



GX8

Elliptical Trainer

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.

75-2000

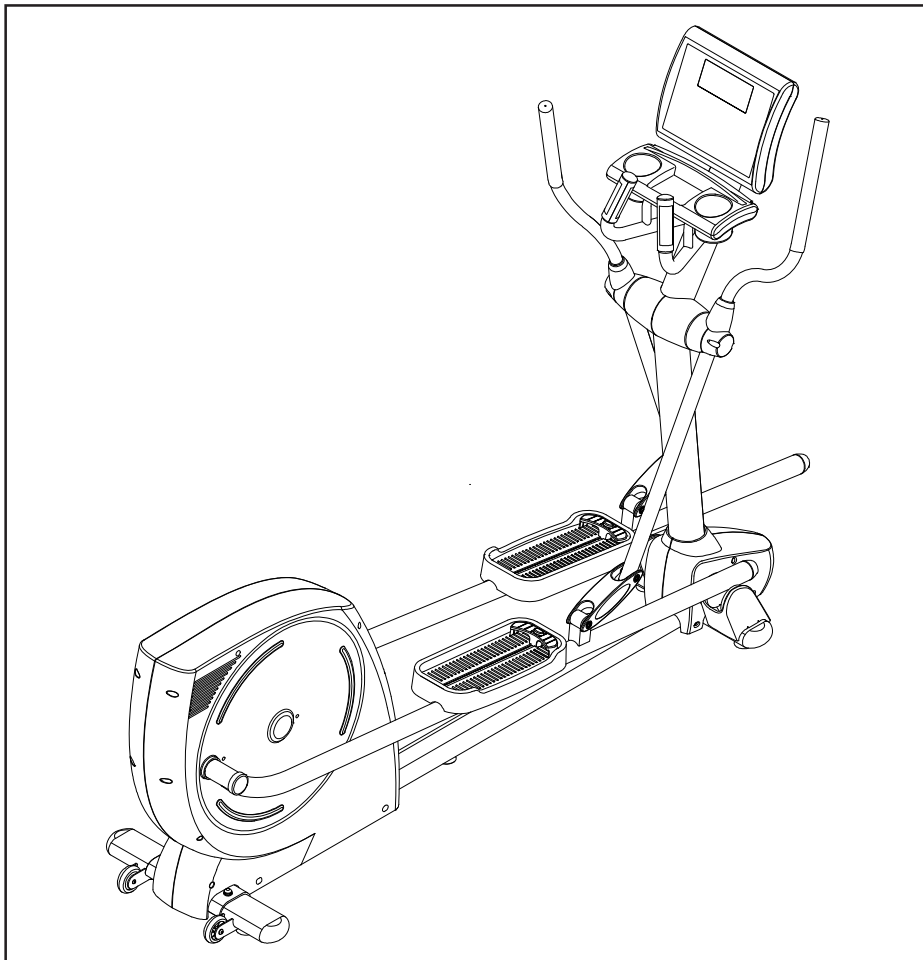
Pat. Nos. 5,779,598 &

6,063,008

**Other patents applied &
are pending**

MADE IN TAIWAN

**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 Number

1 (800) 375-7520

www.staminaproducts.com

TABLE OF CONTENTS

	Page		Page
Safety Instructions	2	Maintenance	23
Before You Begin	4	Troubleshooting	24
Equipment Warning & Notice Labels	5	Conditioning Guidelines	25
Hardware Identification Chart	6	Warm-Up and Cool-Down	26
Assembly Instructions	7	Warranty	27
Set Up Instructions	12	Product Parts Drawing	28
Operational Instructions	13	Parts List	29
Computer Instructions	17	Fax/Mail Ordering Form	31
Storage	23		

SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **Avari® GX8 Elliptical Trainer**, hereafter referred as the **Avari® GX8**.

1. Read all warnings posted on the **Avari® GX8**.
2. Read this owner's/user's manual and follow it carefully before using the **Avari® GX8**.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Avari® GX8**. Do not allow children to use or play on the **Avari® GX8**. Keep children and pets away from the **Avari® GX8** 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 **Avari® GX8** on a solid level surface. Do not position the **Avari® GX8** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **Avari® GX8**.
8. Inspect the **Avari® GX8** for worn or loose components prior to use.
9. Tighten/replace any loose or worn components prior to using the **Avari® GX8**.
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 **Avari® GX8**.
14. 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.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Avari® GX8**, loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the pedal caps while exercising.
17. The **Avari® GX8** should not be used by persons weighing over 300 pounds.
18. The **Avari® GX8** should be used by only one person at a time.
19. The **Avari® GX8** is for consumer use only. It is not for use in public or semipublic facilities.
20. Use two people to move the **Avari® GX8**.

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 Number

1(800) 375-7520

**THANK YOU FOR PURCHASING THE
Avari® GX8 Elliptical Trainer**

To help you get started, we have pre-assembled most of your Avari® GX8 Elliptical Trainer 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 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
parts@staminaproducts.com
cust-srvc@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 **Avari® GX8**. 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 **Avari® GX8** 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.

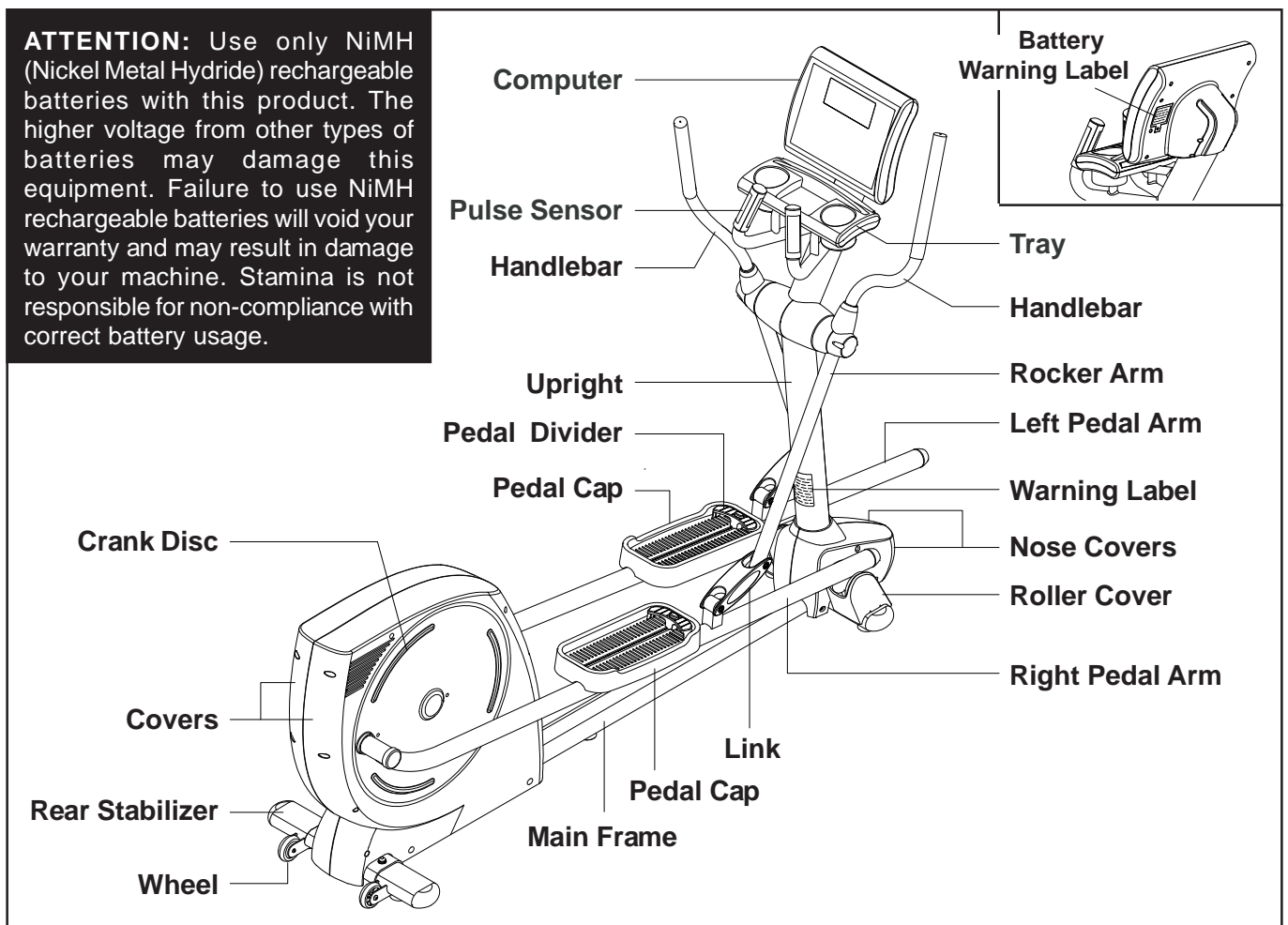
Read this manual carefully before using the **Avari® GX8**.


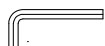
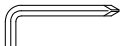
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Avari® GX8**, please do not 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 :**
-  **Socket Wrench**
 -  **Allen Wrench (5mm)**
 -  **Allen Wrench (6mm)**

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **Avari® GX8**. Please take a moment to familiarize yourself with all of the warning & notice labels.

