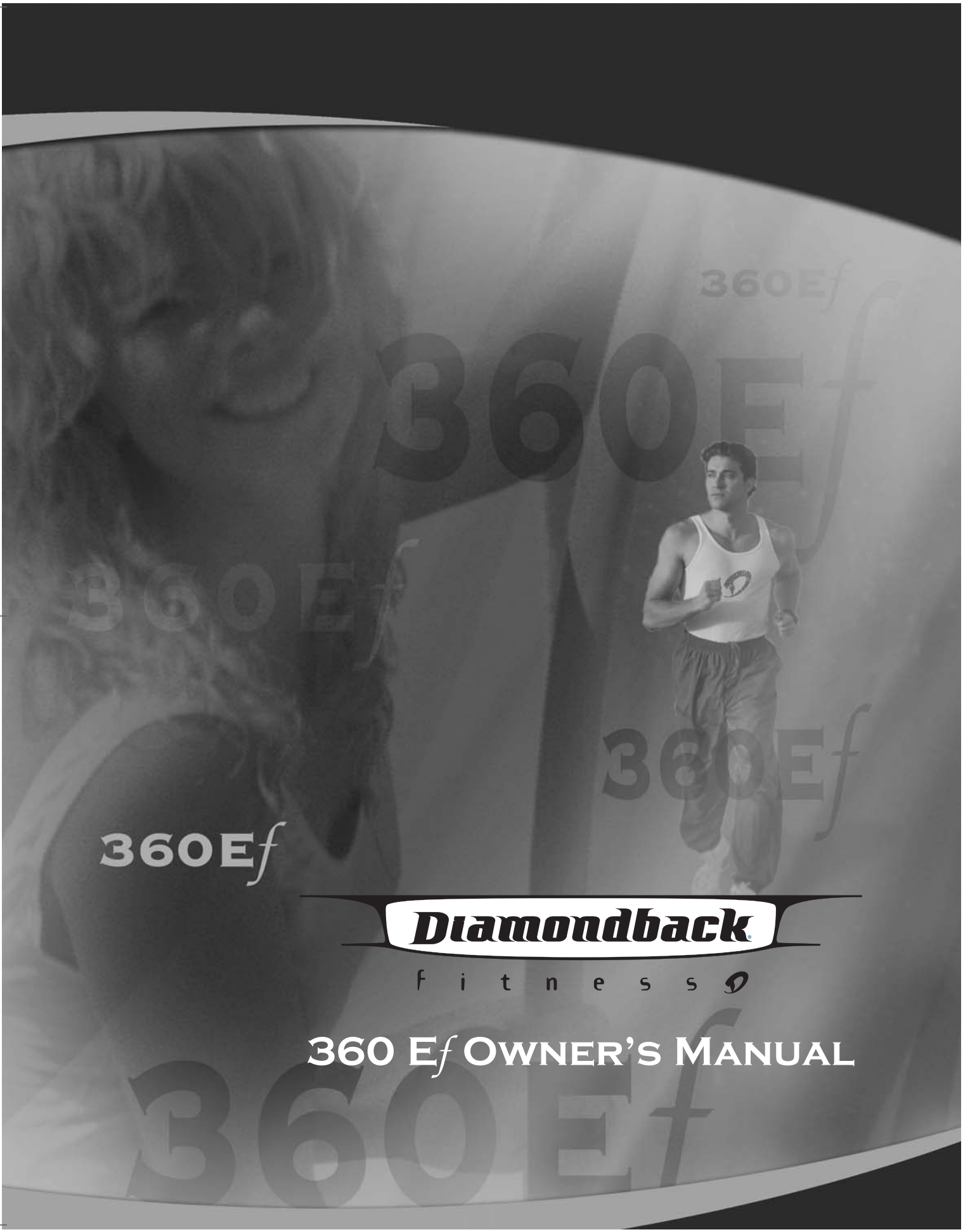
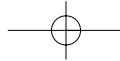


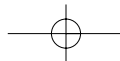


360Ef

Diamondback

f i t n e s s 

360 Ef OWNER'S MANUAL





SERIAL NUMBER

D0409370001



WARNING REMOVING OR ALTERATION
OF THIS LABEL VOIDS WARRANTY



Serial No. Sticker

PURCHASER'S REFERENCE INFORMATION

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: Diamondback 360Ef Elliptical

