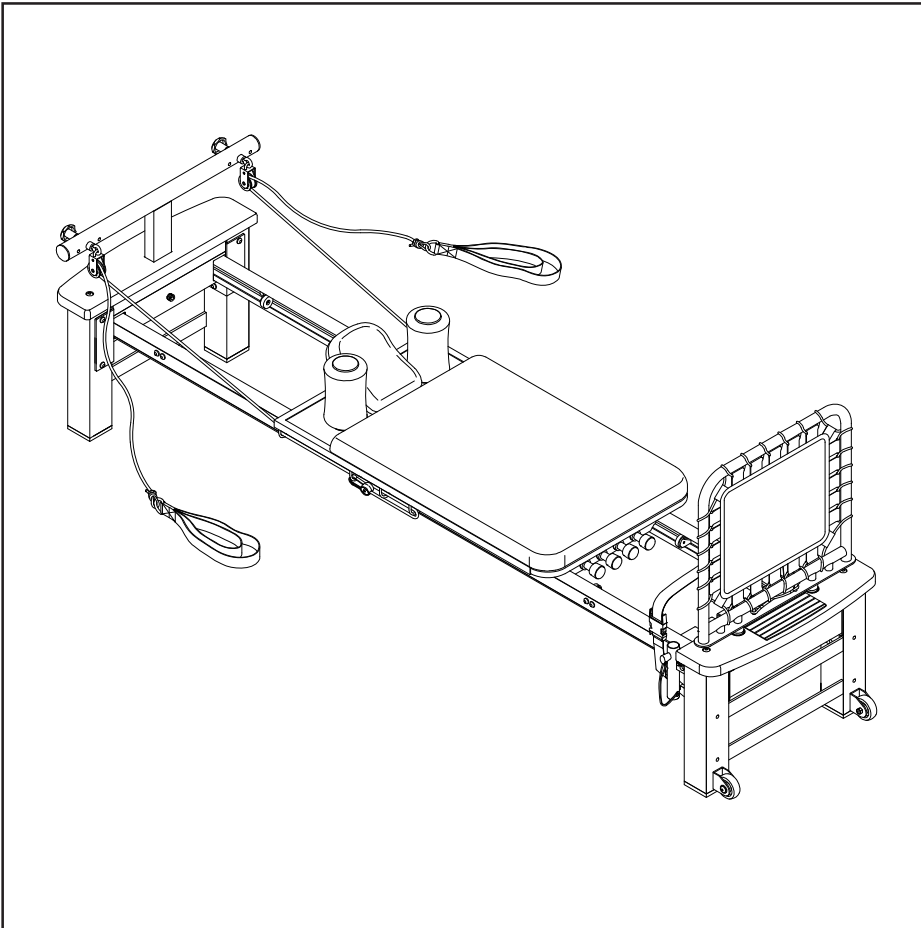


AeroPilates[®]

PRO XP⁵⁵⁶

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 securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

Model#: 55-5556B

**Patent Nos. D382,319
and 7,179,207.**

**Other patent(s) apply
& are pending**

MADE IN CHINA

**Product May Vary Slightly
From Pictured.**

CAUTION:
Weight on this product should not exceed 300 lbs.

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: This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the *AeroPilates*® Pro XP556.

1. We recommend that two people be available for assembly of this product.
2. Read all warnings posted on the *AeroPilates*® Pro XP556.
3. Read this Owner's Manual and follow it carefully before using the *AeroPilates*® Pro XP556. Make sure that it is properly assembled and tightened before use.
4. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and the product.
5. Keep children away from the *AeroPilates*® Pro XP556. Do not allow children to use or play on the *AeroPilates*® Pro XP556. Keep children and pets away from the *AeroPilates*® Pro XP556 when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the *AeroPilates*® Pro XP556 on a solid level surface. Do not position the *AeroPilates*® Pro XP556 on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the *AeroPilates*® Pro XP556.
9. Before using, inspect *AeroPilates*® Pro XP556 for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. 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.
11. Follow your physician's recommendations in developing your own personal fitness program.
12. 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.
13. Do not wear loose or dangling clothing while using the *AeroPilates*® Pro XP556.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the *AeroPilates*® Pro XP556, loss of balance may result in a fall and serious bodily injury.
15. The *AeroPilates*® Pro XP556 should not be used by persons weighing over 300 pounds.
16. The *AeroPilates*® Pro XP556 should be used by only one person at a time.
17. The *AeroPilates*® Pro XP556 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 *AeroPilates*® Pro XP556

To help you get started, we have pre-assembled most of your *AeroPilates*® Pro XP556 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 **AeroPilates® Pro XP556**. 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 **AeroPilates® Pro XP556** 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.

