)** with **NYLOCK NUTS(M8)(85).** Repeat on the left side.

ASSEMBLY INSTRUCTIONS
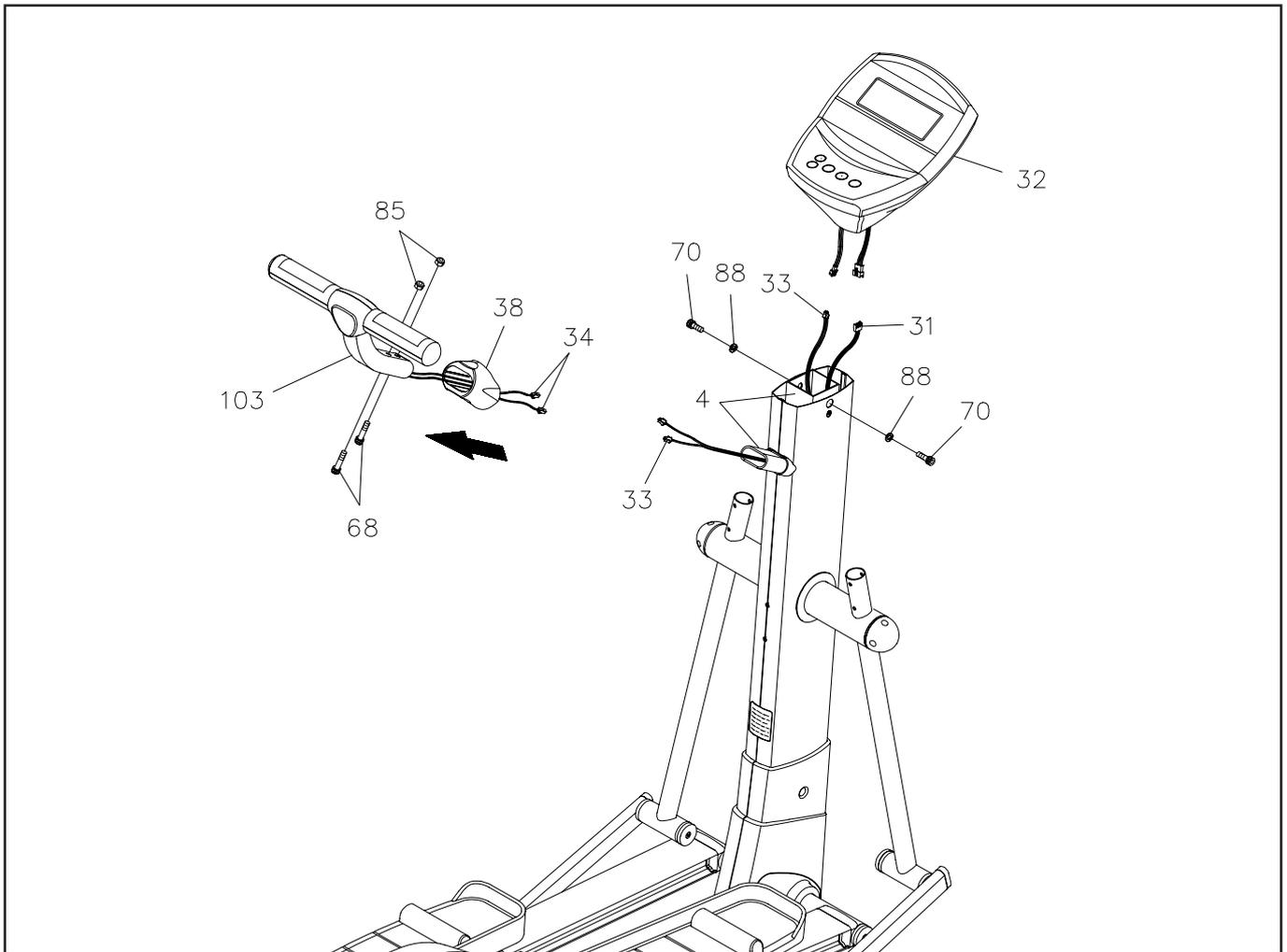
STEP 7
Slide the **STATIONARY HANDLEBAR SLEEVE(38)** onto the **STATIONARY HANDLEBAR(103).** Connect the **PULSE SENSOR WIRES(34)** to the **PULSE WIRE(33).** Insert the **STATIONARY HANDLEBAR(103)** onto the **UPRIGHT(4)** and secure with **SOCKET HEAD BOLTS(M8 x 35mm)(68)** and **NYLOCK NUTS(M8)(85).** Slide the **STATIONARY HANDLEBAR SLEEVE(38)** down to cover the bolts on the **STATIONARY HANDLEBAR(103).**

STEP 8
Connect the **UPPER CONNECTION WIRE(31)** and the **PULSE WIRE(33)** to the **COMPUTER(32).** Attach the **COMPUTER(32)** onto the **UPRIGHT(4)** by inserting the **BRACKET** in the **COMPUTER(32)** into the **UPRIGHT(4)** and secure with **SOCKET HEAD BOLTS(M8 x 25mm)(70)** and **LOCK WASHERS(M8)(88).**

ASSEMBLY INSTRUCTIONS
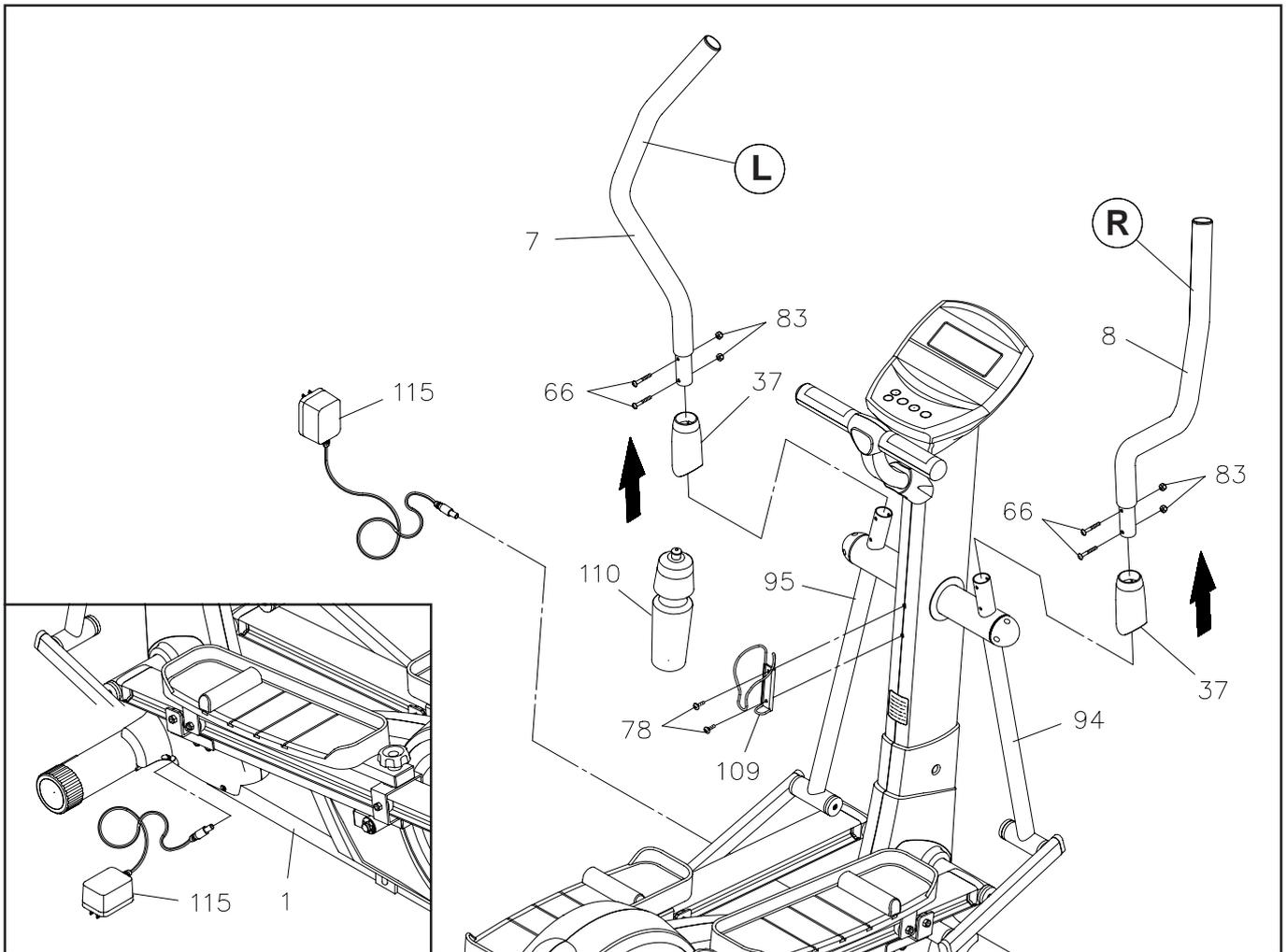
STEP 9
There is a **"L"** decal on the **LEFT HANDLEBAR(7),** and a **"R"** decal on the **RIGHT HANDLEBAR(8).** Slide the **HANDLEBAR SLEEVE(37)** onto the **RIGHT HANDLEBAR(8).** Insert the **RIGHT HANDLEBAR(8)** onto the **RIGHT PIVOTING ARM(94)** and secure with **ROUND HEAD BOLTS (M6 x 35mm)(66)** and **NYLOCK NUTS(M6)(83).** Slide the **HANDLEBAR SLEEVE(37)** down to cover the bolts on the **RIGHT HANDLEBAR(8).** Repeat on the left side.