Labels are actual size

W1 WARNING LABEL(95)

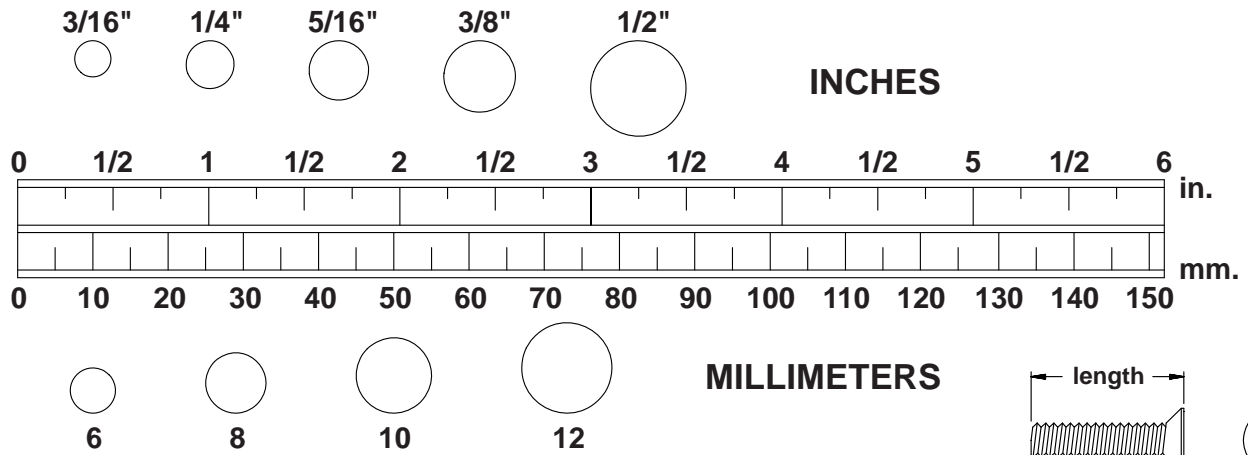


W2 BATTERY WARNING LABEL(96)

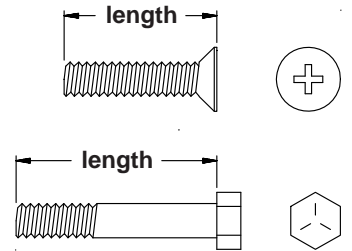


HARDWARE IDENTIFICATION CHART

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.

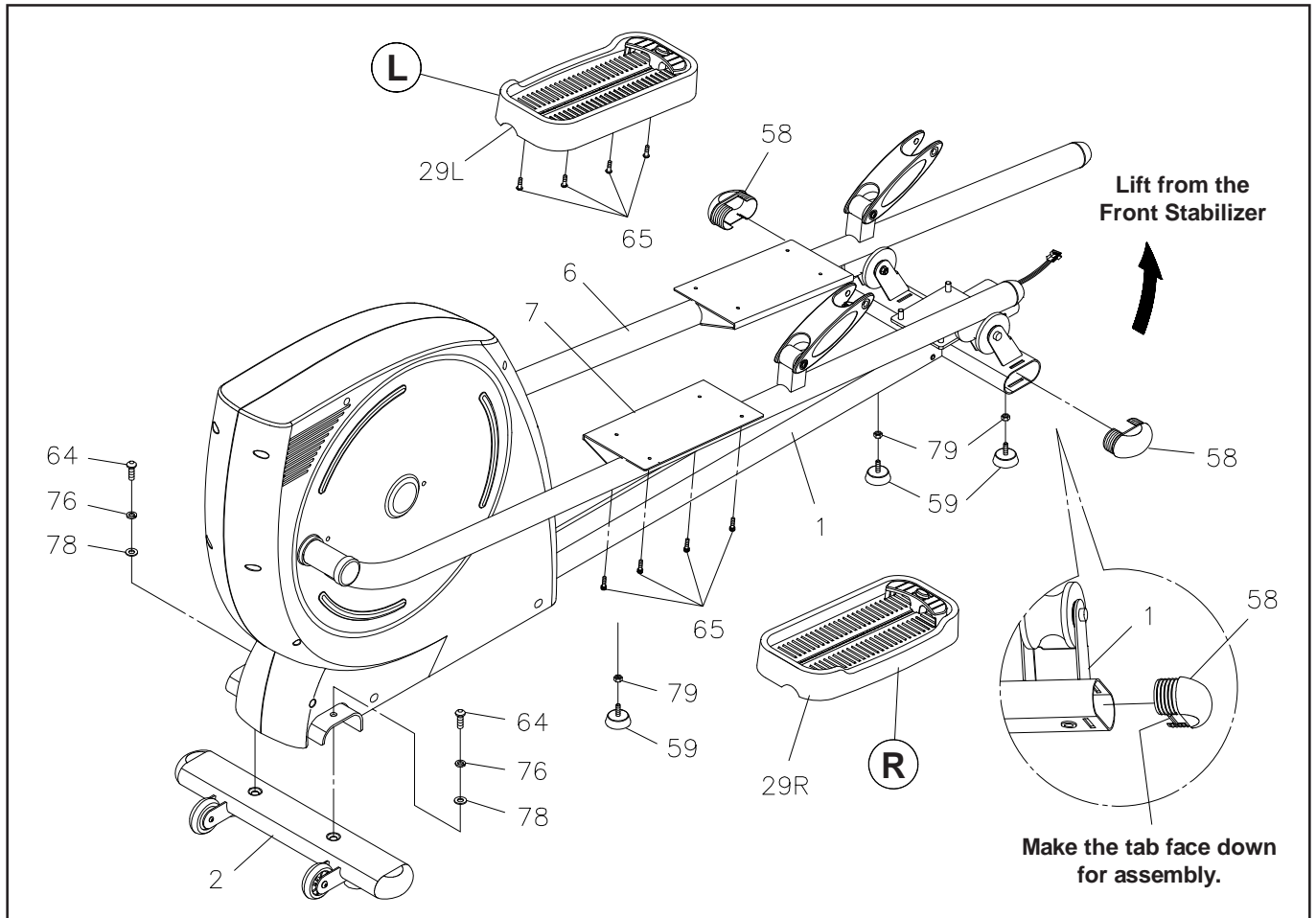


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	53 Clamp Washer (M6)	8
	62 Bolt, Button Head (M6 x 1 x 12mm)	4
	63 Bolt, Button Head (M6 x 1 x 16mm)	8
	64 Bolt, Button Head (M10 x 1.5 x 25mm)	2
	65 Bolt, Socket Head (M6 x 1 x 12mm)	8
	70 Screw, Round Head (M5 x 0.8 x 15mm)	12
	71 Screw, Round Head (M5 x 0.8 x 35mm)	5
	75 Lock Washer (M6)	8
	76 Lock Washer (M10)	2
	77 Washer (M6)	4
	78 Washer (M10)	6
	79 Nut (3/8" - 16)	3
	84 Nylock Nut (M10 x 1.5)	4

ASSEMBLY INSTRUCTIONS

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



STEP 1: Attach the **REAR STABILIZER(2)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS (M10x1.5x25mm)(64)**, **WASHERS(M10)(78)**, and **LOCK WASHERS(M10)(76)**.

STEP 2: Thread the **NUTS(3/8"-16)(79)** all the way to the bottom of the threaded rod on the **STANDS(59)**. Lift the front stabilizer on the **MAIN FRAME(1)** and place a temporary spacer (wood block or thick book) under the front of the **MAIN FRAME(1)**. Thread the three **STANDS(59)** into the **MAIN FRAME(1)**. Remove the temporary spacer.

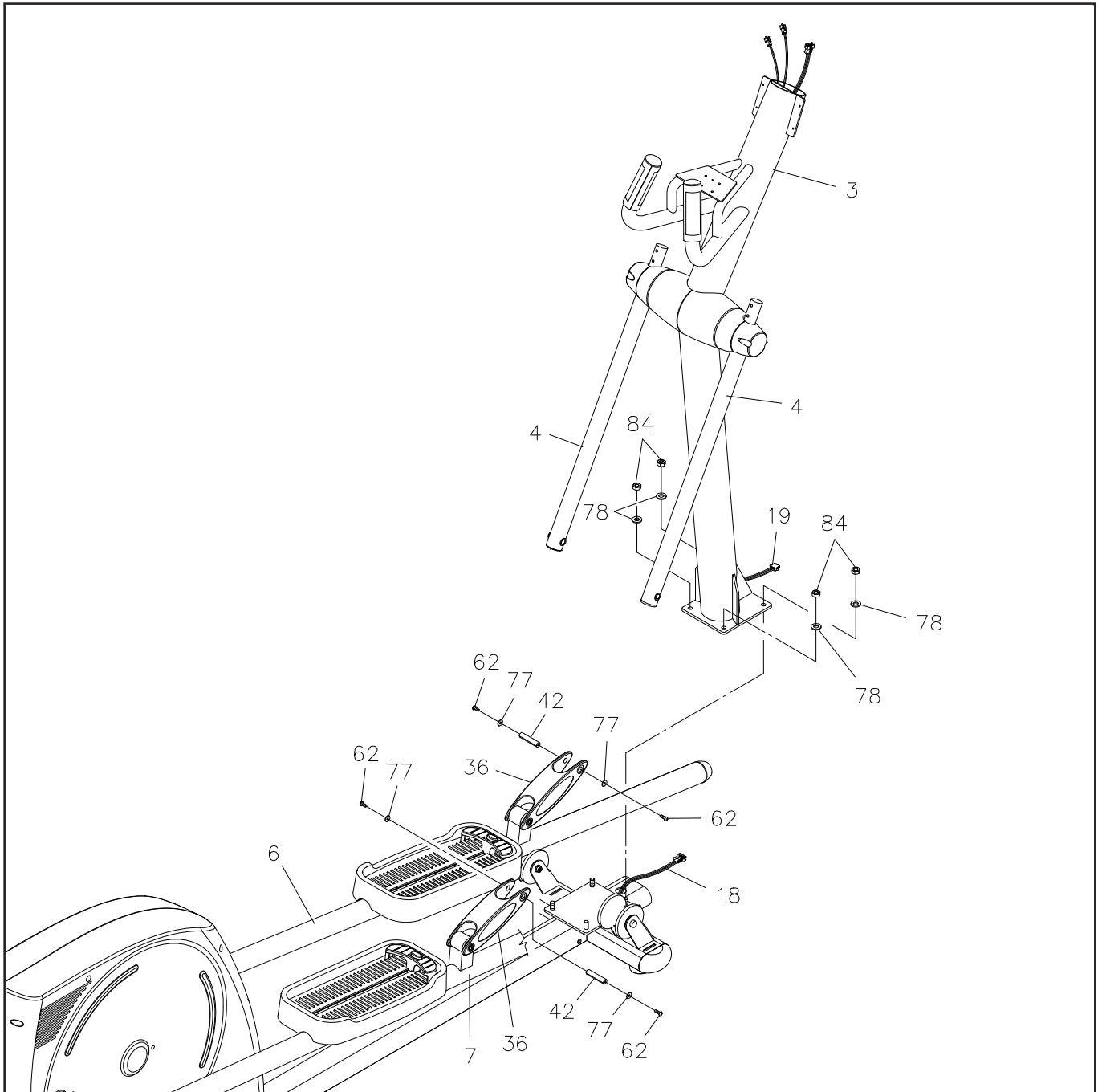
NOTE: See page 12 for detailed leveling instructions to prevent rocking.