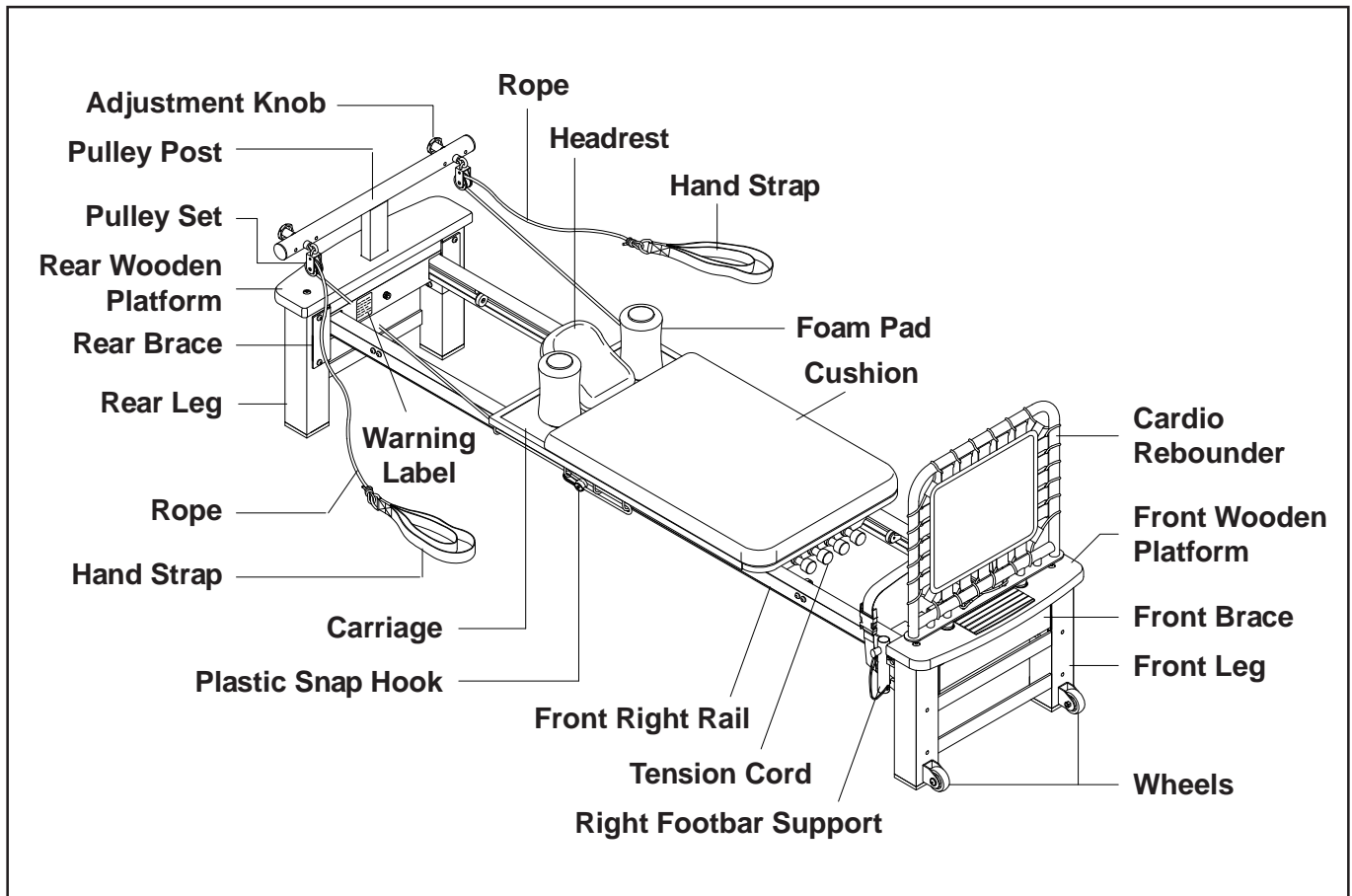
Read this manual carefully before using the **AeroPilates® Pro XP556**.

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 **AeroPilates® Pro XP556**, please do not return the product. Contact us **FIRST!**

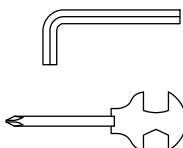
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

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.

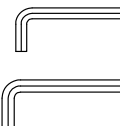


THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Allen Wrench (8mm)

Combination Wrench



Allen Wrench (5mm)

Allen Wrench (6mm)

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **AeroPilates® Pro XP556**. Please take a moment to familiarize yourself with all of the warning & notice labels.

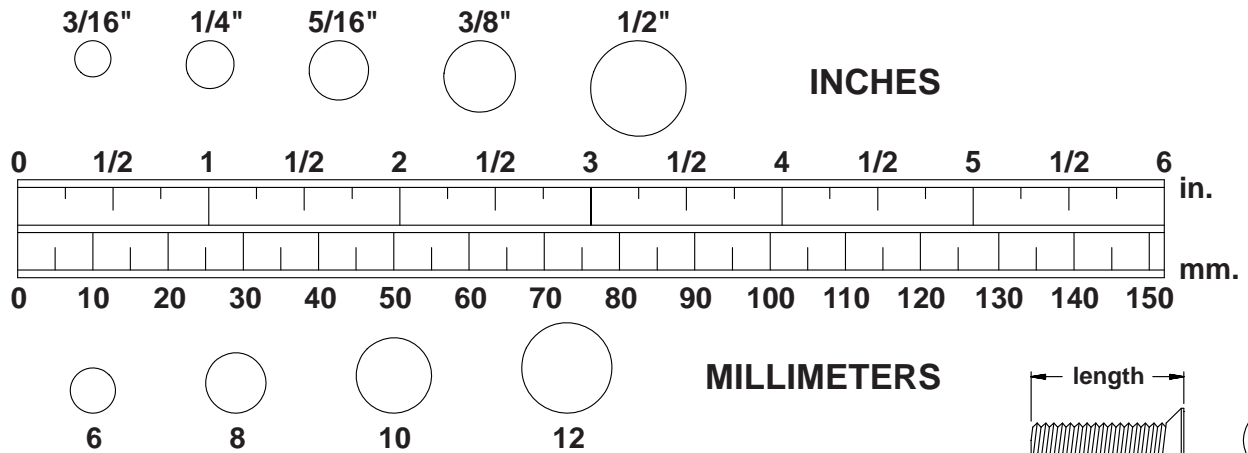
Label is larger than actual size

W1 WARNING LABEL(75)

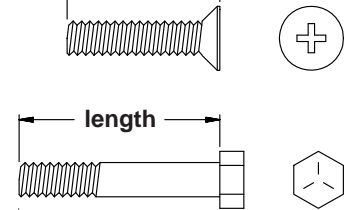


HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end 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.