Serial Number: D _ _ _ _ _

To Activate Warranty:

REGISTER YOUR WARRANTY AT

www.diamondbackfitness.com

OR COMPLETELY FILL OUT THE ATTACHED WARRANTY CARD (SEE BACK COVER) AND RETURN TO DIAMONDBACK WITHIN 15 DAYS OF THE DATE OF PURCHASE. FAILURE TO COMPLY WITH THE WARRANTY ACTIVATION PROCEDURE MAY VOID THE MANUFACTURER'S WARRANTY.

Dealer Name: _____

Dealer Address: _____

Dealer Telephone Number: () _____

Dealer Contact Name: _____

Date Purchased: _____

Shipping Materials:

Diamondback recommends that you retain the original packing materials (box and packing items) for future shipping needs.

TABLE OF CONTENTS

Purchaser's reference information	2
Introduction	4
Safety Instructions and Warnings	5
Assembly Drawing	6
Assembly Instructions	7
Operation & Comfort Tips	8
Console Layout	9
Console Operation	10
Programs	11
Quick Start Program	
Time Target Program	
Distance Target Program	
Calories Target Program	
Workout Guidelines	12
Domestic Warranty Information	15
Maintenance	17
Warranty Card	19





INTRODUCTION

Thank you for selecting Diamondback Fitness as your brand choice for the 360Ef. You have made a positive step toward adding the convenience of working out at home at a feature-packed price.

The quality of your workout will be more enjoyable with:

- A consumer friendly console.
- The ECB brake system with easy-to-adjust tension knob.
- The contact heart rate monitor.
- A Comfort Plus® adjustable seat.

It took a company like Diamondback to create such a hard working, easy-on-your-wallet line. We've been one of the premiere names in mountain and racing bikes for over two decades. And now, with industry firsts like our Heart Rate Control System, we're a leading contender in the fitness arena, as well.

Whether you are just starting an exercise program, or maintaining, Diamondback Fitness has equipment to fit your needs. Please feel free to check out our consumer web site at www.diamondbackfitness.com to learn more about our additional product offerings.

Remember to start your exercise efforts slow, with intensity low, until you build endurance and strength. Always consult your physician before beginning any exercise program.

For more information or questions regarding your 360Ef, please go to our web-site at www.diamondbackfitness.com. Or please contact us:

Diamondback Fitness
300 Camarillo Ranch Road,
Camarillo, CA 93012
Ph. 1.800.776.7642
Fax: 1.805.388.5890

SAFETY INSTRUCTIONS AND WARNINGS

The 360Ef is built for optimum safety and is designed to meet or exceed all domestic and international standards. However, certain precautions need to be followed when operating any exercise equipment. BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING YOUR 360Ef UNIT.