STEP 3: Make the tab in the edge of the **OVAL ENDCAPS(58)** face down, then press the **OVAL ENDCAPS (58)** into both ends of the front stabilizer of the **MAIN FRAME(1)**.

STEP 4: Attach the **PEDAL CAP(29L)** to the **LEFT PEDAL ARM(6)** and the **PEDAL CAP(29R)** to the **RIGHT PEDAL ARM(7)** with **SOCKET HEAD BOLTS(M6x1x12mm)(65)**.

NOTE: It will be easier to attach the **PEDAL CAPS(29L, 29R)** to the **PEDAL ARMS(6, 7)** by raising the **PEDAL ARMS(6, 7)** and then attaching the **PEDAL CAPS(29L, 29R)**. Please have a partner hold the raised pedal arm as you attach the **PEDAL CAPS(29L, 29R)**. This way you are not lying on the floor trying to attach the **PEDAL CAPS(29L, 29R)**.

ASSEMBLY INSTRUCTIONS



STEP 5

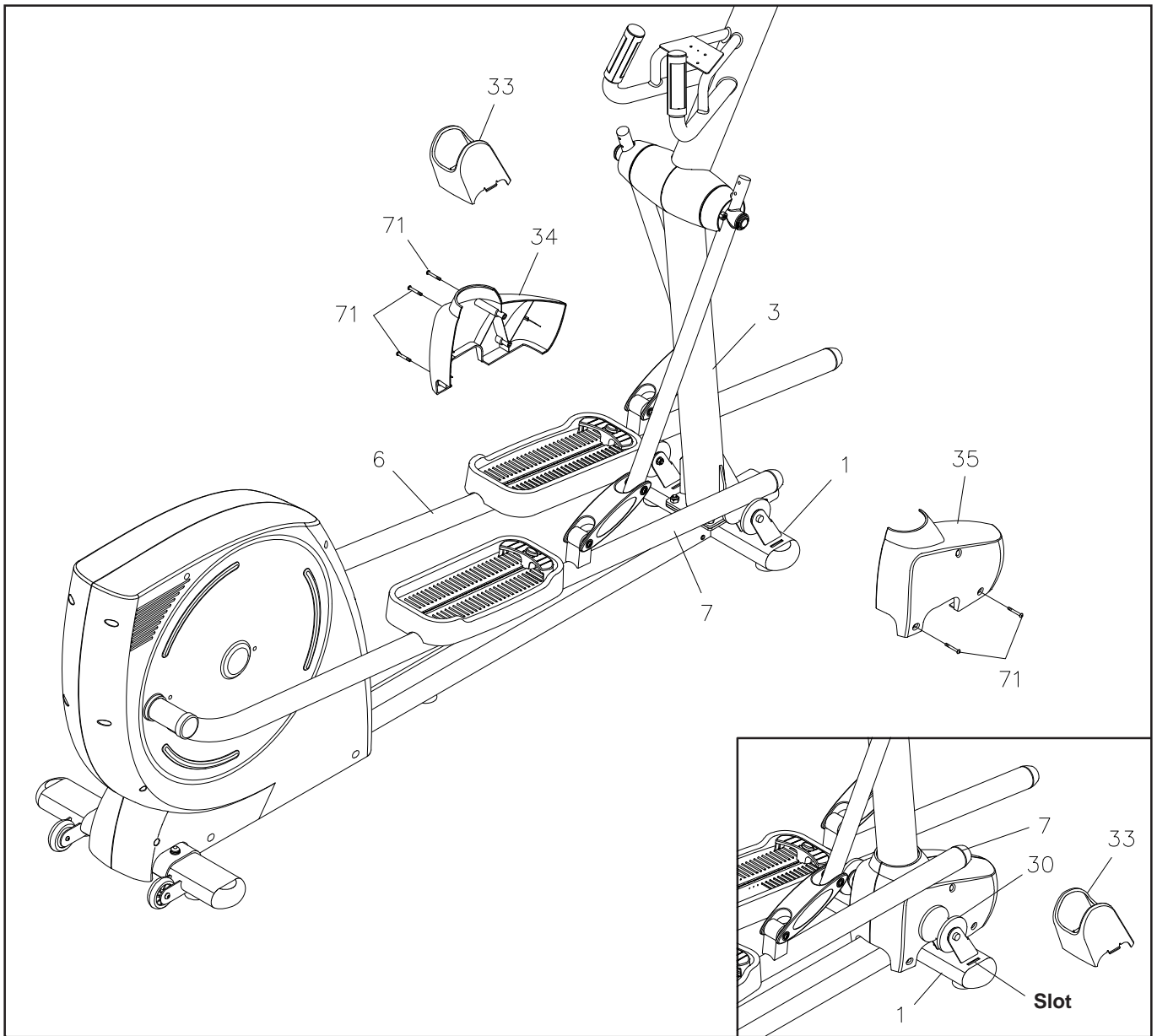
CAUTION: Be careful not to damage the **BASE CONNECTION WIRE(18)** and **CONNECTION WIRE(19)** when assembling the **UPRIGHT(3)**.

Attach the **UPRIGHT(3)** to the **MAIN FRAME(1)** with the **NYLOCK NUTS(M10x1.5)(84)** and **WASHERS (M10)(78)**. Plug the **BASE CONNECTION WIRE(18)** into the **CONNECTION WIRE(19)**.

STEP 6

Connect the **LINKS(36)** to the **ROCKER ARMS(4)** at both sides with **D-SHAPED SHAFT(42)**, **WASHERS (M6)(77)**, and **BUTTON HEAD BOLTS(M6x1x12mm)(62)**.

ASSEMBLY INSTRUCTIONS



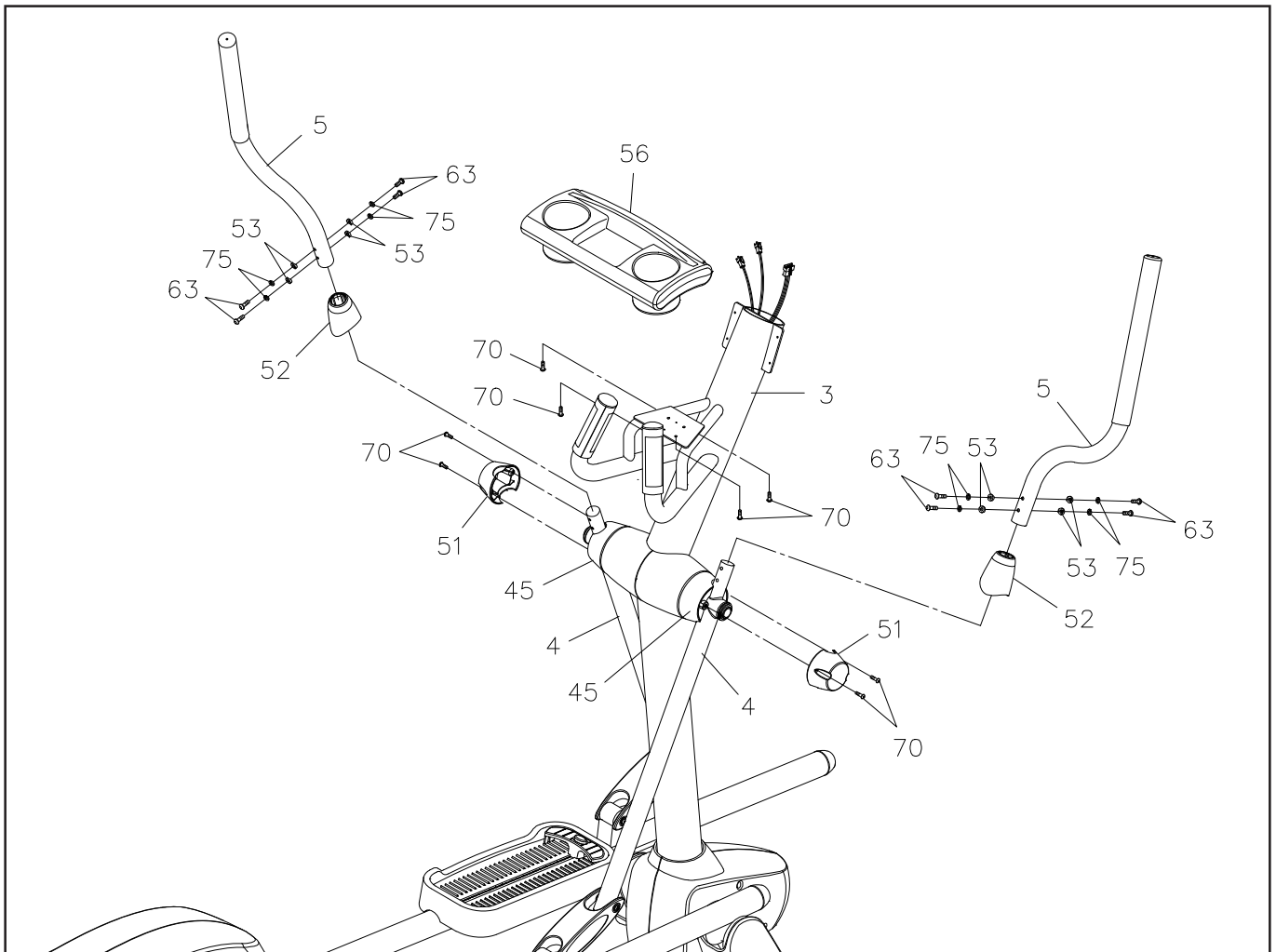
STEP 7

Place the **LEFT NOSE COVER(34)** and **RIGHT NOSE COVER(35)** at both sides of the **UPRIGHT(3)**. Bolt the nose covers together with the **ROUND HEAD SCREW(M5x0.8x35mm)(71)** on the top. Then slide the nose covers down and attach them to the **MAIN FRAME(1)** with **ROUND HEAD SCREW(M5x0.8x35mm)(71)**.