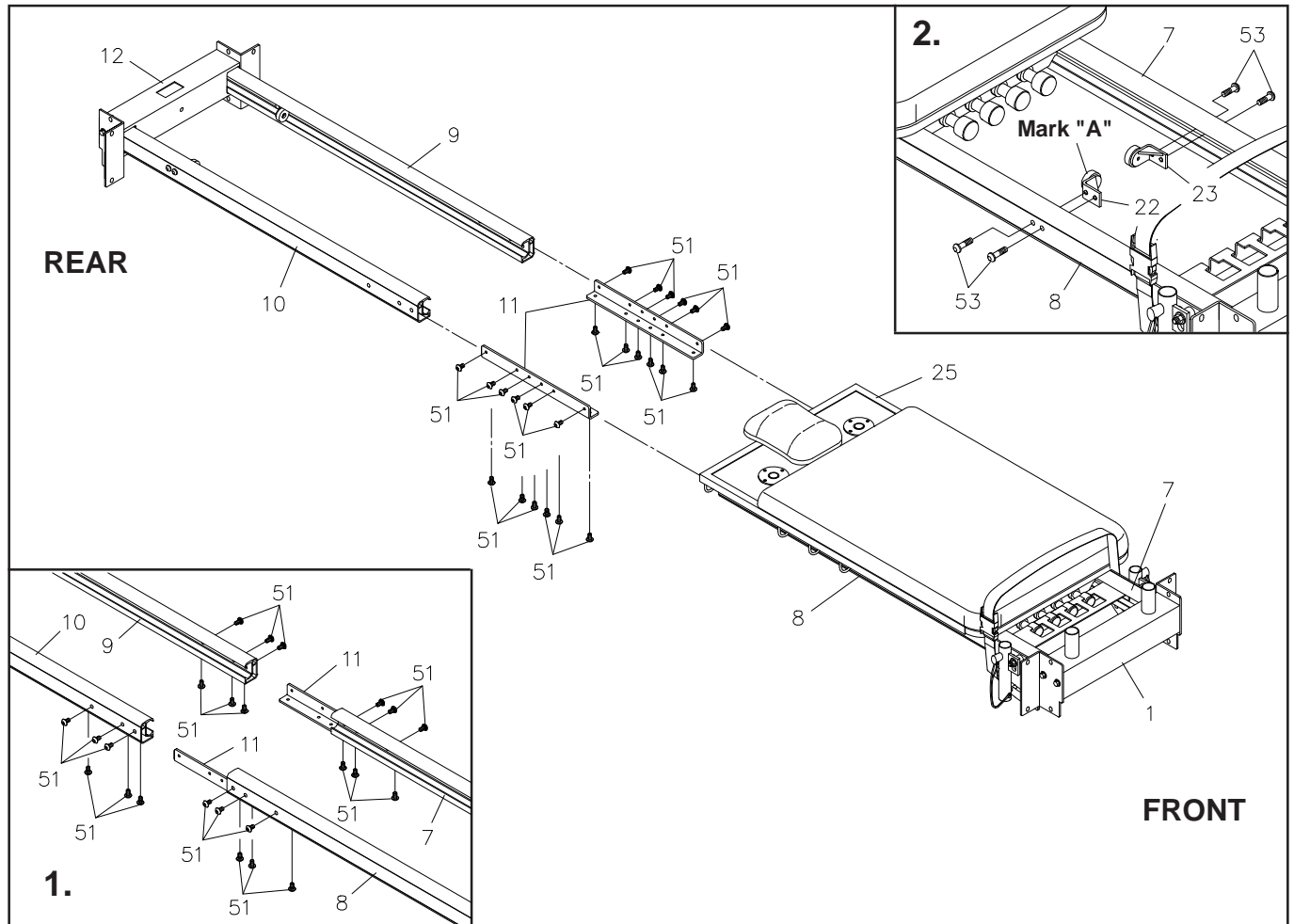


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	51 Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker)	24
	52 Bolt, Button Head (M8 x 1.25 x 20mm)	16
	53 Bolt, Button Head (M8 x 1.25 x 24mm, with threadlocker)	4
	54 Bolt, Button Head (M8 x 1.25 x 30mm)	4
	56 Bolt, Button Head (M8 x 1.25 x 42mm)	2
	57 Bolt, Socket Head (M10 x 1.5 x 35mm)	1
	67 Nylock Nut (M8 x 1.25)	2
	70 Arc Washer (M8)	2
	73 Washer (M8)	2

ASSEMBLY INSTRUCTIONS

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



NOTE: We recommend that two people be available for assembly of this product.

STEP 1

Refer to illustration 1. To connect the **RAILS**: Insert the **CONNECTING BRACKETS(11)** into the **FRONT LEFT RAIL(7)** and **FRONT RIGHT RAIL(8)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(51)**. Do not tighten the bolts until STEP 2.