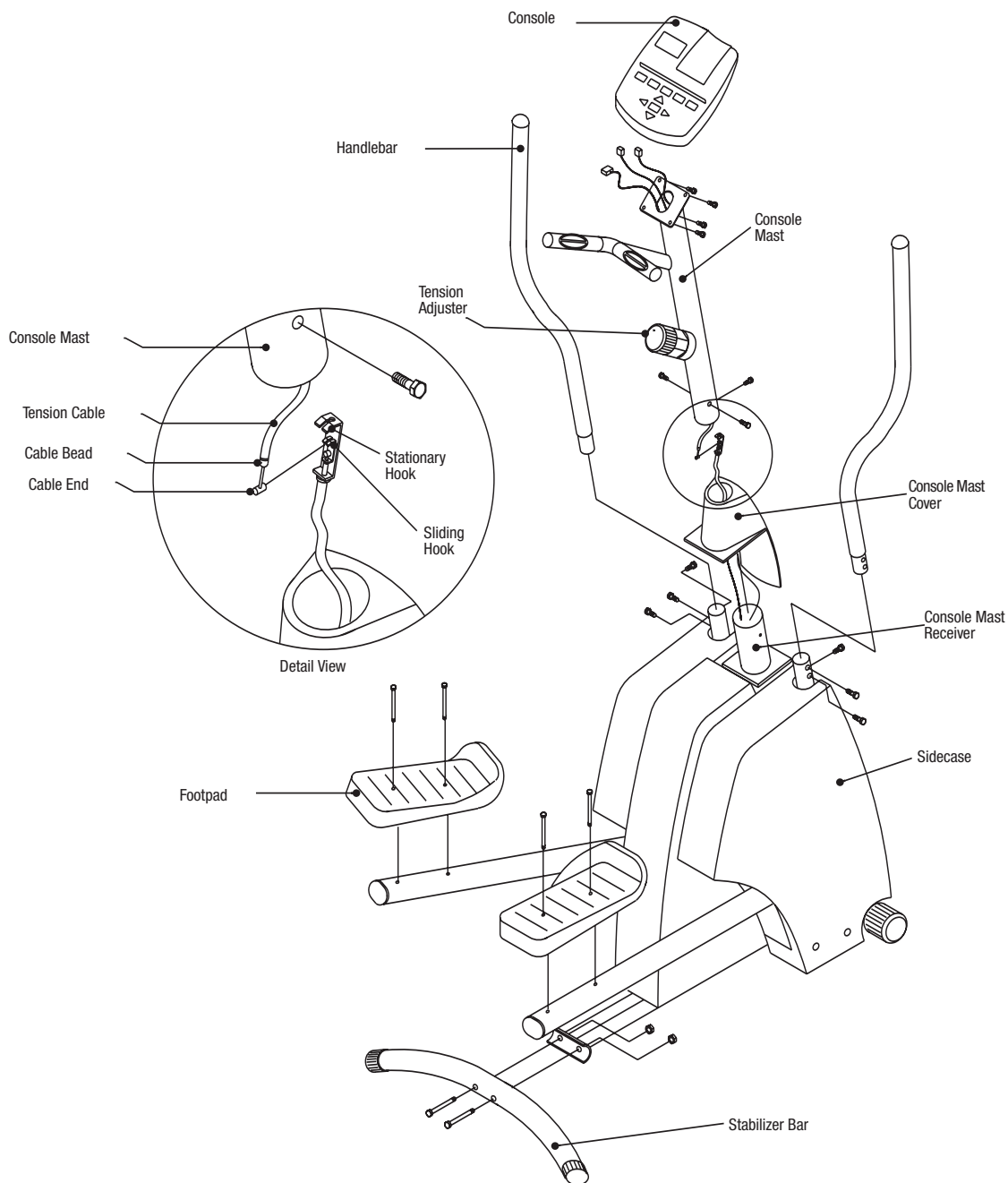
CAUTION – FOR SAFE OPERATION

1. Keep your hands and feet away from all moving parts and pinch points. See figure A for possible pinch points.
2. Before beginning any exercise program on the 360Ef equipment, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight, consult with your physician before beginning any exercise program.
4. Pregnant women should consult with their physician before beginning an exercise program.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continue your exercise.
6. Always drink fluids if you exercise for twenty or more minutes on any 360Ef unit.

WARNING – TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

1. To ensure proper functioning of your 360Ef equipment, do not install attachments or accessories not provided or recommended by Diamondback.
2. Do not use this equipment if it is not working properly or if it has been damaged/broken. Contact your local authorized Diamondback fitness dealer for service.
3. Always wear proper clothing and shoes when exercising on your 360Ef unit.
4. User weight is not to exceed 300lbs / 135kgs for 360Ef.
5. Keep children and pets away from 360Ef equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
6. Place the 360Ef unit in an area that will meet minimum clearance requirements: *Front & Sides: 2 feet / 60cm, Back: 3feet/90cm.*
7. Place Keep 360Ef equipment away from walls to allow proper ventilation. Air should be able to circulate freely around the units. Keep all air openings free of dirt and dust. Never insert anything into openings.
8. The 360Ef is intended for indoor use in the home environment. It is not intended for outdoor use.
9. Place your 360Ef unit on a solid, level surface when in use.
10. Use the handlebar when getting on and off your 360Ef unit.
11. Make sure all components are fastened securely (i.e. handlebars, handrails, steparms, footpads) at all times.
12. Unplug the 360Ef from the outlet before moving it or servicing it.
13. Do not remove the covers or other components. Only an authorized Diamondback fitness dealer should perform the service.
14. SAVE THIS OPERATING INSTRUCTIONS MANUAL FOR YOUR REFERENCE.