STEP 8

Refer to the inset drawing. Lift up the **RIGHT PEDAL ARM(7)** slightly. Then place a **ROLLER COVER(33)** to cover the **ROLLER(30)**. Snap the **ROLLER COVER(33)** into the slots at both sides of the **ROLLER(30)** in the **MAIN FRAME(1)**. Repeat on the left side.

ASSEMBLY INSTRUCTIONS



STEP 9

Attach the **TRAY(56)** to the bracket on the **UPRIGHT(3)** and secure with **ROUND HEAD SCREWS (M5x0.8x15mm)(70)**.

STEP 10

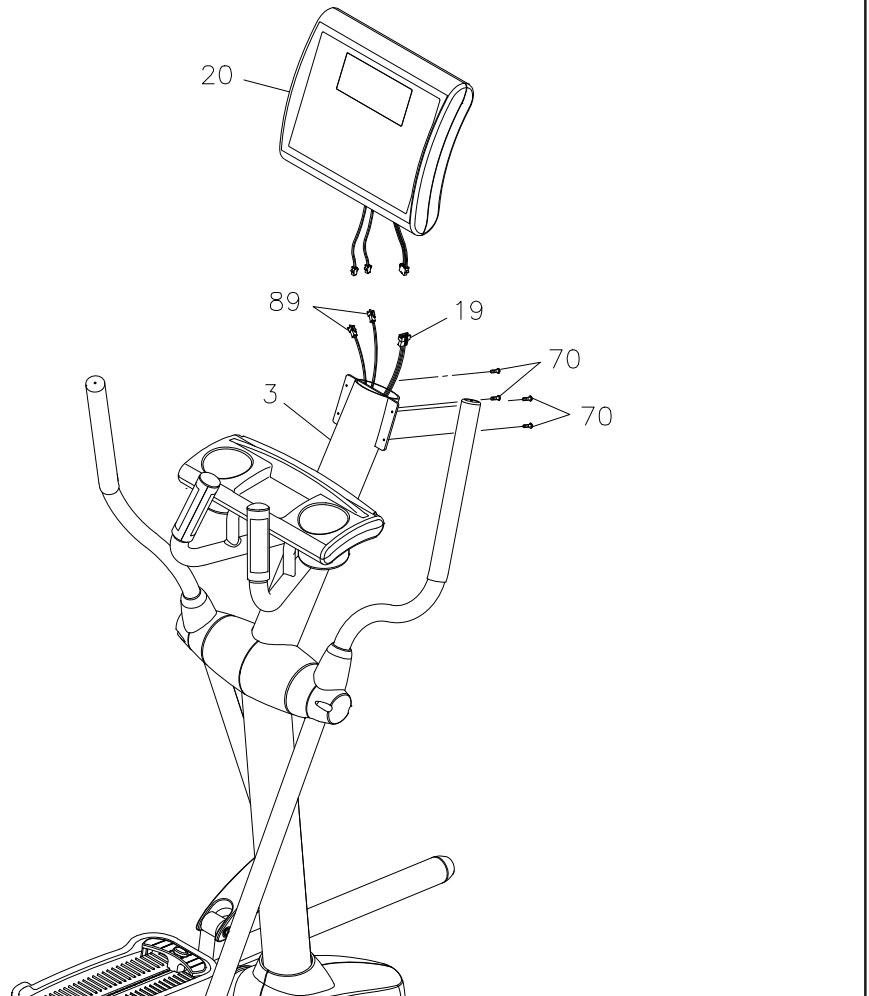
Attach the **PIVOT ENDCAPS(51)** to the **PIVOT CUFF BUSHINGS(45)** at both sides with **ROUND HEAD SCREWS(M5x0.8x15mm)(70)**.

STEP 11

Slide the **HANDLEBAR SLEEVE(52)** onto the **HANDLEBARS(5)**. Insert the **HANDLEBARS(5)** onto the **ROCKER ARMS(4)** and secure with **BUTTON HEAD BOLTS(M6x1x16mm)(63)**, **CLAMP WASHERS(M6)(53)**, and **LOCK WASHERS(M6)(75)**. Slide the **HANDLEBAR SLEEVE(52)** down to cover the bolts on the **HANDLEBARS(5)**.

ASSEMBLY INSTRUCTIONS

ATTENTION: Use only NiMH (Nickel Metal Hydride) rechargeable batteries with this product. The higher voltage from other types of batteries may damage this equipment. Failure to use NiMH rechargeable batteries will void your warranty and may result in damage to your machine. Stamina is not responsible for non-compliance with correct battery usage.



STEP 12

Install four AA NiMH (Nickel Metal Hydride) rechargeable batteries into the **COMPUTER(20)**. Connect the **CONNECTION WIRE(19)** and the **PULSE SENSOR WIRES(89)** to the **COMPUTER(20)**. Slide the **COMPUTER(20)** onto the bracket on the **UPRIGHT(3)** and secure with **ROUND HEAD SCREWS (M5x0.8x15mm)(70)**.

CAUTION: Be careful not to damage the **CONNECTION WIRE(19)** and **PULSE SENSOR WIRES(89)** when attaching the **COMPUTER(20)**.

SET UP INSTRUCTIONS

Place the **Avari® GX8** in the area where it will be used. It is recommended that the **Avari® GX8** be placed on an equipment mat. The maximum usage dimensions of **Avari® GX8** are approximately 99 1/4" long x 25 5/8" wide x 64 7/8" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 9 feet long is required for safe operation of the **Avari® GX8**. Make sure that adequate space is available for access to and passage around the **Avari® GX8**.

LEVELING: Adjust the **STANDS(59)** under the **MAIN FRAME(1)** so that the **Avari® GX8** sits on the floor without rocking. Refer to the instructions below the illustration.

MOVING: Move the **Avari® GX8** with the moving wheels on the **REAR STABILIZER(2)**. Lift from the Front Stabilizer of the **MAIN FRAME(1)**. Two people are required to move the **Avari® GX8**.

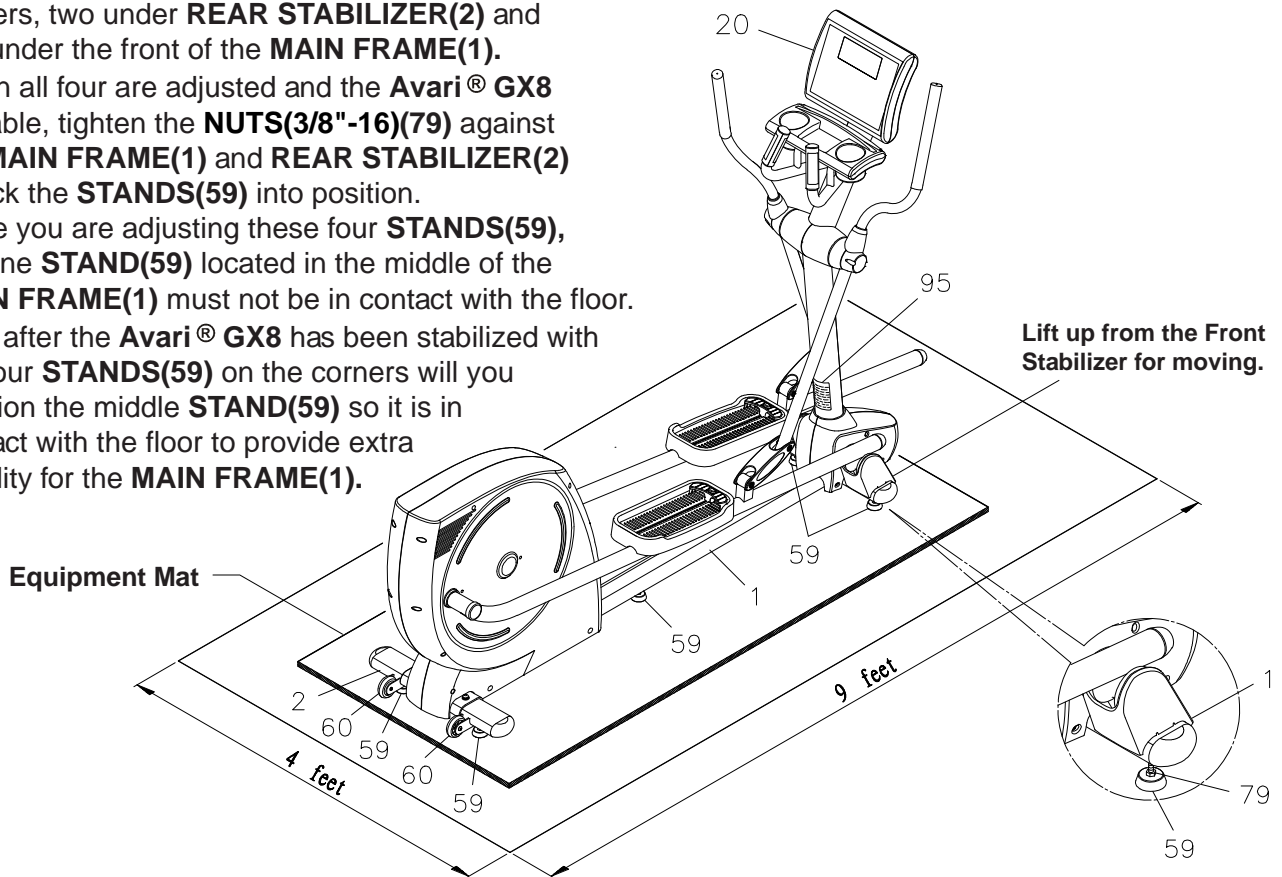
To level the **Avari® GX8**, first screw the **STAND(59)** located in the middle of the **MAIN FRAME(1)** all the way up into the **MAIN FRAME(1)** so that it is not touching the floor.