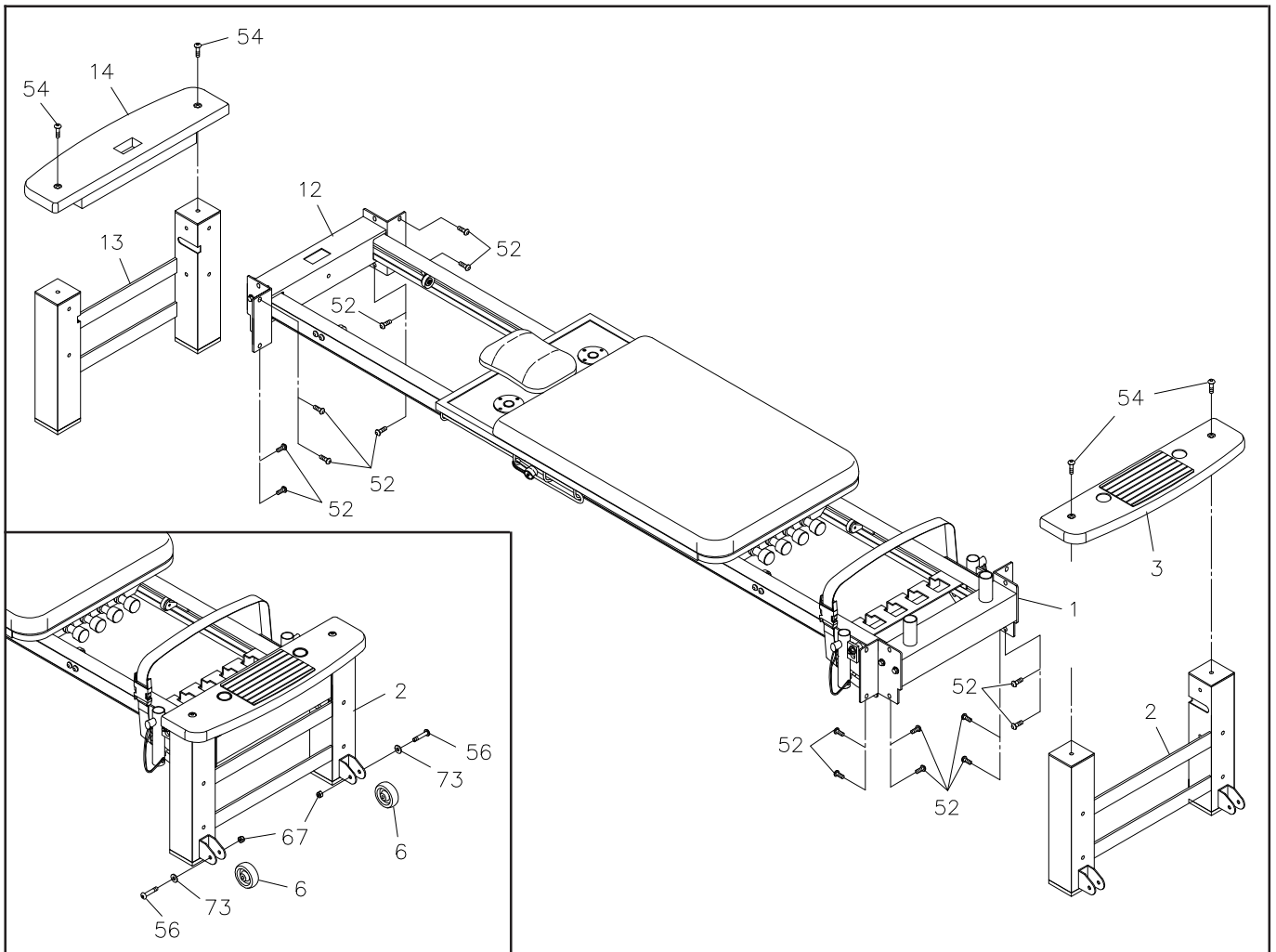
STEP 2

Insert the **CONNECTING BRACKETS(11)** into the **REAR LEFT RAIL(9)** and **REAR RIGHT RAIL(10)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(51)**. Tighten all of the bolts.

STEP 3

Refer to illustration 2. There is an "A" decal on the **STOP BRACKET A(22)** and a "B" decal on the **STOP BRACKET B(23)**. Move the **CARRIAGE(25)** toward the **REAR BRACE(12)**. Attach the **STOP BRACKET A(22)** to the **FRONT RIGHT RAIL(8)** with **BUTTON HEAD BOLTS(M8x1.25x24mm)(53)**. Attach the **STOP BRACKET B(23)** to the **FRONT LEFT RAIL(7)** with **BUTTON HEAD BOLTS(M8x1.25x24mm)(53)**.

ASSEMBLY INSTRUCTIONS



STEP 4

Slide the **FRONT LEG(2)** onto the **FRONT BRACE(1)** as shown in the illustration and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(52)**. Do not tighten bolts until STEP 5 is complete.

STEP 5

Slide the **REAR LEG(13)** onto the **REAR BRACE(12)** as shown in the illustration and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(52)**. Tighten all of the bolts.

STEP 6

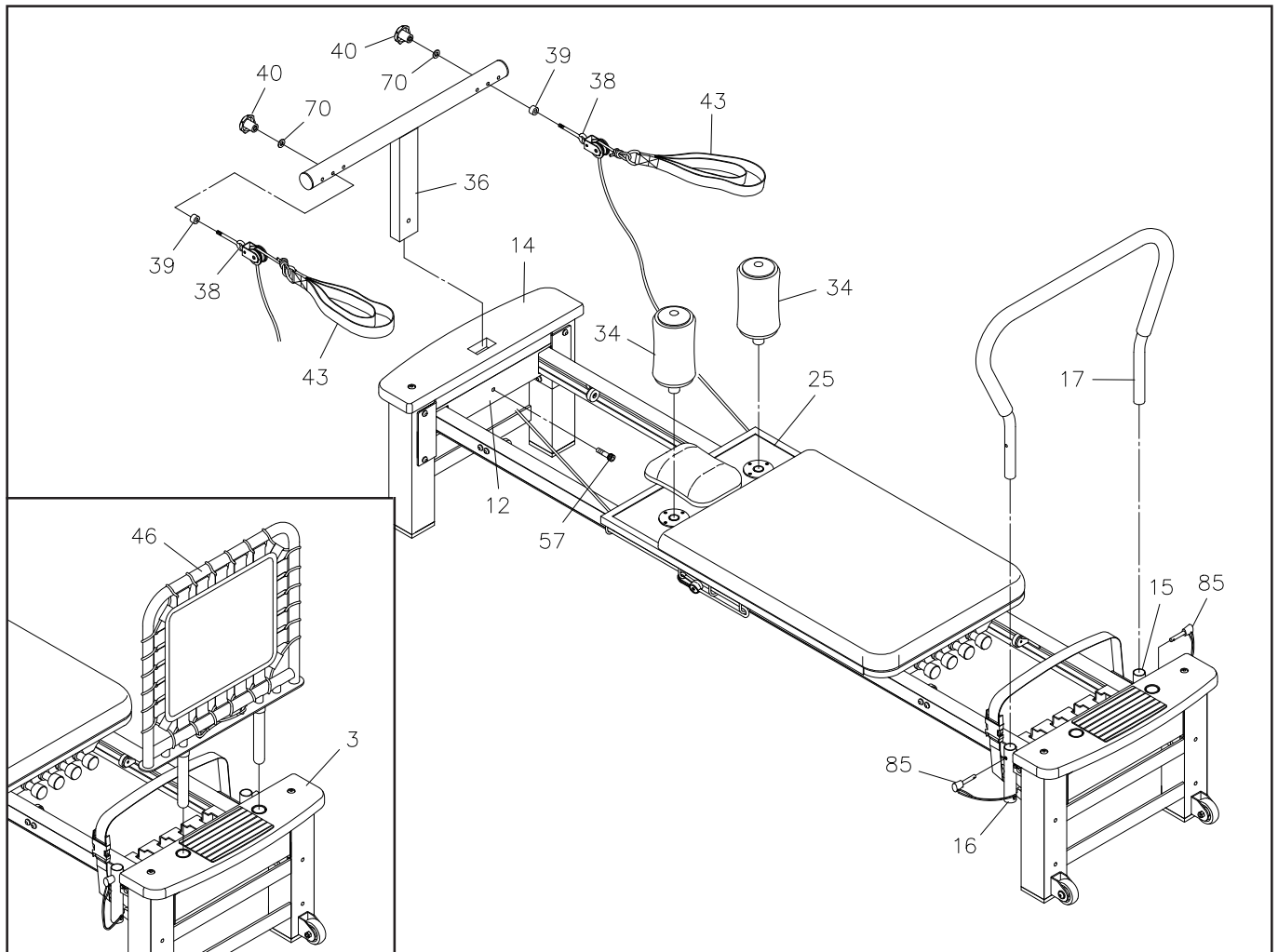
Attach the **FRONT WOODEN PLATFORM(3)** to the top of the **FRONT LEG(2)** with **BUTTON HEAD BOLTS (M8x1.25x30mm)(54)**.