STEP 10
Attach the **MOUNTING BRACKET(109)** onto the **UPRIGHT** with **ROUND HEAD SCREWS (M5 x 12mm)(78).** Place the **WATER BOTTLE(110)** in the **MOUNTING BRACKET(109).**

STEP 11
Connect the **ADAPTER(115)** to the connector located on the base of the **MAIN FRAME(1),** refer to the inset drawing. Plug the **ADAPTER(115)** into an electrical outlet.

SET UP INSTRUCTIONS

Place the *ELITE ELLIPTICAL/STEPPER* in the area where it will be used. It is recommended that the *ELITE ELLIPTICAL/STEPPER* be placed on an equipment mat. The max. operation dimensions of *ELITE ELLIPTICAL* are approximately 52" long x 28 3/4" wide x 63" 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 *ELITE ELLIPTICAL/STEPPER*. Make sure that adequate space is available for access to and passage around the *ELITE ELLIPTICAL/STEPPER.*

LEVELING: Adjust the **LEVELING CAPS(60)** on the **REAR STABILIZER(2)** so that the *ELITE ELLIPTICAL/STEPPER* sets on the floor without rocking. Remove and reposition the **LEVELING CAPS(60)** on the **REAR STABILIZER(2)** to level the *ELITE ELLIPTICAL/STEPPER.*

MOVING: The *ELITE ELLIPTICAL/STEPPER* has a pair of **MOVING WHEELS(58)** built into the **FRONT STABILIZER(3)** at the front. Grasp the center section of the **HANDLEBARS (7, 8)** and tip the *ELITE ELLIPTICAL/STEPPER* forward to move.
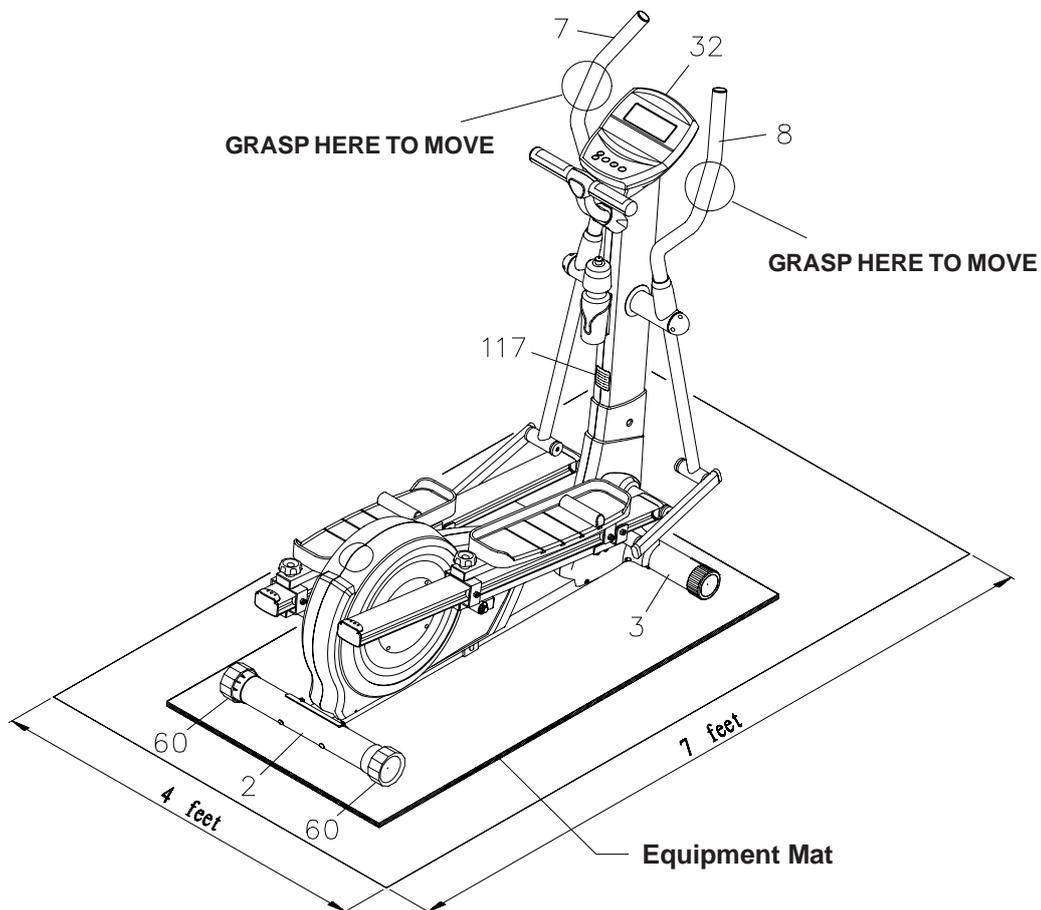
FUNCTION INSPECTION:

Visually inspect the *ELITE ELLIPTICAL/STEPPER* to verify that assembly is as shown in the above illustration. Check the function of the *ELITE ELLIPTICAL/STEPPER.* Stand on the foot pedals and place your hands at a comfortable position on the handlebars. 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. Use the "+/−" buttons on the **COMPUTER(32)** to select a program and verify that the Magnetic System provides different tensions. Refer to the **COMPUTER INSTRUCTIONS** on pages 13 to 21.