ASSEMBLY DRAWING



ASSEMBLY INSTRUCTIONS

Step 1: Frame Assembly

1. Place the unit and all accompanying parts in a clean, flat and open space.
2. Attach the Stabilizer Bar to the Frame using two M10 bolts with two M10 nuts. Tighten these bolts firmly using an Allen wrench on the bolt and a box wrench on the nut.



Step 2: Console Mast Assembly

1. Slide the Console Mast Cover onto the Console Mast Receiver with the Cover's tabs facing down.
2. Hold the Console Mast slightly above the post on the front of the frame. Referring to the detail view in the Assembly Drawing; put the Cable End into the Sliding Hook so that the two are linked together.
3. Fit the Cable Bead into the slot at the top of the Stationary Hook by pulling up on the Tension Cable to move the Sliding Hook toward the Stationary Hook. Once the Cable Bead is in place, release the Tension Cable. The Cable Bead should remain in the Stationary Hook under tension.
4. Plug the wire from the Console Mast into the wire from the Console Mast Receiver.
5. Feed the slack in the wire and Tension Cable down into the Console Mast Receiver.
6. Slide the Console Mast into its housing on the frame. Be careful not to pinch the wire or tension cable while doing so, this could damage the wire.
7. Once the Console Mast is inserted into the frame, slide the Console Mast Cover up the Mast to allow access to the bolt holes at the bottom of the Mast. Attach the Console Mast to the Receiver using three M8 bolts.
8. Once the bolts are tightened down, snap the tabs on the Console Mast Cover into place on the Sidecases.

Step 3: Console Assembly

1. Hold the Console up to the top of the Console Mast and attach the three wires from the Mast to the back of the Console. Raise the Console to the front of the Mast and slide the slot in the back of the Console onto the top of the Mast. While sliding the Console on, feed the slack in the wires into the Mast. Note: Be careful not to pinch the wires while doing this, doing so could cause the unit to operate incorrectly.
2. Once the Console is in place on the Mast, attach it in place using four M5 x 15mm bolts.

Step 4: Footpad Assembly

1. Place the left Footpad on the left arm of the unit, and line up the holes in the footpad with the holes in the arm.
2. Place one M6 bolt (2.25 inches long) into the front hole of the footpad and through the arm. Place one M6 bolt (2.75 inches long) into the rear hole of the footpad and through the arm.
3. Thread one 5/16" Nylon Nut onto each of the M6 bolts. Use the hex wrench to turn the nut while holding the bolt with the M6 Allen wrench. Tighten the nuts until the bolts hold the footpad snugly in place.
4. Repeat the above steps with the right Footpad.

OPERATION & COMFORT TIPS



Pulse Hand Grips



Adjustment Knob



Console LCD Window

Pulse Hand Grips:

The 360Ef series units monitor your heart rate and come standard with stainless steel pulse hand grips. To activate, gently grasp both hand grips to obtain a heart rate reading.

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.
- Moisten your hands to get a better contact.

Resistance Adjustment:

You can adjust the level of resistance to any setting from level 1 to 8 at any time during your workout. To adjust the resistance level, turn the adjustment knob so that the indicator arrow is aligned with the desired level. The change in resistance will be effective immediately.

Console LCD Window:

The console will display the resistance level on the left side of the large LCD window..

CONSOLE LAYOUT





CONSOLE OPERATION

Display Windows

- Pulse display window: Place both hands on the contact heart rate sensors to get a pulse reading.
- The console includes one large LCD window that displays:
 - Resistance Level: The current resistance level from 1 to 8 is shown by the bar graph display on the left side of the screen.
 - Time, Speed, Distance, Calories, or Pulse: The large LCD window can display one of these data types at a time. To change the data type being displayed, press the "MODE" key at any time during a program.
 - Scan option for data displays: To set the data display to cycle through the data types automatically, press the "MODE" key until the word "SCAN" appears in the LCD window below the data display.