Attach the **REAR WOODEN PLATFORM(14)** to the top of the **FRONT LEG(13)** with **BUTTON HEAD BOLTS(M8x1.25x30mm)(54)**.

STEP 7

Attach the **WHEELS(6)** to the **FRONT LEG(2)** with **BUTTON HEAD BOLTS(M8x1.25x42mm)(56)**, **WASHERS(M8)(73)**, and **NYLOCK NUTS(M8x1.25)(67)**.

ASSEMBLY INSTRUCTIONS



STEP 9

Insert the **PULLEY POST(36)** into the **REAR WOODEN PLATFORM(14)** and secure with **SOCKET BOLT(M10x1.5x35mm)(57)**. Insert the **PULLEY SETS(38)** through the **PULLEY SPACERS(39)** and the **PULLEY POST(36)** and secure with **ADJUSTMENT KNOBS(40)** and **ARC WASHERS(M8)(70)**.

STEP 10

Screw the two **FOAM PADS(34)** into the **CARRIAGE(25)**.

STEP 11

The **FOOTBAR(17)** and the **CARDIO REBOUNDER(46)** cannot be used at the same time. For cardio workouts, install the **CARDIO REBOUNDER(46)** and for Pilates workouts, install the **FOOTBAR(17)**.

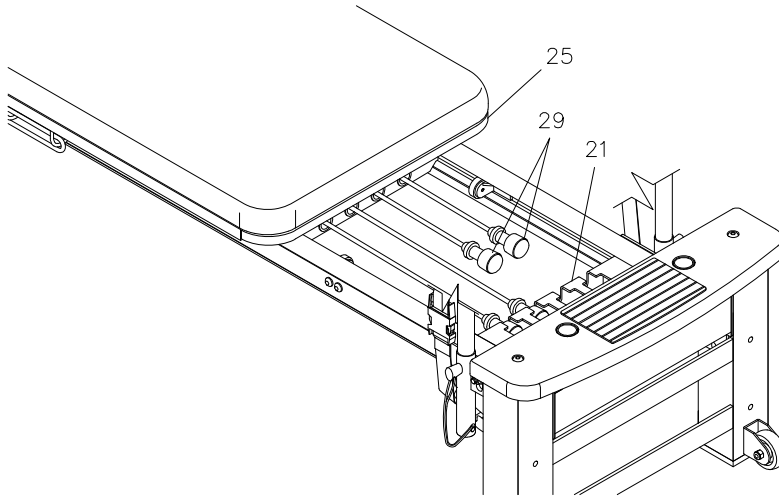
1. To install the **FOOTBAR(17)**, insert the **FOOTBAR(17)** into the **LEFT** and **RIGHT FOOTBAR SUPPORTS (15, 16)**. Lock the **FOOTBAR(17)** in position with the **PULL PINS(85)** on both sides.
2. To remove the **FOOTBAR(17)**, remove the **PULL PINS(85)** on both sides. Grasp the **FOOTBAR(17)** on both sides, pull up, and remove. Store the **PULL PINS(85)** by inserting them back into the holes on the **LEFT** and **RIGHT FOOTBAR SUPPORTS(15, 16)**.
3. Refer to the inset drawing. To install the **CARDIO REBOUNDER(46)**, insert the **CARDIO REBOUNDER (46)** posts into the holes in the **FRONT WOODEN PLATFORM(3)**.