Adjust the four **STANDS(59)** on each of the four corners, two under **REAR STABILIZER(2)** and two under the front of the **MAIN FRAME(1)**.

When all four are adjusted and the **Avari® GX8** is stable, tighten the **NUTS(3/8"-16)(79)** against the **MAIN FRAME(1)** and **REAR STABILIZER(2)** to lock the **STANDS(59)** into position.

While you are adjusting these four **STANDS(59)**, the one **STAND(59)** located in the middle of the **MAIN FRAME(1)** must not be in contact with the floor.

Only after the **Avari® GX8** has been stabilized with the four **STANDS(59)** on the corners will you position the middle **STAND(59)** so it is in contact with the floor to provide extra stability for the **MAIN FRAME(1)**.



FUNCTION INSPECTION:

Visually inspect the **Avari® GX8** to verify that assembly is as shown in the above illustration. Check the function of the **Avari® GX8**. 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 "**Quick Start**" and "**+/-**" buttons on the **COMPUTER(20)** to select a program and verify that the Generator System provides different tensions. Refer to the **COMPUTER INSTRUCTIONS** on pages 17 to 22.

CAUTION: Locate and read the **WARNING LABEL(95)** on the **Avari® GX8**. Make sure that all users read the **WARNING LABEL(95)**.

OPERATIONAL INSTRUCTIONS

PEDAL DIVIDER ADJUSTMENT

The **PEDAL DIVIDER(90)** position can be adjusted to fit your shoes. You may select the front or the back of the **PEDAL CAPS(29)** for foot placement. You will have less vertical movement in the elliptical stride if you place your feet at the front of the **PEDAL CAPS(29)**.

1. Press down the **PUSH BUTTON(91)** and press the **PEDAL DIVIDER(90)** down slightly to slide the **PEDAL DIVIDER(90)** to new position. Release the button to lock the **PEDAL DIVIDER(90)** in position. Refer to illustration A.

HINT : Do not try to lift up the **PEDAL DIVIDER(90)** when sliding it. It will be easier to adjust without lifting it.

2. Press down the **PUSH BUTTON(91)** and slide the **PEDAL DIVIDER(90)** to middle of the **PEDAL CAP(29)**. Lift up the **PEDAL DIVIDER(90)** and turn it 180 degrees. Slide the **PEDAL DIVIDER(90)** to the back of the **PEDAL CAP(29)**. Refer to illustration B.

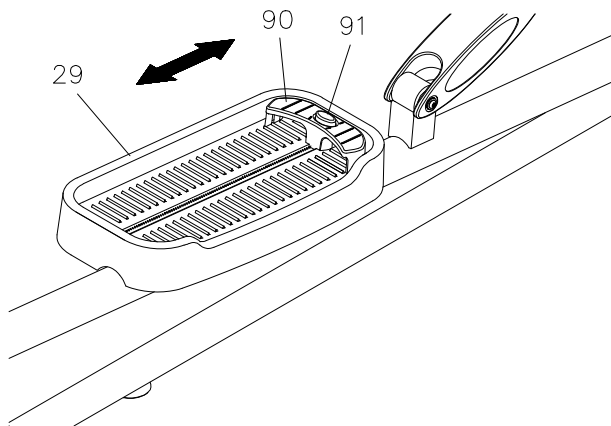


Illustration A) PEDAL DIVIDER(90) at front

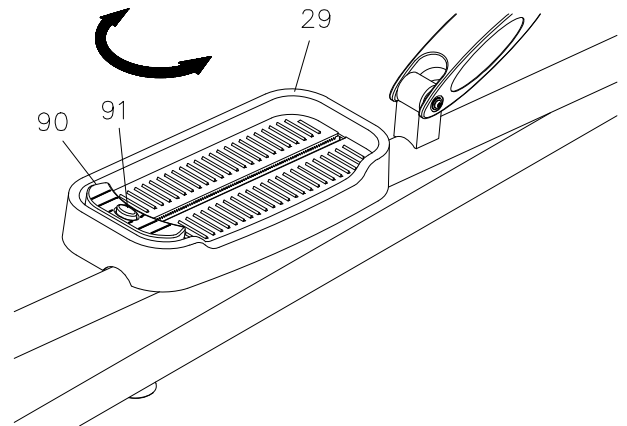


Illustration B) PEDAL DIVIDER(90) at back

EXERCISE WORKOUT

Your **Avari® GX8** is self powered meaning the pedaling action of your workout powers the computer monitor no electric power source or cords are needed. The four AA rechargeable NiMH (Nickel Metal Hydride) batteries that are included serve as your backup power source. Use only NiMH (Nickel Metal Hydride) rechargeable batteries with this machine. Failure to do so will void your warranty and may result in damage to your machine.

NOTE: These rechargeable batteries only hold their charge for three to four weeks after fully charged; therefore, the batteries will not be charged when you assemble and use your **Avari® GX8** for the first time so to charge the batteries will require a 30 minute workout. After that initial workout, the batteries will be charged (as long as you don't let your machine remain idle for three to four weeks) and your monitor and workout programs will be available every time you step on your **Avari® GX8**.

To start using the **Avari® GX8**, stand on the foot pedals, grasp the handlebars, move your highest foot forward 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.

OPERATIONAL INSTRUCTIONS (continued)

Load Level Adjustment

The load level of **Avari® GX8** can be changed at any time during your workout. Adjusting the load level will allow you to increase or decrease your intensity level.

Forward and Reverse

The **Avari® GX8** 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.

HEART RATE MONITORING

To get the maximum benefit from your **Avari® GX8** workout it is important that you exercise within your target heart rate zone for at least 20 minutes. Research has shown that working out below your target heart rate zone won't burn fat or improve your cardiovascular fitness, and working above your target heart rate zone is also counter productive.

Everyone has their own target heart rate zone and exercising within that zone should be your goal every time you work out. Finding your personal target heart rate zone is calculated by:

STEP 1: Find your maximum heart rate with this simple formula:

$220 - \text{Age} = \text{predicted maximum heart rate}$

Example: A 40-year-old would have a predicted maximum heart rate of 180 beats per minute, $220 - 40 = 180$.

STEP 2: Your target heart rate zone is a range that is 55% to 90% of your maximum heart rate.*

Predicted Maximum Heart Rate x .55 = lower end of target heart rate zone

Predicted Maximum Heart Rate x .90 = upper end of target heart rate zone

Example: A 40-year-old would have a Target Heart Rate Zone of 99 to 162 beats per minute; $180 \times .55 = 99$. $180 \times .90 = 162$.

NOTE: See page 24 of this Owner's Manual for more conditioning guidelines including a chart of target Heart Rate Zones Estimated by Age.

** 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.*

PULSE MONITOR V. HEART RATE TRANSMITTER

The **Avari® GX8** can measure how hard you are exercising in two ways:

1. By measuring your pulse
2. By monitoring your heart rate

Your pulse is monitored by four Pulse Sensors that are built into both the left and right Hand Grips, two in each grip. Your pulse reading gives you a snapshot of how hard your heart is working at that point in your workout by measuring the number of heart beats per minute. Please note that pulse sensors provide less accurate information than the heart rate transmitter and pulse sensors don't monitor your heart rate during your entire workout; the heart rate transmitter does monitor your heart rate for the endurance of your workout.

OPERATIONAL INSTRUCTIONS (continued)

The **HEART RATE TRANSMITTER(97)** worn around your chest sends your heart rate information to a receiver in your computer monitor so your heart rate is tracked while you exercise. This is the most reliable way to measure your heart rate to make sure you are exercising within your target heart rate zone so you get the most out of your workout time.

Using the Pulse Sensors

To get the most accurate reading from the Pulse Sensors, follow these steps.

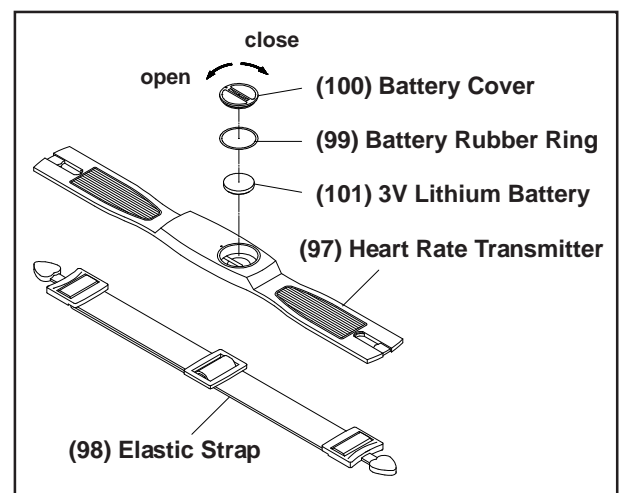
- Dry your hands to prevent slipping.
- Make sure both hands are in contact with all four sensors (two in each hand).
- Grasp the sensors firmly.
- Apply constant pressure to the sensors until you get a consistent reading on your computerized workout console screen.