Keys

- START/STOP key: Press the START/STOP key once to start or pause the program. Press and hold for 2 seconds to reset the console.
- UP/DOWN key: Press the UP or DOWN key to adjust the default reading of Time, Distance, and Calories during the programming.
- MODE key: Press the MODE key before starting a program to select a different program type.
- During a program, pressing the MODE key will select a different data display on the large LCD window.

Console Setting

- POWER: Console is powered by 2AA batteries.
- PAUSE mode: If no RPM has been detected for 25 seconds, or the START/STOP key has been pressed once during the program, the console will enter PAUSE mode. The large LCD will display "PAUSE".
- To resume the program from PAUSE mode, press the START/STOP key once.
- POWER SAVE mode: If no RPM has been detected for 5 minutes, the console will enter POWER SAVE mode, and the displays will shut down. To start the console, press any key or start pedaling the unit.

PROGRAMS

Q U I C K S T A R T P R O G R A M

Getting Started

Start pedaling the unit. Press the "START/STOP" key once to start the console and begin tracking your exercise data.

Adjusting Load

Manually adjust the tension knob to the desired resistance level, see Operation section at page 11 for instruction. The selected resistance level will be displayed on the large LCD window for viewing.

Note: You can adjust the tension at anytime during your workout.

Program Notes

- To PAUSE the program – Press the START/STOP key once at any time to pause the program.
- The 5 small windows will display the current data for viewing. The large LCD window will display "PAUSE".
- To RESUME the program – Press the START/STOP key once from PAUSE mode to continue the program.
- All the display windows will continue tracking your exercise data.
- To STOP or RE-START the program: Press and hold the START/STOP key for 2 seconds to reset the console. All of the data values will reset back to "0".

T I M E T A R G E T P R O G R A M

Getting Started

Start pedaling the unit. Press "MODE" key once to enter the Time target program. Press "UP" or "DOWN" key to set your target Time. Then press the START/STOP key once to start your program.

Adjusting Load

Manually adjust the tension knob to the desired resistance level, see Operation section at page 11 for instruction. The selected resistance level will be displayed on the large LCD window for viewing.

Note: You can adjust the tension at anytime during your workout.

Program Notes

- To PAUSE the program – Press the START/STOP key once at any time to pause the program.
- The 5 small windows will display the current data for viewing. The large LCD window will display "PAUSE".
- To RESUME the program – Press the START/STOP key once from PAUSE mode to continue the program.
- All the display windows will continue tracking your exercise data.
- To STOP or RE-START the program: Press and hold the START/STOP key for 2 seconds to reset the console. All of the data values will reset back to "0".





WORKOUT GUIDELINES

D I S T A N C E T A R G E T P R O G R A M

Getting Started

Start pedaling the unit. Press "MODE" key twice to enter the Distance target program. Press the "UP" or "DOWN" key to set your target Distance. Then press the START/STOP key once to start your program.

Adjusting Load

Manually adjust the tension knob to the desired resistance level, see Operation section at page 11 for instruction. The selected resistance level will be displayed on the large LCD window for viewing.

Note: You can adjust the tension at anytime during your workout.

Program Notes

- To PAUSE the program – Press the START/STOP key once at any time to pause the program.
- The 5 small windows will display the current data for viewing. The large LCD window will display "PAUSE".
- To RESUME the program – Press the START/STOP key once from PAUSE mode to continue the program.
- All the display windows will continue tracking your exercise data.
- To STOP or RE-START the program: Press and hold the START/STOP key for 2 seconds to reset the console. All of the data values will reset back to "0".

C A L O R I E S T A R G E T P R O G R A M

Getting Started

Start pedaling the unit. Press the "MODE" key three times to enter the Calories target program. Press the "UP" or "DOWN" key to set your target Calories. Then press START/STOP key once to start your program.

Adjusting Load

Manually adjust the tension knob to the desired resistance level, see Operation section at page 11 for instruction. The selected resistance level will be displayed on the large LCD window for viewing.

Note: You can adjust the tension at anytime during your workout.