OPERATIONAL INSTRUCTION

LOAD ADJUSTMENT

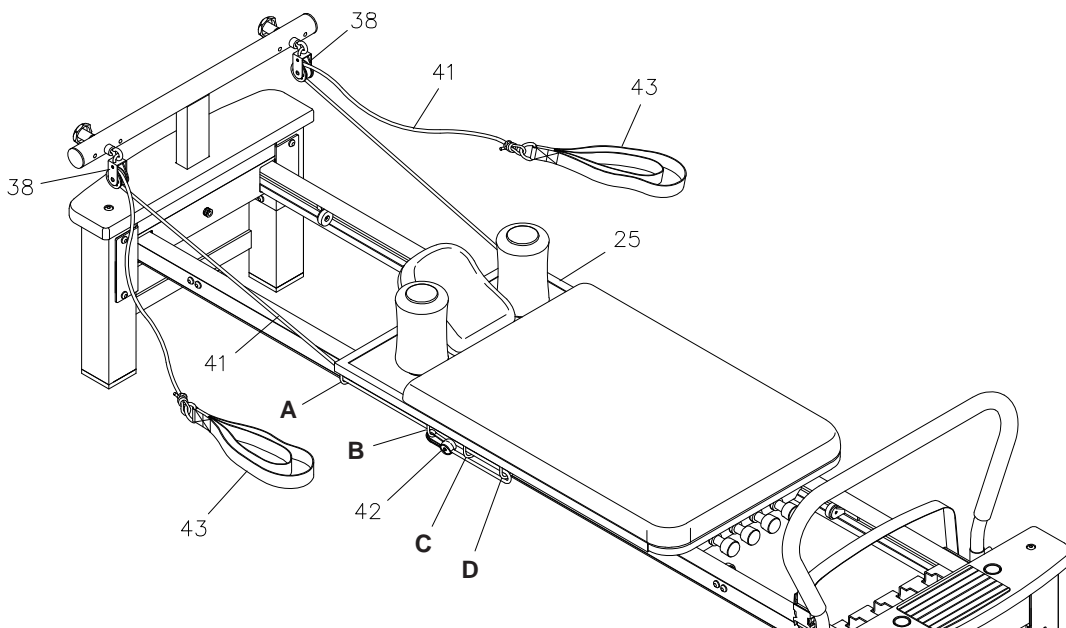
The resistance of the **CARRIAGE(25)** can be adjusted by securing the **TENSION CORDS(29)** in the slots on the **CORD HOLDER(21)**. You can achieve various levels of resistance by securing different numbers of the **TENSION CORDS(29)** in the slots.

NOTE: Over time your **TENSION CORDS(29)** will relax. To increase resistance in the **TENSION CORDS(29)**, stretch and re-tie the tension cords in a more taut position.



ROPE LENGTH ADJUSTMENT

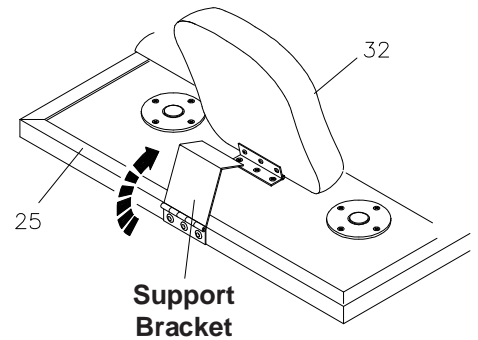
The **ROPES(41)** feed through the **PULLEY SETS(38)** then thread through the loops on the underside of both outer edges of the **CARRIAGE(25)**. **PLASTIC SNAP HOOKS(42)** on the end of each rope are used to adjust the **ROPE(41)** length. If more length is needed, attach the **PLASTIC SNAP HOOKS(42)** to loop D. To shorten, bring the **ROPES(41)** around the last loop D and secure to loops A, B, or C with the **PLASTIC SNAP HOOKS(42)**. Wrap **ROPES(41)** through the loops and attach where needed to shorten **ROPES(41)** even more.



OPERATIONAL INSTRUCTION

HEADREST ADJUSTMENT

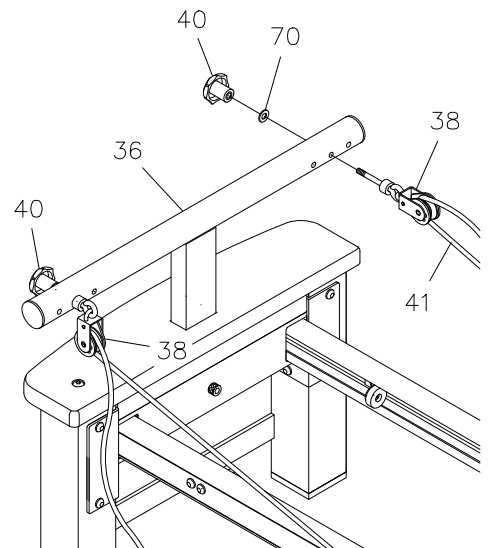
The **HEADREST(32)** on the **CARRIAGE(25)** can be positioned flat or at an incline by simply pivoting the support bracket underneath the **HEADREST(32)**.



PULLEY ADJUSTMENT

There are three adjustment holes on each side of the **PULLEY POST(36)** for attaching the **PULLEY SETS(38)** in different widths. Remove the **ADJUSTMENT KNOBS(40)** and **ARC WASHERS (M8)(70)** from the **PULLEY POST(36)**. Attach the **PULLEY SETS(38)** to the position you want and secure with the **ADJUSTMENT KNOBS(40)** and **ARC WASHERS(M8)(70)**.

NOTE: Always use the same adjustment holes for both sides.

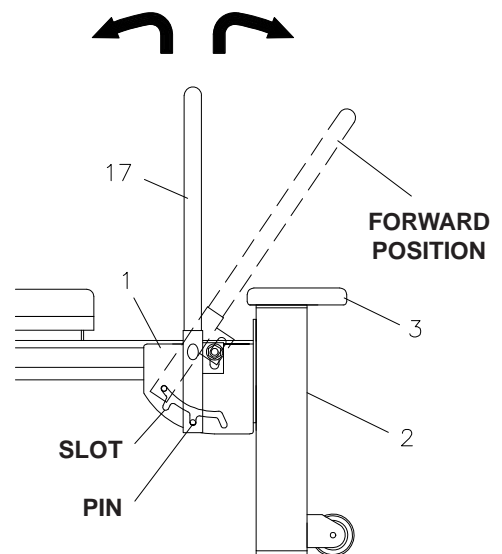


FOOTBAR ADJUSTMENT

The **FOOTBAR(17)** can be positioned at three angles. Lift the **FOOTBAR(17)** until the pins come out of the slots on the **FRONT BRACE(1)**. Move the **FOOTBAR(17)** to the desired position and lock the **FOOTBAR(17)** in position by pushing it down so that the pins are in the slots on the **FRONT BRACE(1)**.