CAUTION: Locate and read the **Warning Label(117)** on the *ELITE ELLIPTICAL/STEPPER.* Make sure that all users read the **Warning Label(117).**

OPERATIONAL INSTRUCTIONS

ELLIPTICAL MODE AND STEPPER MODE

Your *ELITE ELLIPTICAL / STEPPER* can be used in the **ELLIPTICAL** mode or the **STEPPER** mode. When the **ADJUSTMENT KNOBS(54)** are attached to the **RAIL CAPS(48)**, your *ELITE ELLIPTICAL / STEPPER* is in the **STEPPER** mode. When the **ADJUSTMENT KNOBS(54)** are attached to the **PEDAL SLIDERS(51)**, your *ELITE ELLIPTICAL / STEPPER* is in the **ELLIPTICAL** mode. Refer to the illustration to switch from the **STEPPER** mode to the **ELLIPTICAL** mode.

CAUTION:
Securely tighten both **ADJUSTMENT KNOBS (54)** before exercising.
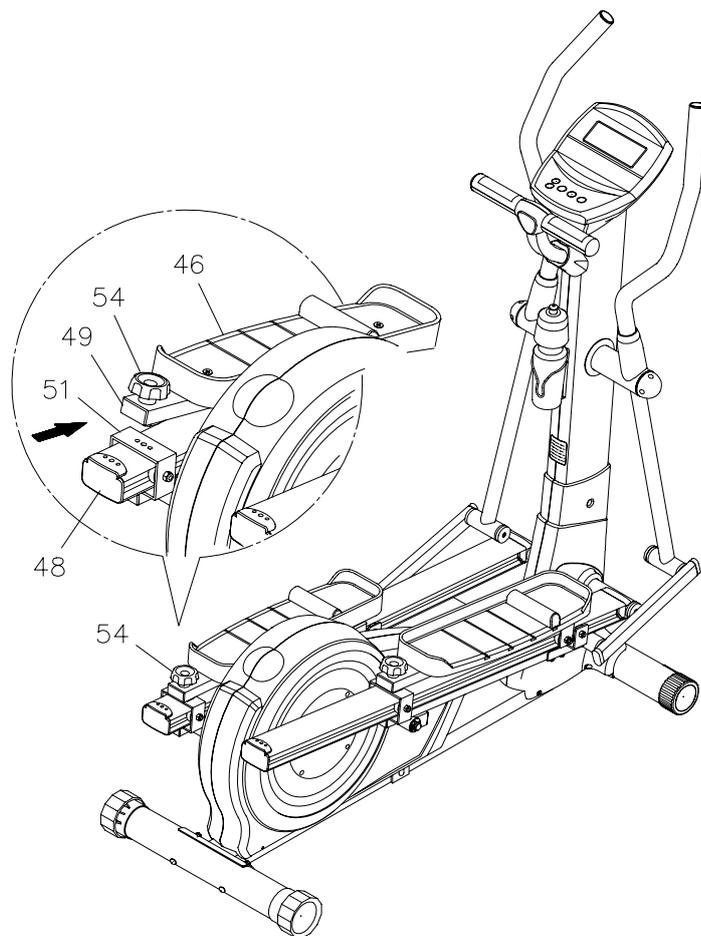
EXERCISE WORKOUT

To start using the *ELITE ELLIPTICAL / STEPPER* in the **ELLIPTICAL** mode, stand on the foot pedals, grasp the handlebars, move your highest foot forward and follow the natural path of the machine. To start using the *ELITE ELLIPTICAL / STEPPER* in the stepper mode, stand on the foot pedals, grasp the handlebars, move your highest foot downward and follow the natural path of the machine.

Start at a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable start adjusting the load level to achieve the workout desired.

Load Level Adjustment
The load level of *ELITE ELLIPTICAL / STEPPER* can be changed at any time during your workout. Adjusting the load level will allow you to increase or decrease your intensity level. Press the "✚" button to increase the load level. Press the "➖" button to decrease the load level.

Forward and Reverse
Under the Elliptical Mode, the *ELITE ELLIPTICAL / STEPPER* can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.
In the **STEPPER** mode, the *ELITE ELLIPTICAL / STEPPER* works best with the crank rotating in reverse.

COMPUTER INSTRUCTIONS

Your **ELITE ELLIPTICAL/STEPPER** utilizes a magnetic braking system to create resistance for your workout. You control the amount and pattern of this resistance by means of the advanced computer console mounted at the center of the handlebar. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.
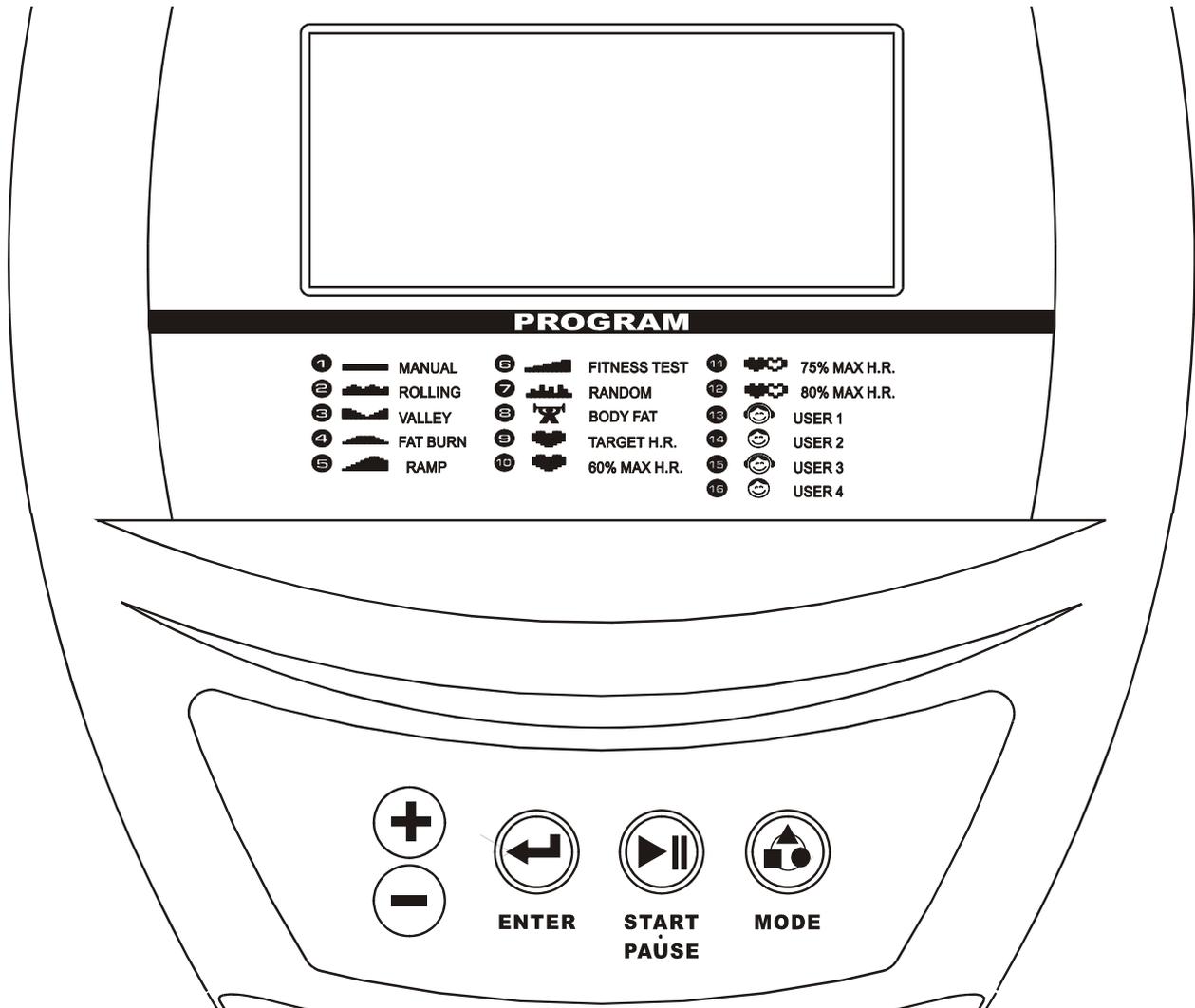
BUTTONS:

MODE: Press to select the function value displays of **RPM** and **WATT,** or **SPEED** and **CALORIES.**

ENTER : Press to confirm the selected programs P1 to P16 and the values of the setting mode.