Program Notes

- To PAUSE the program – Press the START/STOP key once at any time to pause the program.
- The 5 small windows will display the current data for viewing. The large LCD window will display "PAUSE".
- To RESUME the program – Press the START/STOP key once from PAUSE mode to continue the program.
- All the display windows will continue tracking your exercise data.
- To STOP or RE-START the program: Press and hold the START/STOP key for 2 seconds to reset the console. All of the data values will reset back to "0".

WORKOUT GUIDELINES

Good health is an exercise in common sense.

The Surgeon General released a new study in 2001, The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. It indicates that 61% of American adults are either overweight or obese. The story states that overweight increases the risk of health problems, such as heart disease, certain types of cancer, type 2 diabetes, etc. It further points out that overweight needs to be regarded primarily as a Health rather than as an Appearance issue.

The Surgeon General's Healthy weight advice for consumers is:

1. Aim for a healthy weight: Find your Body Mass Index (BMI) on the chart below.
2. Be active: Keep physically active to balance the calories you consume.
3. Eat well: Select sensible portion sizes.



$$\text{BMI} = (\text{weight (lb)} \div \text{height}^2 (\text{in})) \times 703$$

Weight in Pounds

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Healthy Weight Overweight Obese

Note: This chart is for adults (aged 20 years and older).

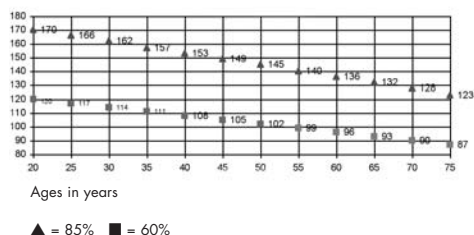
Heart rate is an important key to your exercise.

The Surgeon General also released a report on physical activity and health. This report definitively stated that exercise and fitness are beneficial for a person's health and redefined that exercise is a key component of disease prevention and healthier living.

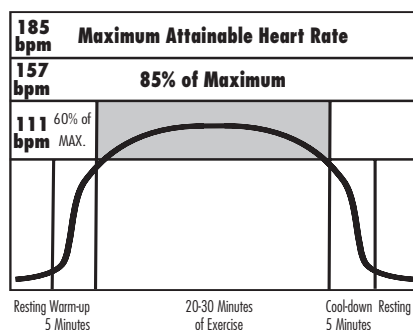
Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of



Heart Rate Guidelines 60% - 85% Maximum Target



Typical Target Zone Exercise Patterns for 35 year-old



WORKOUT GUIDELINES (CONTINUED)

stress placed on the cardiovascular system. Taking full advantage of this information, the 360Ef is designed to include heart rate monitoring features.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover.

The best way to monitor exercise intensity is to accurately count your pulse during exercise. Your heart rate can easily be determined by counting your pulse at the chest, wrist or at the carotid artery on your neck. It is difficult to count your own pulse during exercise, mainly because you cannot count fast enough to get an accurate number. The 360Ef is equipped with a wireless telemetry receiving system. What it does is automatically count your heart rate while you are wearing a heart rate chest belt during your exercising period. Heart rate is monitored and electronically displayed as a digital read-out. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

Maximum Heart Rate & Training Zone

To calculate your maximum heart rate and find your training zone, use the following formula. An example has been provided below based for a 35-year-old person:

220 - Age = Maximum Heart Rate	(220 - 35 = 185)
60% of Maximum Heart Rate	(60% x 185 = 111bpm)
85% of Maximum Heart Rate	(85% x 185 = 157bpm)
Training Zone:	111bpm - 157bpm

Quantity & Quality

It is recommended that you accumulate at least 30 minutes of physical activity most days of the week. Physical activity should be initiated slowly and the intensity should be increased gradually. You should select activities that you enjoy and can fit into your daily life. Having Diamondback equipment at home certainly gives you the comfortable and convenient workout you want.

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardio respiratory fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

DOMESTIC WARRANTY INFORMATION

Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a health-care professional.

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.