NOTE:

1. Always make sure the pins are locked into the slots properly.
2. Use forward position of the **FOOTBAR(17)** when standing on the *AeroPilates® Pro XP556* with one foot on the **FRONT WOODEN PLATFORM(3)**.



STORAGE

1. Store the **AeroPilates® Pro XP556** in a clean, dry place.
2. It is recommended that two people be available to move the **AeroPilates® Pro XP556**.
3. To move the **AeroPilates® Pro XP556**: First, attach one of the **TENSION CORDS(29)** in the slot on the **CORD HOLDER(21)** to prevent the **CARRIAGE(25)** from moving. Second, grasp the **PULLEY POST(36)** and lift the unit from the back. Third, roll the **AeroPilates® Pro XP556** on the moving wheels that are attached to the **FRONT LEG(2)**.

MAINTENANCE

The safety and integrity designed into the **AeroPilates® Pro XP556** can only be maintained when the **AeroPilates® Pro XP556** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components should be replaced immediately or the **AeroPilates® Pro XP556** removed from service until repair is made.
3. Verify that the **WARNING LABEL(75)** is present and legible. Replace the **WARNING LABEL(75)** if it is missing or damaged.
4. Verify that the **ROPES(41)** are properly installed on the **PULLEY SETS(38)**.
5. Check the condition of the **ROPES(41)** and replace if they are frayed or worn.
6. Check the **PLASTIC SNAP HOOKS(42)** on the ends of the **ROPES(41)**. Replace the **ROPES(41)** if **PLASTIC SNAP HOOKS(42)** are damaged or deformed.
7. Check the **TENSION CORDS(29)**. If a **TENSION CORD(29)** is stretched and loose, re-tie the knot on the end of the cord. Replace **TENSION CORDS(29)** that are frayed or worn.
8. Check the **BUNGEE CORD(48)** on the **CARDIO REBOUNDER(46)** for wear. Replace the **CARDIO REBOUNDER(46)** if the **BUNGEE CORD(48)** is frayed or worn.
9. Check the **PULLEY SETS(38)** for excessive wear. Replace worn **PULLEY SETS(38)**.
10. Check the **HAND STRAPS(43)** for damage. Replace damaged parts.
11. Check the **FOAM SLEEVE(18)** and **FOAM PADS(34)** and replace if damaged or worn.
12. Check the **STOP PLATES(22, 23)** for looseness or damage and replace any damaged parts.
13. Check the **CUSHION(28)** and replace if it is damaged or worn.
14. Check and clean the **ROLLERS(26)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
15. Only Stamina Products supplied components shall be used to maintain/repair the **AeroPilates® Pro XP556**.
16. Keep your **AeroPilates® Pro XP556** clean by wiping with an absorbent cloth after use.

CONDITIONING GUIDELINES

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

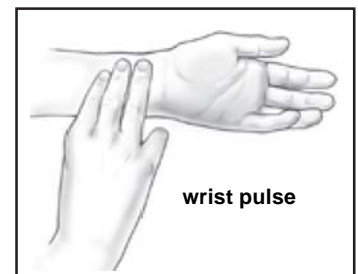
Remember to follow these essentials:

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

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

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

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



Target Heart Rate Zone Estimated by Age*

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

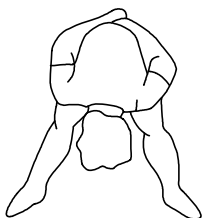
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

WARM-UP and COOL-DOWN

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

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

Suggested Stretching Exercises



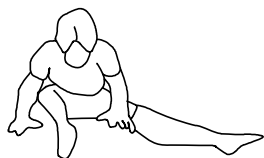
Lower Body Stretch

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



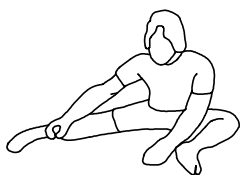
Floor Stretch

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.

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 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.