Using the Heart Rate Transmitter Chest Strap

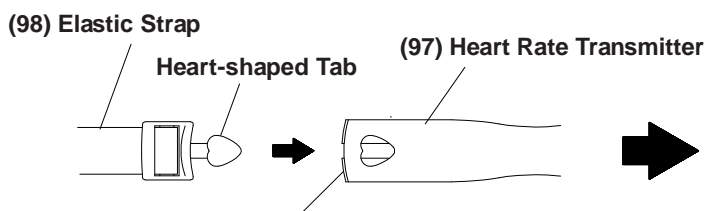
The **HEART RATE TRANSMITTER(97)** worn around the chest is powered by a **3V LITHIUM BATTERY (CR2032)(101)** located in the center of the strap. Two electrodes on either side of the battery monitor your heartbeat, and an adjustable elastic strap holds the transmitter in place. The receiver built into the **Avari® GX8** picks up your heart rate from the **HEART RATE TRANSMITTER(97)** and displays it on the monitor during your workout.

To assemble the **HEART RATE TRANSMITTER(97)**, insert the **3V LITHIUM BATTERY(CR2032)(101)** as shown in the illustration, place the **BATTERY RUBBER RING(99)** and **BATTERY COVER(100)** properly into the case, then close the cover, tightening it with a coin or similar opener.

NOTE: Make sure to close the **BATTERY COVER(100)** very tightly as illustrated to prevent sweat and moisture from damaging the battery.

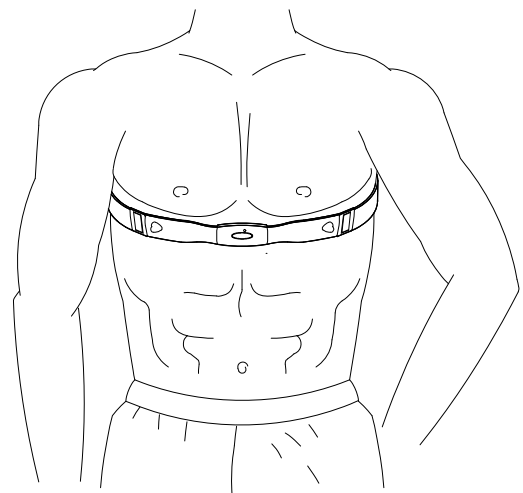


Attach the **ELASTIC STRAP(98)** by inserting the heart-shaped tabs through the openings in the transmitter and twisting. Adjust the **ELASTIC STRAP(98)** to fit your chest snugly as shown in the illustration below.



To ensure a secure connection above, be sure that the front edge of the Heart-shaped tab is completely inside of the heart-shaped opening on the **HEART RATE TRANSMITTER(97)**.

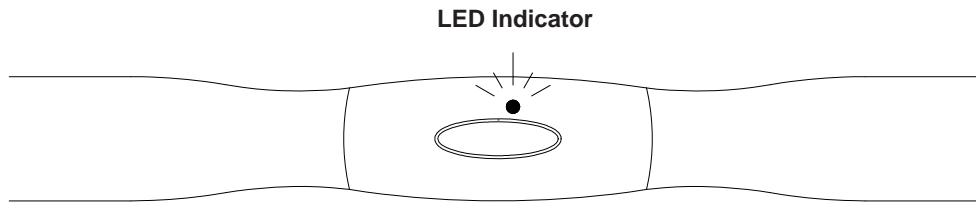
NOTE: Apply water or conductive gel to moisten the ribbed rubber area covering the electrodes. This ribbed area must be wet and in contact with your chest skin to properly detect your heart rate.



OPERATIONAL INSTRUCTIONS (continued)

Transmission LED Indicator

For checking operation of transmitter, the red LED indicator will flash indicating the transmitter is in operation. Adjust the transmitter position to keep the LED indicator flashing consistently for accurate readings. (See illustration below.)



NOTE: If your heart rate is inconsistent or not tracking on your workout console, do the following:

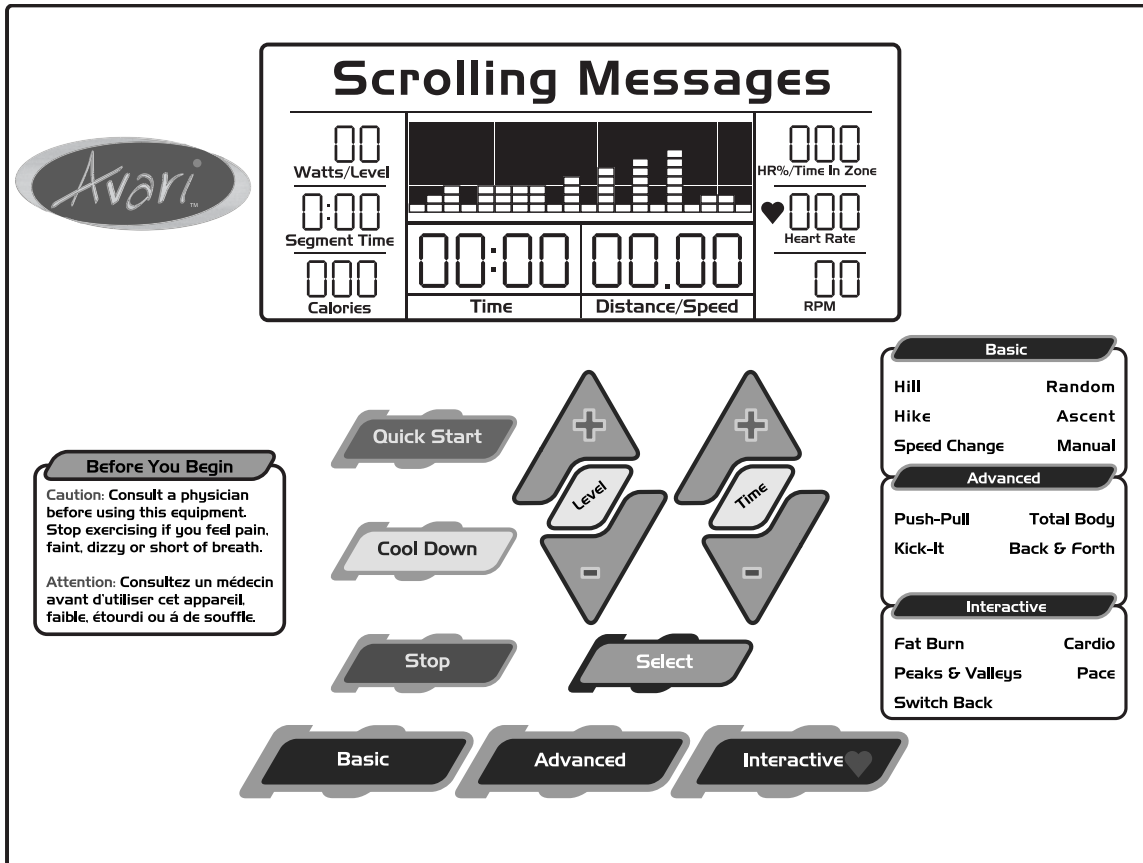
- Moisten the grooved electrode areas on the back of the chest strap again and make sure they are in contact with the skin. Your skin may be dry when you begin your workout and the moisture is necessary to ensure contact. As you sweat, contact will improve.
- Tighten the elastic strap so it remains in place as you exercise. Movement of the electrodes will result in inaccurate or erratic signal and readings.
- Clean the electrodes as dirt can interfere with transmission. Use a mild soap and water and dry with a soft towel.

Transmitter Care and Maintenance

- Wash regularly with mild soap and water solution and dry with a soft towel being careful not to abrade the electrodes.
- Store in a cool, dry place. Make sure the electrodes aren't stored with any wet material and never store a wet transmitter in non-breathable material like a plastic bag or sports bag.
- Do not bend or stretch the transmitter.

COMPUTER INSTRUCTIONS

Your **Avari® GX8** Elliptical Trainer workout is controlled by an advanced computer system. Use the pre-programmed Basic, Advanced or Interactive workout profiles to vary your workouts from session to session, or use the Quick Start workout and set your own pace. Whatever workout you choose, the computer monitor will track and display your time, distance, calories burned, and heart rate information to keep you motivated and on track to achieve your fitness goals.



BUTTONS

Quick Start: Press this button to start working out in a manual workout profile.

Cool Down: Press this button to go into a 'Cool Down' workout profile.

Stop: Press this button once to pause your workout session. Press this button twice to reset the computer.

Level: Press this button to select your desired workout level 1-25.

Time: Press this button to select your desired workout time.

+/-: Press these buttons to increase/decrease your time, level. You will also press any of these buttons to select your desired workout profile when prompted from the scrolling message center.