START/
PAUSE: Press to start the selected program. Press the **START/PAUSE** button to stop the program. You can press the **START/PAUSE** button again to continue to run the current program, or use "**+/−**" buttons to select a new program.
Press and hold the button down for two seconds to reset all of the function values to zero.

+ / UP : Press to select programs P1 to P16. Press to increase the values of the setting mode. Press to increase the level of the workload when running a program.

− / DOWN : Press to select programs P1 to P16. Press to decrease the values of the setting mode. Press to decrease the level of the workload when running a program.

COMPUTER INSTRUCTIONS

LCD DISPLAY INSTRUCTIONS

START Indicates the program selected has started.

STOP Indicates the program selected has stopped. You must be in the **STOP** mode to setup the programs.

PROGRAM Displays programs for selection during setup, from P1 to P16.
Displays the selected program during exercise.

LEVEL Displays resistance level of the current interval of program, from 1 to 16.

Indicates the gender (Male or Female) selected for the Body Fat Program.

TIME HEIGHT / WEIGHT Displays flashing **"0:00"** for presetting the program time during setup, from 5:00 to 99:00.
Displays the time during exercise, from 1 sec up to 99:59 minutes.
Displays HEIGHT for input when you select the Body Fat program, from 44 to 77 inches.
Displays WEIGHT for input when you select the Body Fat program, from 23 to 440 lbs.
NOTE: Maximum body weight for user is 250 lbs.

RPM SPEED / MPH Displays the current speed, from zero to 99.9 Mile/Hr, or RPM, from 0 to 999 rpm.
Press **"MODE"** button to select the display of SPEED or RPM.

DISTANCE / FAT % If the program time is **"00:00",** displays flashing **"0.0"** for presetting the DISTANCE of program during setup, from 1 to 999 mile.
Displays the distance during exercise, from zero to 999.9 miles.
Displays the percentage of body fat in Body Fat Program.

CAL WATT / BMR Displays the CALORIE consumption, from zero to 999.9 Kcal, or WATT, from 0 to 999.9 watt. Press **"MODE"** button to select the display of CAL or WATT.
NOTE: The calorie and watt readouts are an estimate for an average user. It should be used only as a comparison between workouts on this unit.
Displays the BMR in Body Fat Program. (BMR is Body Metabolism Rate. See page 19.)

COMPUTER INSTRUCTIONS

TARGET H.R

888

BMI   AGE

Displays flashing **"30"** for presetting the AGE for programs during setup, from 10 to 99.
NOTE: The computer is designed for children but the **ELITE ELLIPTICAL/STEPPER** is not designed for children. Do not allow children to use the **ELITE ELLIPTICAL/ STEPPER.**
Displays flashing **"90"** for presetting the TARGET H.R. in the Target Heart Rate Program, P9, from 60 to 220.
Displays the target heart rate of programs during exercise.
Displays the BMI in Body Fat Program. (BMI is Body Mass Index. See page 19.)

HEART RATE

888♥

BODY TYPE
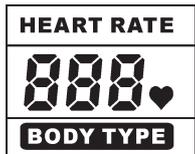
Displays the pulse rate, from 39 to 240 beats per minute.
NOTE: You must place both of your hands on the Pulse Sensors on the Handlebar to input the pulse signal. Each pulse rate signal will be accompanied with one " ♥ " symbol flash. If you do not place your hands correctly and 8 seconds passes without a pulse input, the computer will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again.
Displays the BODY TYPE in Body Fat Program. (See page 19 for Body Type information.)

PROGRAM DESCRIPTIONS

This computer contains 16 different programs. You can preset the program time and the computer will divide the time into 10 intervals. If you do not set the program time in advance, the computer will use the preset value of 30 minuets to count up and cycle run the program profile. In this case, you can preset the DISTANCE for the program to count down.

(P1) MANUAL
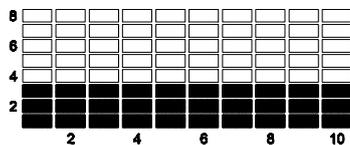
MANUAL PROGRAM: P1 is a manual program allowing the user to have full manual control of the workload. Use the "➕" button to increase the load. Use the "➖" button to decrease the load.

PRESET PROGRAMS: P2 to P7 are preset automatic programs. The profiles are shown on the face of the computer. Use the "➕" button to increase the load level of the program. Use the "➖" button to decrease the load level of the program.

(P2) ROLLING
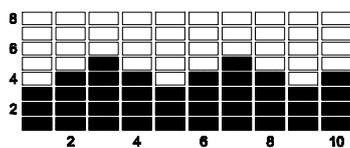
(P3) VALLEY
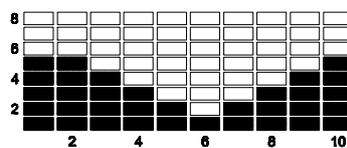
(P4) FAT BURN
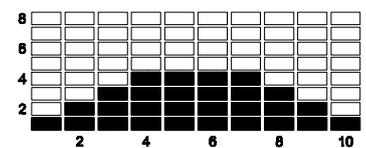
(P5) RAMP
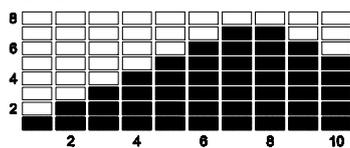
(P6) FITNESS TEST
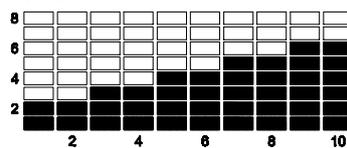
(P7) RANDOM
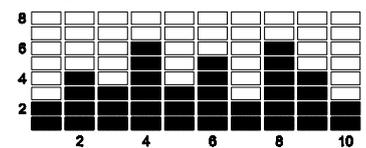
(P8) BODY FAT
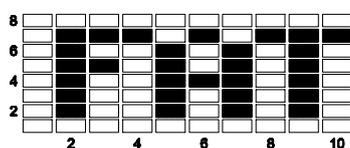
BODY FAT PROGRAM: P8 is a special program designed to calculate your body fat ratio and to suggest a specific preset program profile, resistance level, and Target H.R. that are suitable for you to burn body fat during workout.
Always try to keep your HEART RATE readout close to the Target H.R. during workout. Use the "➕" button to increase the load level of the program. Use the "➖" button to decrease the load level of the program.