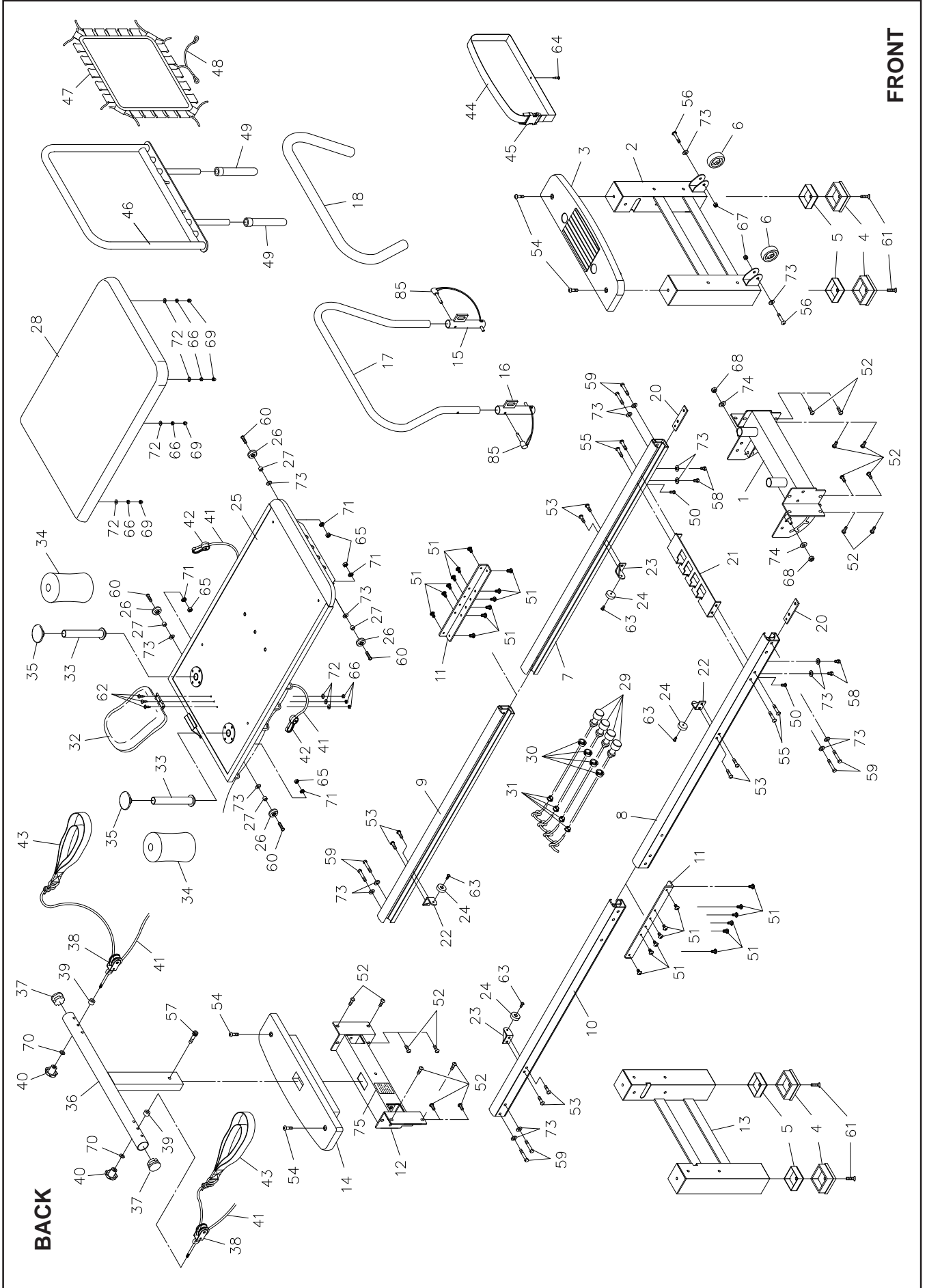
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, 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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PRODUCT PARTS DRAWING



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Front Brace	1
2	Front Leg	1
3	Front Wooden Platform	1
4	Stand Cap	4
5	Support Cap	4
6	Wheel	2
7	Front Left Rail	1
8	Front Right Rail	1
9	Rear Left Rail	1
10	Rear Right Rail	1
11	Connecting Bracket	2
12	Rear Brace	1
13	Rear Leg	1
14	Rear Wooden Platform	1
15	Left Footbar Support	1
16	Right Footbar Support	1
17	Footbar	1
18	Foam Sleeve	1
20	Support Plate	2
21	Cord Holder	1
22	Stop Bracket A	2
23	Stop Bracket B	2
24	Bumper	4
25	Carriage	1
26	Roller	4
27	Roller Spacer	4
28	Cushion	1
29	Tension Cord	4
30	Support Bushing	4
31	Stop Bushing	4
32	Headrest	1
33	Foam Pad Tube	2
34	Foam Pad	2
35	Foam Cap	2
36	Pulley Post	1
37	Round Plug (42mm)	2
38	Pulley Set	2
39	Pulley Spacer	2
40	Adjustment Knob	2
41	Rope	2
42	Plastic Snap Hook	2
43	Hand Strap	2
44	Foot Strap	1
45	Buckle	1
46	Cardio Rebounder	1
47	Cardio Rebounder Mat	1
48	Bungee Cord	1
49	Bumper Sleeve	2

PARTS LIST

DIAGRAM#	PART NAME	QTY
50	Bolt, Button Head (M6 x 1 x 10mm)	2
51	Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker)	24
52	Bolt, Button Head (M8 x 1.25 x 20mm)	16
53	Bolt, Button Head (M8 x 1.25 x 24mm, with threadlocker)	8
54	Bolt, Button Head (M8 x 1.25 x 30mm)	4
55	Bolt, Button Head (M8 x 1.25 x 28mm)	4
56	Bolt, Button Head (M8 x 1.25 x 42mm)	2
57	Bolt, Socket Head (M10 x 1.5 x 35mm)	1
58	Bolt, Hex Head (M8 x 1.25 x 12mm, with threadlocker)	4
59	Bolt, Hex Head (M8 x 1.25 x 50mm)	8
60	Bolt, Round Head (M8 x 1.25 x 25mm)	4
61	Bolt, Flat Head (M10 x 1.5 x 42mm)	4
62	Screw, Flat Head (M5 x 0.8 x 25mm)	3
63	Screw, Round Head (M6 x 1 x 10mm)	4
64	Screw, Round Head (M4 x 18mm)	1
65	Nut (M8 x 1.25)	4
66	Nylock Nut (M5 x 0.8)	7
67	Nylock Nut (M8 x 1.25)	2
68	Nylock Nut (3/8"-16)	2
69	Acorn Nut (M5 x 0.8)	4
70	Arc Washer (M8)	2
71	Lock Washer (M8)	4
72	Washer (M5)	7
73	Washer (M8)	18
74	Washer (3/8")	2
75	Warning Label	1
76	Allen Wrench (5mm)	1
77	Allen Wrench (6mm)	1
78	Allen Wrench (8mm)	1
79	Combination Wrench	1
80	Manual	1
81	Workout Chart	1
82	Introduction to AeroPilates® (DVD)	1
83	AeroPilates® Level 1: Simply Cardio Workout (DVD)	1
84	AeroPilates® Level 1: Pure Pilates Workout (DVD)	1
85	Pull Pin	2