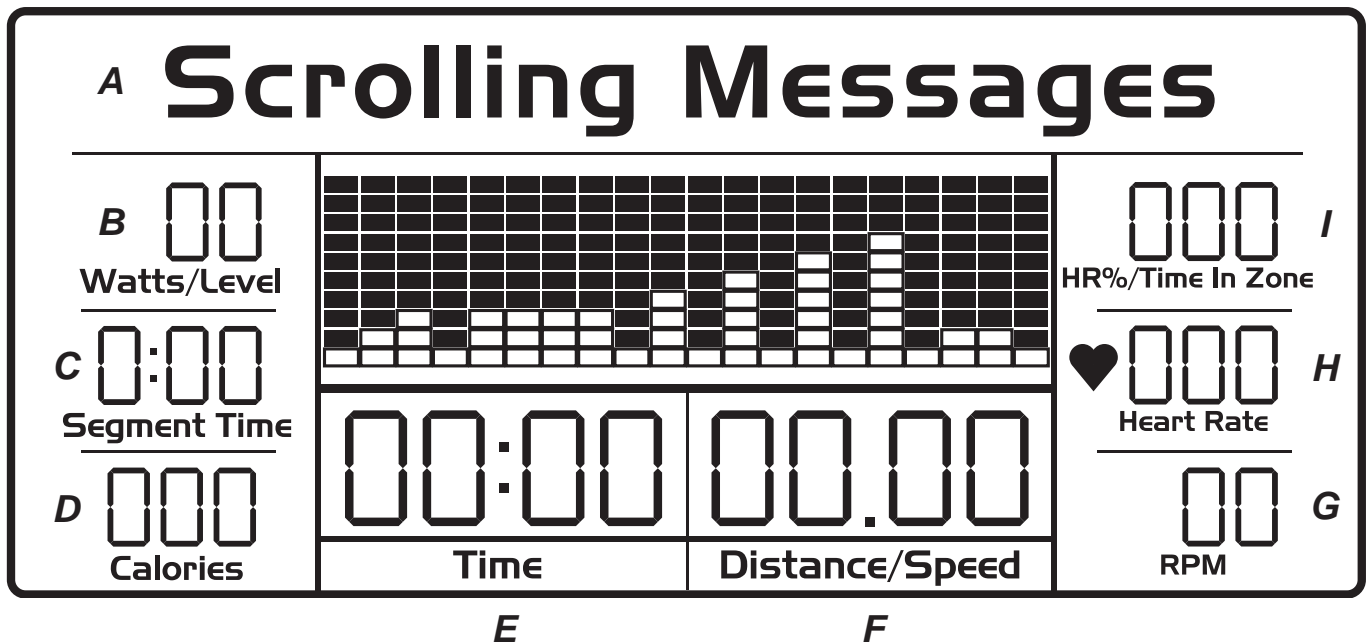
Select: Press this button to input the displayed screen value.

Basic: Press this button to go to the "Basic" workouts selection window.

Advanced: Press this button to go to the "Advanced" workouts selection window.

Interactive: Press this button to go to the "Interactive" workouts selection window.

COMPUTER INSTRUCTIONS



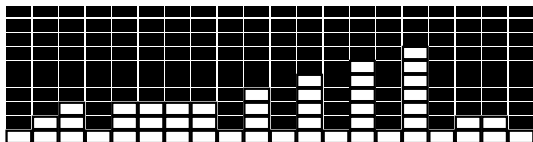
LCD DISPLAY INSTRUCTIONS

- A Scrolling Message Center:** Displays both user instructions and workout parameters throughout the workout.
- B Watts/Level:** Displays the amount of power or resistance level being exerted.
- C Segment Time:** Displays the amount of time spent in each segment of the workout.
- D Calories:** Displays the amount of kcal burned by the user.
- E Time:** Displays the total amount of time used during the workout. Can count up or down.
- F Distance/Speed:** Displays both the distance traveled and the speed of the user alternately.
- G RPM:** Displays the user's actual number of pedal revolutions per minute.
- H Heart Rate:** Displays the user's actual heart rate when using the heart rate sensor or the included telemetry heart strap.
- I HR%/Time In Zone:** Alternately displays the user's actual percent of achieved heart rate goal and the total amount of time that the user is at their goal when using the heart rate sensor or the included telemetry heart strap.

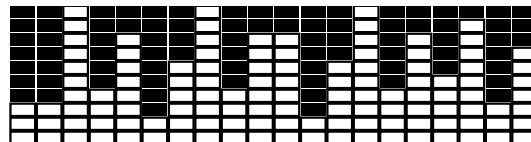
COMPUTER INSTRUCTIONS

PROGRAM DESCRIPTIONS

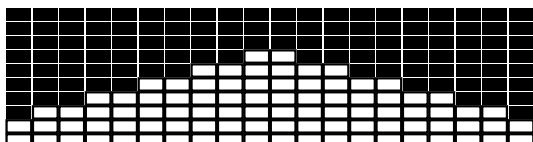
A. Basic Workouts



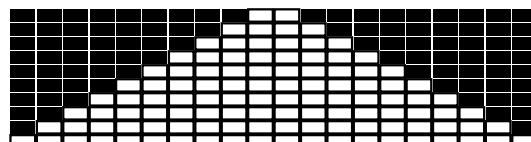
Hill



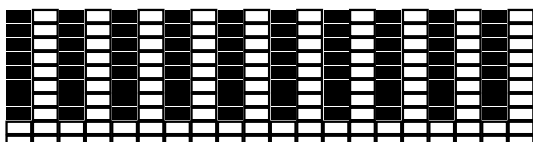
Random



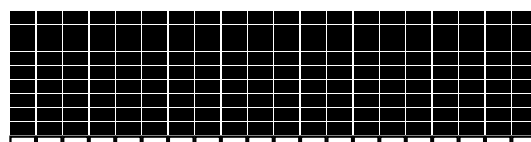
Hike



Ascent

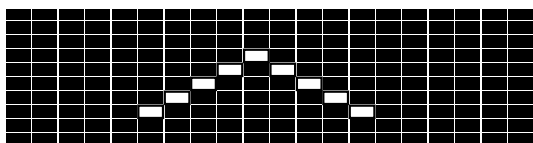


Speed Change

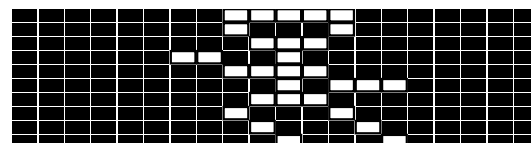


Manual

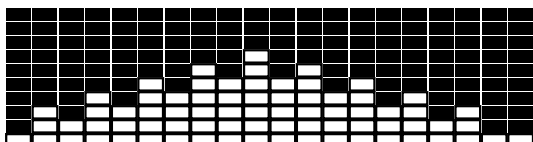
B. Advanced Workouts



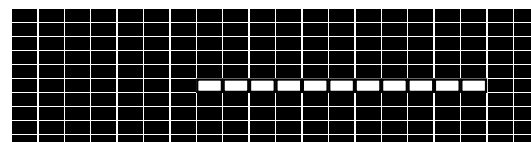
Push-Pull



Total Body

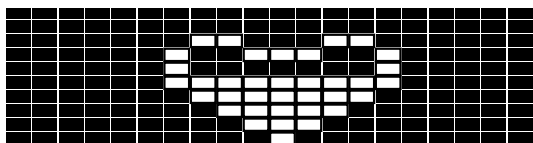


Kick-It

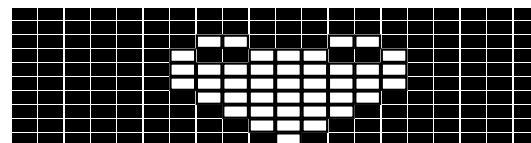


Back & Forth

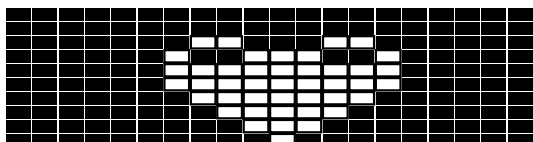
C. Interactive Workouts



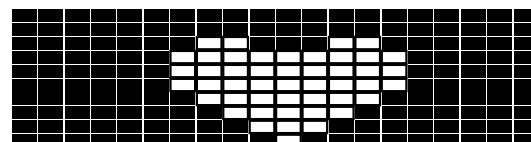
Fat Burn



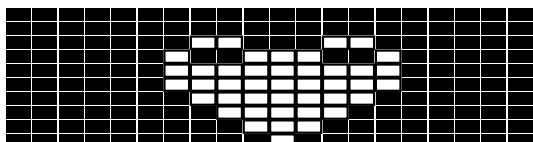
Cardio



Peaks & Valleys



Pace



Switch Back

COMPUTER INSTRUCTIONS

PROGRAM DESCRIPTIONS (continued)

A. Basic Workouts

1. **Hill:** Increasing interval resistance levels (hills) that have brief resistance level reductions between increases, followed by a plateau of a steady state resistance level and then a gradual cool-down.
2. **Hike:** Slow, steady increase in resistance levels to a peak value (based upon level chosen) and then a slow steady decrease in resistance levels to a valley.
3. **Speed Change:** The message center prompts the user to perform increases and decreases in RPM (every 30 seconds) to simulate interval speed and resistance level training.
4. **Random:** Increases in resistance levels (hills) followed by "random" decreases in resistance levels (valleys). Both the increases/decreases and duration of the changes are random.
5. **Ascent:** Moderate, steady increase in resistance level to a peak value (based upon level chosen) and then a slow steady decrease in resistance level to a valley.
6. **Manual:** User controls the resistance level.

B. Advanced Workouts

1. **Push-Pull:** Prompts the user to concentrate on alternately pushing and pulling with their upper body over a given time period.
2. **Kick-It:** Prompts the user to increase speed (after two minute warm-up) to plus 20 RPM over warm-up speed for one minute, then prompts the user to reduce by 10 RPM for one minute. The user continues to increase RPM by 20 for one minute and decrease RPM by 10 for one minute until reaching a maximum RPM. After reaching the maximum RPM the user then begins to decrease RPM by 20 for one minute and then increase RPM by 10 for one minute. This decreasing pattern repeats until the user is back at his starting warm-up RPM. This is a finite program that goes up to a max of 90 RPM based on the total time entered.
3. **Total Body:** Prompts the user to concentrate on pushing and pulling with upper body, as well as changing direction (forward and backward) and using lower body only.
4. **Back & Forth:** Prompts the user to change direction back and forth over a given time period.

C. Interactive Workouts

1. **Fat Burn:** Resistance levels automatically increase/decrease to keep user's heart rate at 65% of ACSM (American College of Sports Medicine) theoretical max.
2. **Peaks & Valleys:** Resistance levels moderately increase and decrease to keep user's heart rate moving back and forth between 65% and 80% of ACSM theoretical max.
3. **Switch Back:** Resistance levels rapidly increase and decrease to keep user's heart rate moving between 65% and 80% of ACSM theoretical max.
4. **Cardio:** Resistance levels automatically increase and decrease to keep user's heart rate at 80% of ACSM theoretical max.
5. **Pace:** The message center prompts the user to increase heart rate by increasing and decreasing RPM to achieve user's heart rate at 70% of ACSM theoretical max.