COMPUTER INSTRUCTIONS

HEART RATE CONTROL PROGRAMS: P9 to P12 are preset automatic heart programs. You must input your age and always hold the pulse sensors on the Handlebar with both hands when using the heart programs. Program 9 allows you to input the TARGET H.R. you desire, from 60 to 220. Programs 10 to 12 offer three percentages of maximum heart rate based on your age.

(P9, P10)
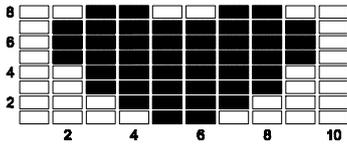
| PROGRAM 9 (P9): | Target Heart Rate |
| PROGRAM 10 (P10): | 60%   of Maximum Heart Rate |

(P11, P12)
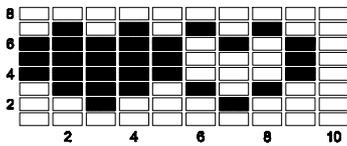
| PROGRAM 11 (P11): | 75%   of Maximum Heart Rate |
| PROGRAM 12 (P12): | 80%   of Maximum Heart Rate |

The program will monitor your pulse and adjust the workload automatically to keep your pulse within the zone which is plus & minus 5 Heart Beats from the target heart rate based on your age and the program that you selected.

For example:
If your age is 30 : The maximum heart rate is 190.
If you select P10 : 60% of maximum heart rate is 114.
Heart rate zone: plus & minus 5 of 114 is 109 to 119.
The program will monitor your pulse and adjust the workload automatically to keep your pulse within the heart rate zone (109 to 119) during your workout.
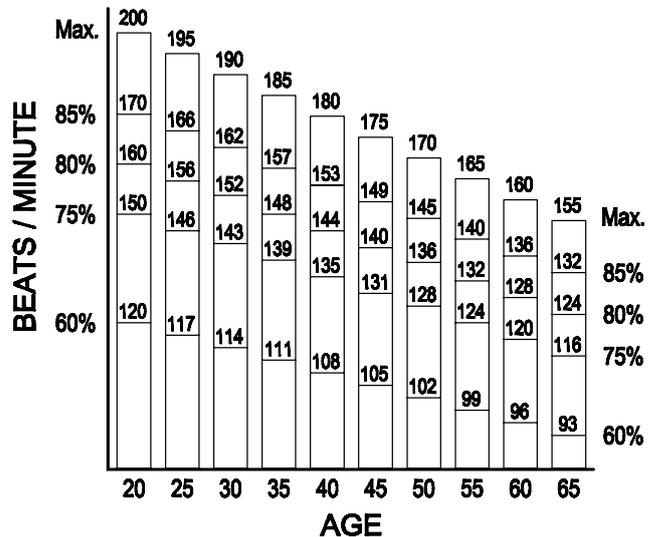
USER SETTING PROGRAMS: P13 to P16 are the automatic programs that allow the user to manually preset each of the 10 intervals. Under **STOP** mode, use "**+/-**" and **"ENTER"** buttons to edit the program profile. The program profile will be stored in the memory after setup. You can modify the profile anytime under the **STOP** mode. **NOTE: The changes can be stored only under STOP mode.**

When running a program, you still can use the "**+**" button to increase the load level of the program. Use the "**-**" button to decrease the load level of the program. These changes will not be stored in memory.

(P13, P14, P15, P16)
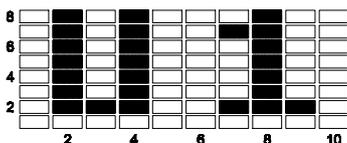
PROGRAM 13 (P13):	U1
PROGRAM 14 (P14):	U2
PROGRAM 15 (P15):	U3
PROGRAM 16 (P16):	U4

**NOTE: Display U1 to U4 for
          Program 13 to 16.**

COMPUTER INSTRUCTIONS

OPERATION INSTRUCTIONS

The advanced computer with diversified programs allows you to control the following features:

- **Workout Time**   **(Except in Program 8)**
- **Distance**   **(Except in Program 8)**
- **Heart Rate Control**   **(Program 9 to 12)**
- **Body Fat**   **(Program 8)**

Select the program that you desire and set the function values to adjust your workout. The different categories of programs operate in different ways but, the computer will guide you step by step to setup the program easily. Refer to the following list to learn what you may change in the programs.

CATEGORY	PROGRAM	VARIABLES
Manual Program	**P1**	**Time, Distance, Age**
Preset Program	**P2 ~ P7**	**Time, Distance, Age**
Body Fat Program	**P8**	**Gender, Height, Weight, Age**
Target Heart Rate Program	**P9**	**Time, Distance, Target H.R.**
Heart Rate Control Program	**P10 ~ P12**	**Time, Distance, Age**
User Setting Program	**P13 ~ P16**	**Time, Distance, Age, 10 Intervals**

NOTE: You may preset **TIME** or **DISTANCE** for a program. If you preset a value for **TIME,** the computer will not allow you to set **DISTANCE.** If you keep **TIME** at **00:00,** the computer will flash **"0.0"** allowing you to input **DISTANCE** and use 30 minutes for the program time and time will count up from 0.

A. MANUAL PROGRAM (P1)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
The Manual Program (P1) is always displayed first when you turn on the computer. If necessary, press "**+/−**" buttons to select the Manual Program.

STEP 3: SET THE PROGRAM TIME OR DISTANCE, AND AGE
Press the **ENTER** button, the **TIME** function mode will appear with the display flashing **"0:00".** Use "**+/−**" buttons to set the program time, from 1 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as **"00:00"** and press the **ENTER** button to enter the mode to set the **DISTANCE.** Use "**+/−**" buttons to set the **DISTANCE,** from 1 mile up to 999 miles with 1 mile increments.

Press the **ENTER** button to enter the mode to set the **AGE.** Use "**+/−**" buttons to set the **AGE,** from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

NOTE: With the input of age, the computer will display a **TARGET H.R.** when running the program. The **TARGET H.R.** is 85% of your Maximum Heart Rate (220 - AGE). If your pulse is equal to or greater than the **TARGET H.R.** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

STEP 4 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START/PAUSE** button.

COMPUTER INSTRUCTIONS

B. PRESET PROGRAMS (P2 to P7)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Press "+/−" buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME OR DISTANCE, AND AGE
Press the **ENTER** button, the **TIME** function mode will appear with the display flashing **"0:00".** Use **"+/−"** buttons to set the program time, from 5 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as **"00:00"** and press the **ENTER** button to enter the mode to set the **DISTANCE.** Use **"+/−"** buttons to set the **DISTANCE,** from 1 mile up to 999 miles with 1 mile increments.

Press the **ENTER** button to enter the mode to set the **AGE.** Use **"+/−"** buttons to set the **AGE,** from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

NOTE: With the input of age, the computer will display a **TARGET H.R.** when running the program. The **TARGET H.R.** is 85% of your Maximum Heart Rate (220 - AGE). If your pulse is equal to or greater than the **TARGET H.R.** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

STEP 4 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START/PAUSE** button.

C. BODY FAT PROGRAM (P8)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Press "+/−" buttons until the **PROGRAM 8** is displayed.

STEP 3: SELECT GENDER AND INPUT YOUR HEIGHT, WEIGHT, AND AGE
Press the **ENTER** button, the **GENDER** mode will appear with the display flashing " ♀ ". Use **"+/−"** buttons to select. Press the **ENTER** button and use **"+/−"** buttons to set the values of your **HEIGHT, WEIGHT,** and **AGE.** After you input your age and press the **ENTER** button, the **"PROGRAM 8"** display will keep flashing.