DOMESTIC WARRANTY INFORMATION

(Applies to all product sold and placed within the continental US, Alaska, Hawaii, and Puerto Rico only)

Effective: June 2006

Diamondback warrants its 360Ef to be free from defects in material and workmanship under normal use in the home and light instructional environments. Diamondback's obligation under this Warranty is limited to repair or replacement of any defective part without charge through an authorized service agent to the original purchaser with the following parameters:

Who is covered:

The Warranty is extended to the individual or legal entity whose name appears on the Warranty registration card filed with Diamondback and may not be transferred to any other individual or legal entity.

To obtain service:

To obtain service you must contact your authorized Diamondback Fitness dealer. Your dealer is also your authorized service agent. An authorized service agent must diagnose your unit in order to determine Warranty claims/issues.

Sales where the unit is delivered unassembled (in a carton) to the end user (e.g. mail order or Internet sales) without a service contract purchased through the dealer voids the Warranty.

Warranty Registration:

Warranty commitments are valid only with a completed Warranty card that is returned within 15 days from the date of purchase and includes the product serial number. Registration is available at www.diamondbackfitness.com.

Proof of purchase from Diamondback's authorized dealer will be required if the Warranty card is not registered prior to any consideration of Warranty claim.

WHAT IS COVERED

Home

Maximum Usage: 14 Hours per week

Frame:	Lifetime limited Warranty, covers defects in welds, materials, and workmanship.
Parts & Electronics:	2 years for parts; 4 years for Brake
Normal Wear Items:	90-day limited on foam grips, pedals, etc.
Labor:	1 Year

Light Institutional

Maximum Usage: 21 Hours per week

Frame:	Lifetime limited Warranty, covers defects in welds, materials, and workmanship.
Parts & Electronics:	1 year
Normal Wear Items:	90-day limited on foam grips, pedals, etc.
Labor:	1 Year

DOMESTIC WARRANTY INFORMATION (CONTINUED)

Warranty voided if:

The Warranty does not apply to any failure of the product, or any parts of the product, due to: assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Assembly errors include but are not limited to:

Damaged wire harness.
Stripped crank arms and/or pedals.
Bolts used in the wrong location.

Parts & Service:

Contact the authorized Diamondback dealer where unit as originally purchased. If you have moved, or that retailer is unavailable, use our dealer locator at www.diamondbackfitness.com to help find another authorized dealer.

Diamondback is not responsible for arranging Warranty service and/or honoring extended warranties provided by dealers.

Exclusions:

Warranty is void if the 360Ef unit is placed in a commercial or light commercial environment, such as health club, school, or correctional facility.

Additional Rights:

This Warranty is expressly in lieu of all other warranties, and any implied warranties of merchantability or fitness for a particular purpose created hereby, are limited to the same duration as the express Warranty herein. Diamondback Fitness, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you.

Retailers and wholesale outlets for Diamondback Fitness, Inc. products are not authorized to modify this Warranty in any way.

This Warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

Diamondback Fitness, Inc

300 Camarillo Ranch Road
Camarillo, CA 93012

800-776-7642





MAINTENANCE

CAUTION – FOR SAFE OPERATION

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose handrails, loose cranks and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

After workout, always wipe down your 360Ef unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. To clean pads, use a mild soap and warm water. Dry with a clean towel.

If noises develop or malfunctions occur, contact your authorized Diamondback fitness dealer.

WARRANTY CARD



Important! • Important! • Important! • Important! • Important! • Important!

Warranty card must be completed and returned to Diamondback within 15 days of purchase. Failure to comply may void manufacturer's Warranty. Or, you may register your product at www.diamondbackfitness.com.

Your Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Daytime phone No.: _____

Evening phone No.: _____

Dealer Store Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Model: _____

Serial No.: _____

Purchase Date: _____

Environment Unit Placed:

☐ Home

☐ Light Institutional, i.e. Hotel, Business Center...

Mail completed form to:

Diamondback Fitness - Warranty Card

300 Camarillo Ranch Road

Camarillo, CA 93012

Please refer to www.diamondbackfitness.com for instructions in French.
Svp référez-vous www.diamondbackfitness.com pour instructions en français.

www.diamondbackfitness.com

Diamondback Fitness
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Camarillo, CA 93012
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well equipped for success

Part no. 22-96-901