STEP 4: CALCULATE YOUR BODY FAT
Press the **START/PAUSE** button and hold the pulse sensors on the Handlebar with both hands. A few seconds later, the computer will show the information for **FAT%, BMR, BMI, BODY TYPE,** and the suitable program profile for you. Press the **START/PAUSE** button to start to workout. Now, you can see the **TARGET H.R.** that computer suggested for you. Always try to keep your **HEART RATE** readout close to the **TARGET H.R.** during workout.

NOTE: 1. If you don't hold the pulse sensors on the Handlebar with both hands properly, the pulse sensors won't be able to pick up the signals. The computer will display an error message **"E3".** Press the **START/PAUSE** button and hold the pulse sensors with both hands properly to calculate again.

2. **The values calculated or measured are for average people and they are for exercise purposes. They are not for medical purposes.**

COMPUTER INSTRUCTIONS

UNDERSTANDING THE READOUT INFORMATION

1. BODY FAT %

Your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else).

A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage. The table describes body fat ranges and their associated categories.

General Body Fat Percentage Categories		
Classification	Women (fat %)	Men (fat %)
Essential Fat	10 - 12%	2 - 4%
Athletes	14 - 20%	6 - 13%
Fitness	21 - 24%	14 - 17%
Acceptable	25 - 31%	18 - 25%
Obese	32% plus	25% plus

2. BMI (BODY MASS INDEX)

Body Mass Index is a height/weight formula used by health and weight professionals around the world to assess a person's body weight. From your body mass index number you can see if you are underweight, normal weight, overweight or obese.

BMI conclusions vary slightly according to gender. Here is a general summary of weight-status based on BMI.

Underweight	Under 20 (19 for women)
Normal Weight	Between 20 and 24.99
Overweight	Between 25 and 29.99
Obese Class 1	Between 30 and 34.99
Obese Class 2	Between 35 and 39.99
Extreme Obesity	40 and above

3. BMR (BODY METABOLISM RATE)

Basal Metabolic Rate is the rate at which the body burns calories to maintain normal body functions while at rest. BMR is the largest factor in determining overall metabolic rate and how many calories you need to maintain, lose or gain weight.
To lose weight, you should try to eat less calories then basal caloric rate as BMR shown. In order to lose weight, calories should not be your only concern. Exercise is vital, too.

4. BODY TYPE

There are 9 BODY TYPES divided according to the FAT % calculated. Refer to the chart to determine what body type you are.
When you know which type you are and diet and exercise correctly for that type, you will make much better progress.
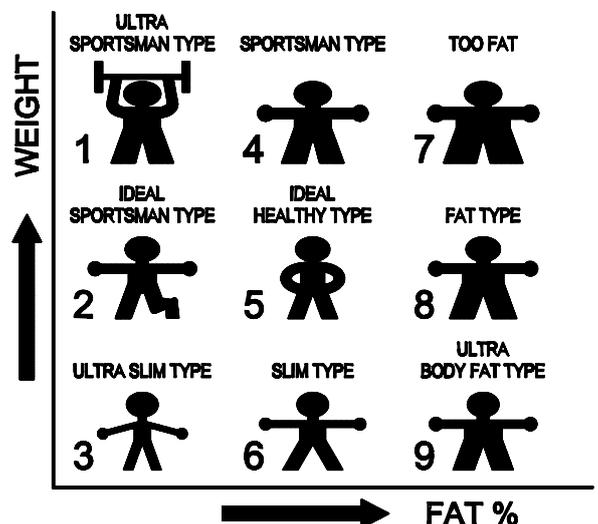
COMPUTER INSTRUCTIONS

D. HEART RATE CONTROL PROGRAMS (P9 to P12)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Press "**+/−**" buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME OR DISTANCE, AND AGE
Press the **ENTER** button, the **TIME** function mode will appear with the display flashing **"0:00".** Use "**+/−**" buttons to set the program time, from 1 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as **"00:00"** and press the **ENTER** button to enter the mode to set the **DISTANCE.** Use "**+/−**" buttons to set the **DISTANCE,** from 1 mile up to 999 miles with 1 mile increments.

Press the **ENTER** button to enter the mode to set the **AGE.** Use "**+/−**" buttons to set the **AGE,** from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

When you select the TARGET H.R. Program, P9, you must input a value for **TARGET H.R** right after you input you **AGE.** Press **ENTER,** the **TARGET H.R** display will flash and use "**+/−**" buttons to input your desired **TARGET H.R,** from 60 up to 220 beats per minute.

STEP 4 : START TO WORKOUT
Press the **START/PAUSE** button to start to workout. Always hold the pulse sensors on the Handlebar with both hands.

E. USER SETTING PROGRAMS (P13 to P16)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Press "**+/−**" buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME OR DISTANCE, AND AGE
Press the **ENTER** button, the **TIME** function mode will appear with the display flashing **"0:00".** Use "**+/−**" buttons to set the program time, from 5 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as **"00:00"** and press the **ENTER** button to enter the mode to set the **DISTANCE.** Use "**+/−**" buttons to set the **DISTANCE,** from 1 mile up to 999 miles with 1 mile increments.

Press the **ENTER** button to enter the mode to set the **AGE.** Use "**+/−**" buttons to set the **AGE,** from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

NOTE: With the input of age, the computer will display a **TARGET H.R.** when running the program. The **TARGET H.R.** is 85% of your Maximum Heart Rate (220 - AGE). If your pulse is equal to or greater than the **TARGET H.R.** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

STEP 4 : EDIT THE PROGRAM PROFILE
Press the **ENTER** button, interval 1 will begin flashing. Use "**+/−**" buttons to set the load for interval 1. Press the **ENTER** button to proceed to the next interval. Use "**+/−**" buttons to set the load for each interval.

STEP 5 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START/PAUSE** button.

COMPUTER INSTRUCTIONS

OPERATION DESCRIPTIONS

1. To stop a running program, press the **START / PAUSE** button. In this mode, you can press the **START / PAUSE** button again to continue to run the current program. Or, you can use "**+/−**" buttons to select a new program.

2. When you complete a program, the computer will remind you with an audible alarm. You can press any button to stop the audible alarm.

3. If you want to restart with a new program, press and hold the **START / PAUSE** button down for two seconds to reset all of the function values to zero. Use "**+/−**" buttons to select a new program.

4. The computer will shut off automatically after 4 minutes of inactivity and all function values will be reset to zero.

POWER SOURCE:

The computer uses the adapter as a power source. Use the *ELITE ELLIPTICAL / STEPPER* with the adapter plugged into an electrical outlet.

STORAGE

1. To store the *ELITE ELLIPTICAL / STEPPER* simply keep it in a clean dry place.
2. The min. rest dimesions of *ELITE ELLIPTICAL / STEPPER* are approximately 50 1/4" long x 28 3/4" wide x 63" tall. These dimensions may vary. Please measure your *ELITE ELLIPTICAL / STEPPER* if exact dimensions are needed.
3. Move the *ELITE ELLIPTICAL / STEPPER* with the moving wheels on the **FRONT STABILIZER(3).** Grasp the **HANDLEBARS(7, 8),** tip the *ELITE ELLIPTICAL / STEPPER* forward and move slowly.

MAINTENANCE

The safety and integrity designed into the *ELITE ELLIPTICAL / STEPPER* can only be maintained when the *ELITE ELLIPTICAL / STEPPER* is regularly examined for damage and wear. Special attention should be given to the following:

1. Use the "**+/−**" buttons on the **COMPUTER(32)** to select a program and verify that the Magnetic System provides different tensions. The Magnetic System should provide many years of use.
2. Clean the roller tracks in the **PEDAL RAILS(42)** 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 all nuts, bolts, and knobs are present and properly tightened. Replace missing nuts, bolts, and knobs. Tighten loose nuts, bolts, and knobs.
6. Worn or damaged components shall be replaced immediately or the *ELITE ELLIPTICAL / STEPPER* removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the *ELITE ELLIPTICAL / STEPPER.*
8. Keep your *ELITE ELLIPTICAL / STEPPER* clean by wiping with an absorbent cloth after use.

COMPUTER TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION
E1	No speed signal	Refer to the Assembly Instructions and check all the Wire Plugs are connected FIRMLY and correctly.
	Magnetic System gets stuck causing excessive tension in adjustment cable and the adjustment motor does not function normally.	Check Magnetic System and Motor. The motor should be able to adjust the resistance of Magnetic System freely. If the Motor makes abnormal sounds and struggles to adjust the resistance, try to locate and correct the problem in the Magnetic System. It may be necessary to replace the Magnetic System. After correcting the problem, verify that the motor works correctly.
	Motor Problems	If an unusually loud noise come from the Motor, it means gears in the motor gearbox do not mesh correctly. Revere to adjust the resistance, and try again. If this fails, replace the Motor.
		If the Motor does not move at all, revere to adjust the resistance, and try again. If this fails, replace the Motor.
E2	The Computer cannot make contact with the IC Chip.	Disconnect the Adaptor. Reconnect the Adaptor to REBOOT the system. Wait two minutes then verify that the system works correctly.
		Remove and reinsert the IC Chip. If reinsertion fails, replace the Computer.
The LCD Screen does not display anything	You have the wrong Adaptor.	Verify that the correct Adaptor is used.
	The Adaptor is not plugged in.	Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly.
	The Computer is faulty.	Replace the Computer.
The Speed Display shows 0	The Computer isn't receiving a signal from the Speed Sensor ?	Verify that the sensor Magnet is installed correctlly and passes in front of the Speed Sensor.
		Verify the gap between Speed Sensor and the Magnet is 5mm or less.
		Verify all theSensor Wire Plugs are connected FIRMLY and correctly.
		Verify that the Computer Wires are not damaged.
	The Sensor is faulty.	If all the above checks fail, then replace the Speed Sensor.
	The Computer is faulty.	Replace the Computer.
The LCD Screen Partially displays	The connection between the Circuit Board and the LCD Membrane is loose. Gently press down on the LCD Screen, on the Computer face, if the partial display disappears, then it is a connection problem.	Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance.
	the Rubber Membranes between the Circuit Board and the LCD Screen is misaligned. You might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Computer Case.	Open the Computer Case. Remove the Circuit Board Screws, gently remove the Circuit Board. Realign the LCD Screen and the Rubber Membrane. Reassemble the Circuit Board taking care not to bump or knock the Rubber Membrane out of alignment before the Circuit Board Screws are tight. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance.
	The Computer is faulty	Replace the Computer.
No Hand Pulse Signal or incorrect Hand Pulse Signal	The Computer is NOT receiving a Pulse Signal.	Verify that the Hand Pulse Sensor Wire Plugs are connected FIRMLY and correctly.
	The Computer is receiving a faint or intermittent Pulse Signal.	The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again.
		Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors.
		Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors.
		Remove the Hand Pulse Sensors and verify that the spade terminals are correctly attached.
		If the problem still exists, replace the Hand Pulse Sensors.
	The Computer is faulty.	Replace the Computer.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the **ELITE ELLIPTICAL/STEPPER** gradually: a few minutes per workout.

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

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

- Begin your training program slowly with realistic goals that have been set by you and your doctor.

- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.

- Set up your **ELITE ELLIPTICAL/STEPPER** a flat, even surface at least 3 feet from walls and furniture.

EXERCISE INTENSITY

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

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

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

To measure your heart rate manually, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.
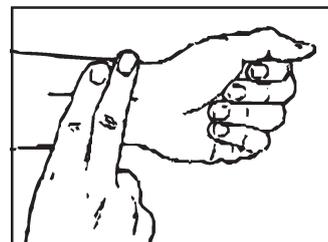
WARM-UP and COOL-DOWN

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

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

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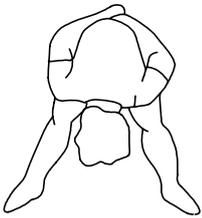
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessen, try a lower position gradually.

Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.
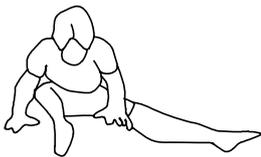
Bent Torso Pulls
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.
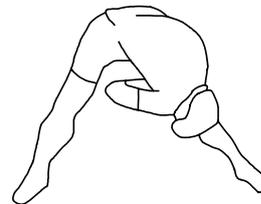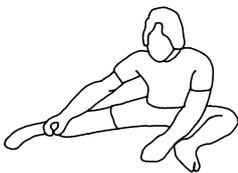
Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

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

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

LIMITED WARRANTY ——————————————————————————

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 one year on the parts and 5 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 call us at **1 (800) 375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

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

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

FRONT

BACK
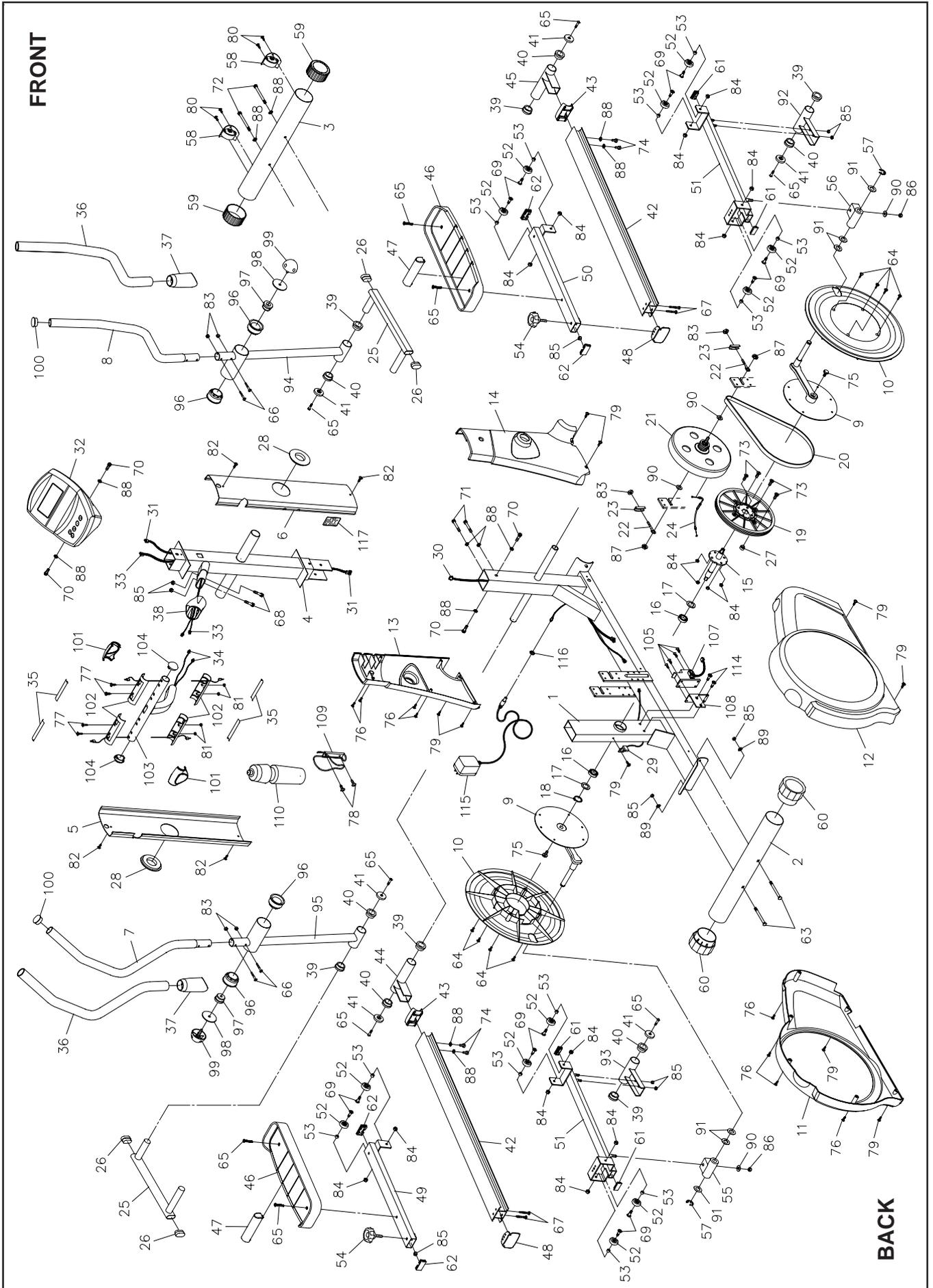
PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Upright	1
5	Left AL Upright	1
6	Right AL Upright	1
7	Left Handlebar	1
8	Right Handlebar	1
9	Crank	2
10	Crank Cover	2
11	Left Cover	1
12	Right Cover	1
13	Left Upright Cover	1
14	Right Upright Cover	1
15	Shaft	1
16	Bearing (6004z)	2
17	Washer (M20)	2
18	C Ring (20mm)	1
19	Pulley	1
20	V-Ribbed Belt	1
21	Magnetic System	1
22	Eye Bolt (M6 x 1 x 35mm)	2
23	Tension Bracket	2
24	Cable	1
25	Linkage	2
26	Oval Endcap (20 x 40mm)	4
27	Magnet	1
28	Hollow Cap	2
29	Sensor Wire	1
30	Lower Connection Wire	1
31	Upper Connection Wire	1
32	Computer	1
33	Pulse Wire	1
34	Pulse Sensor Wire	2
35	Pulse Sensor Plate	4
36	Foam Grip	2
37	Handlebar Sleeve	2
38	Stationary Handlebar Cover	1
39	Bushing /w chamfer (26.5mm)	6
40	Bushing (26mm)	6
41	Securing Cap	6
42	Pedal Rail	2
43	Pedal Rail Connector	2
44	Left Pivot	1
45	Right Pivot	1
46	Pedal Cap	2
47	Pedal Divider	2
48	Rail Cap	2
49	Left Pedal Support	1
50	Right Pedal Support	1
51	Pedal Slider	2
52	Roller	12
53	Roller Spacer	12
54	Adjustment Knob	2
55	Left Pedal Arm Connector	1
56	Right Pedal Arm Connector	1
57	E Ring (17mm)	2
58	Moving Wheel	2
59	Round Endcap (76mm)	2
60	Leveling Cap (76mm)	2

PARTS LIST

DIAGRAM#	PART NAME	QTY
61	Rectangular Plug (20mm x 40mm)	4
62	Rectangular Plug (25mm x 75mm)	4
63	Carriage Bolt (M8 x 1.25 x 85mm)	2
64	Bolt, Round Head (M6 x 1 x 10mm)	8
65	Bolt, Round Head (M6 x 1 x 25mm)	10
66	Bolt, Round Head (M6 x 1 x 35mm)	4
67	Bolt, Round Head (M6 x 1 x 50mm)	4
68	Bolt, Socket Head (M8 x 1.25 x 35mm)	2
69	Bolt, Round Head (M8 x 1.25 x 25mm)	12
70	Bolt, Socket Head (M8 x 1.25 x 25mm)	4
71	Bolt, Socket Head (M8 x 1.25 x 50mm)	2
72	Bolt, Socket Head (M8 x 1.25 x 90mm)	2
73	Bolt, Flat Head (M8 x 1.25 x 16mm)	4
74	Bolt, Hex Head (M8 x 1.25 x 16mm)	4
75	Bolt, Hex Head (M8 x 1.25 x 25mm)	2
76	Screw, Round Head (M4 x 20mm)	8
77	Screw, Round Head (M3 x 0.5 x 35mm)	4
78	Screw, Round Head (M5 x 12mm)	2
79	Screw, Round Head (M5 x 20mm)	9
80	Screw, Round Head (M5 x 0.8 x 18mm)	4
81	Nut (M3 x 0.5)	4
82	Screw, Flat Head (M5 x 0.8 x 20mm)	4
83	Nylock Nut (M6 x 1)	6
84	Thin Nylock Nut (M8 x 1.25 x 6mm thick)	16
85	Nylock Nut (M8 x 1.25 x 8mm thick)	10
86	Nylock Nut (M10 x 1.25)	2
87	Flange Nut (M10 x 1.25)	2
88	Lock Washer (M8)	12
89	Washer (M8)	2
90	Washer (M10)	4
91	Washer (M17)	6
92	Right Slider Connector	1
93	Left Slider Connector	1
94	Right Pivoting Arm	1
95	Left Pivoting Arm	1
96	Pivot Bar Bushing	4
97	Tube Connector (M8 x 1.25)	2
98	Large Washer (M8 x 60mm x 3t)	2
99	Securing Knob	2
100	Round Plug (32mm)	2
101	Stationary Handlebar Cover	2
102	Pulse Sensor Housing	4
103	Stationary Handlebar	1
104	Pulse Sensor Cap	2
105	Screw, Flat Head (M5 x 0.8 x 10mm)	4
107	Motor	1
108	Motor Bracket	1
109	Mounting Bracket	1
110	Water Bottle	1
111	Allen Wrench (5mm)	1
112	Allen Wrench (6mm)	1
113	Combination Wrench	1
114	Bolt, Round Head (M8 x 1.25 x 16mm)	2
115	Adapter	1
116	Plug Nut	1
117	Warning label	1
118	Wrench (10mm)	1
119	Wrench (17mm)	1
120	Manual	1

NOTES

FAX/MAIL ORDERING FORM

Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. Should a part be missing or a defective part found, please call **1 (800) 375-7520** (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday or fill out the fax sheet ordering form below and fax it to **(417) 889-8064.** Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.

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

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

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

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

Detach and Mail or Fax the Form Below

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: _____

Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

IMPORTANT : We must have your phone number in order to process the order!

Phone #: ( ) _____ Work Phone #: ( ) _____

Date Purchased: _____

Model #: _____

Purchased From: _____

IMPORTANT : Before filling out the form below make sure you have the right information.
Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: **1**	**Rear Unit Assembly**	**1**