COMPUTER INSTRUCTIONS

PROGRAM INSTRUCTIONS

A. QUICK START

- 1) Press the "Quick Start" button
- 2) Enter your weight using the "+" or "-" keys. Or wait five seconds and the computer will default to 150 lbs.
- 3) Enter your level using the "+" or "-" keys. Or wait five seconds and the computer will default to Level 1.
- 4) Enter your time using the "+" or "-" keys. Or wait five seconds and the computer will default to 20 minutes.
- 5) Begin your workout after the starting countdown.
- 6) At any time during the workout you can press the "Stop" button to pause your workout for up to one minute. After one minute the computer will reset itself if you have not started to work out again.
- 7) Pressing the "Stop" button twice will reset the computer immediately.

B. BASIC WORKOUTS: HILL, HIKE, SPEED CHANGE, RANDOM, ASCENT, MANUAL

- 1) Press the "Basic" button and follow the on-screen instructions or read the following printed instructions.
- 2) Enter your desired Basic workout profile and press the "Select" button. Note: If you don't press the "Select" button the profile will be automatically selected in three seconds
- 3) Enter your weight using the "+" or "-" keys. Or wait five seconds and the computer will default to 150 lbs.
- 4) Enter your level using the "+" or "-" keys. Or wait five seconds and the computer will default to Level 1.
- 5) Enter your time using the "+" or "-" keys. Or wait five seconds and the computer will default to 20 minutes.
- 6) Begin your workout after the starting countdown.
- 7) At any time during the workout you can press the "Stop" button to pause your workout for up to one minute. After one minute the computer will reset itself if you have not started to work out again.
- 8) Pressing the "Stop" button twice will reset the computer immediately.
- 9) At any time during the workout you can press the "Basic", "Advanced", or "Interactive" buttons to change your workout profile. Please refer to the Basic, Advanced, or Interactive sections of this manual for the corresponding workout instructions.

COMPUTER INSTRUCTIONS

PROGRAM INSTRUCTIONS (continued)

C. ADVANCED WORKOUTS: PUSH-PULL, KICK-IT, TOTAL BODY, BACK & FORTH

- 1) Press the "Advanced" button and follow the on-screen instructions or read the following printed instructions.
- 2) Enter your desired Advanced workout profile and press the "Select" button. Note: If you don't press the "Select" button the profile will be automatically selected in three seconds.
- 3) Enter your weight using the "+" or "-" keys. Or wait five seconds and the computer will default to 150 lbs.
- 4) Enter your level using the "+" or "-" keys. Or wait five seconds and the computer will default to Level 1.
- 5) Enter your time using the "+" or "-" keys. Or wait five seconds and the computer will default to 20 minutes.
- 6) Begin your workout after the starting countdown.
- 7) At any time during the workout you can press the "Stop" button to pause your workout for up to one minute. After one minute the computer will reset itself if you have not started to work out again.
- 8) Pressing the "Stop" button twice will reset the computer immediately.
- 9) At any time during the workout you can press the "Basic", "Advanced", or "Interactive" buttons to change your workout profile. Please refer to the Basic, Advanced, or Interactive sections of this manual for the corresponding workout instructions.

D. INTERACTIVE WORKOUTS: FAT BURN, PEAKS & VALLEYS, SWITCH BACK, CARDIO, PACE

- 1) Press the "Interactive" button and follow the on-screen instructions or read the following printed instructions.
- 2) Enter your desired Interactive workout profile and press the "Select" button. Note: If you don't press the "Select" button the profile will be automatically selected in three seconds.
- 3) Enter your age using the "+" or "-" keys. Or wait three seconds and the computer will default to 35 years of age.
- 4) Enter your target heart rate(THR) using the "+" or "-" keys. Or wait three seconds and the computer will default to 120 Beats Per Minute(BPM).
- 5) Enter your weight using the "+" or "-" keys. Or wait three seconds and the computer will default to 150 lbs.
- 6) Enter your time using the "+" or "-" keys. Or wait three seconds and the computer will default to 20 minutes.
- 7) Begin your workout after the starting countdown.
- 8) At any time during the workout you can press the "Stop" button to pause your workout for up to one minute. After one minute the computer will reset itself if you have not started to work out again.
- 9) Pressing the "Stop" button twice will reset the computer immediately. At any time during the workout you can press the "Basic", "Advanced", or "Interactive" buttons to change your workout profile. Please refer to the Basic, Advanced, or Interactive sections of this manual for the corresponding workout instructions.

STORAGE

1. To store the **Avari® GX8** simply keep it in a clean dry place.
2. The **Avari® GX8** is approximately 89 3/8" long x 25 5/8" wide x 64 7/8" tall. These dimensions may vary. Please measure your **Avari® GX8** if exact dimensions are needed.
3. Move the **Avari® GX8** with the moving wheels on the **REAR STABILIZER(2)**. Lift from the Front Stabilizer of the **MAIN FRAME(1)** to move the **Avari® GX8**. Two people are required.
4. To avoid damage to the **COMPUTER(20)**, remove the batteries before storing the **Avari® GX8** for one year or more.

MAINTENANCE

The safety and integrity designed into the **Avari® GX8** can only be maintained when the **Avari® GX8** is regularly examined for damage and wear. Special attention should be given to the following:

1. Use the "+/-" buttons on the **COMPUTER(20)** to select a program and verify that the Generator System provides different tensions. The Generator System should provide many years of use.
2. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
3. Verify that the Warning Labels are present and legible. Replace the Warning Labels if they are missing or damaged.
4. Verify that all nuts, bolts, and knobs are present and properly tightened. Replace missing nuts, bolts, and knobs. Tighten loose nuts, bolts, and knobs.
5. Worn or damaged components shall be replaced immediately or the **Avari® GX8** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **Avari® GX8**.
7. Keep your **Avari® GX8** clean by wiping with an absorbent cloth after use.

TROUBLESHOOTING

With a little care, your **Avari® GX8** will give you many years of trouble-free use. Our customer service representatives are available to help you with your questions about your machine. Following are some maintenance troubleshooting tips to keep your **Avari® GX8** in top operating condition.

Pedal Lever Bearing Squeaking

The Pedal Lever Bearings are located at the end of the **RIGHT PEDAL ARM(7)** and **LEFT PEDAL ARM(6)** where they connect to the **CRANK DISC(23)**. If you hear squeaking from this area:

- Remove snap ring and link to expose Pedal Lever Bearing. Use lithium grease to coat the inside of the bearing. Replace snap ring. Repeat on the other side.

NOTE: Do not spray the bearing with lubricant. Although this may stop the squeaking short term, it will not solve the squeaking issue.

- Contact your Customer Service Representative for assistance.

Rocking

If your **Avari® GX8** rocks during your workout, first check to make sure your machine is level as described on page 12. If the machine appears to be level yet still rocks, it could be caused by a loose connection in the **LINKS(36)** that connect to the bottom of the **ROCKER ARMS(4)**.

- Contact your Customer Service Representative for parts and for assistance.

Noise From Front of Machine

Any kind of clacking or clicking noise from the front of the **Avari® GX8** during use could be caused by a loose connection in one or both of the **LINKS(39)**.

- Replace **LINKS(36)**. See STEP 6 in the Assembly Instruction on page 8. Contact customer service for part and replacement instructions.

Dead Monitor Screen

If the monitor doesn't come on when you press the Quick Start button, then make sure that all connections are secure by checking:

- Inside the monitor by removing the front of the monitor and checking the wires where they connect being careful not to pull on wires, just on the plugs.
- The connection that runs up through the **UPRIGHT(3)**. See STEP 5 in the Assembly Instructions on page 8.
- The rechargeable batteries.
- Since the **Avari® GX8** is self powered, it may be necessary to pedal for a few minutes to re-power the batteries to start the monitor. This is especially true if the machine hasn't been used for an extended period of time.
- Contact your Customer Service Representative for assistance.

Monitor Lighting Inconsistencies

If your monitor's lighting is uneven or dim, try the following solutions.

- Check the batteries to see if they need to be replaced.
- Check all wire connections inside monitor and at the base of the monitor where it connects to **UPRIGHT(3)**. When checking connections, be sure not to pull on wires as this might loosen the connection. Instead, hold the plug at the connection.
- Call your Customer Service Representative for assistance.

Tension Adjustment

Your **Avari® GX8** is programmed to adjust the pedal resistance according to the workout level you choose. Level one has very little tension and is easier to pedal whereas level twenty has high tension and is the most difficult to pedal.

- If your machine has too much tension in the lower levels or not enough tension in the higher levels, contact a customer service representative for assistance.

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.

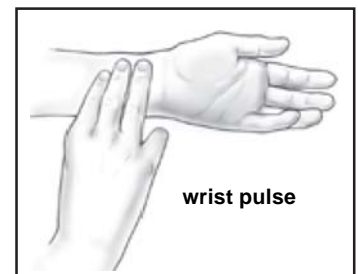
Remember to follow these essentials:

- 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

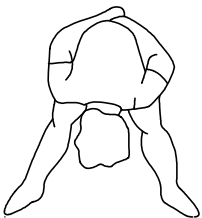
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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



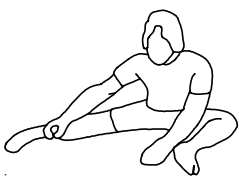
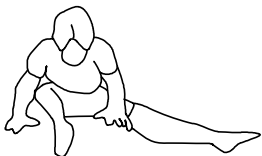
Lower Body Stretch

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.



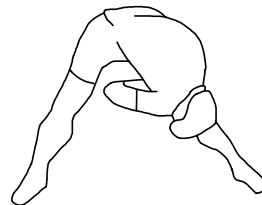
Floor Stretch

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 one year on the parts and five 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.

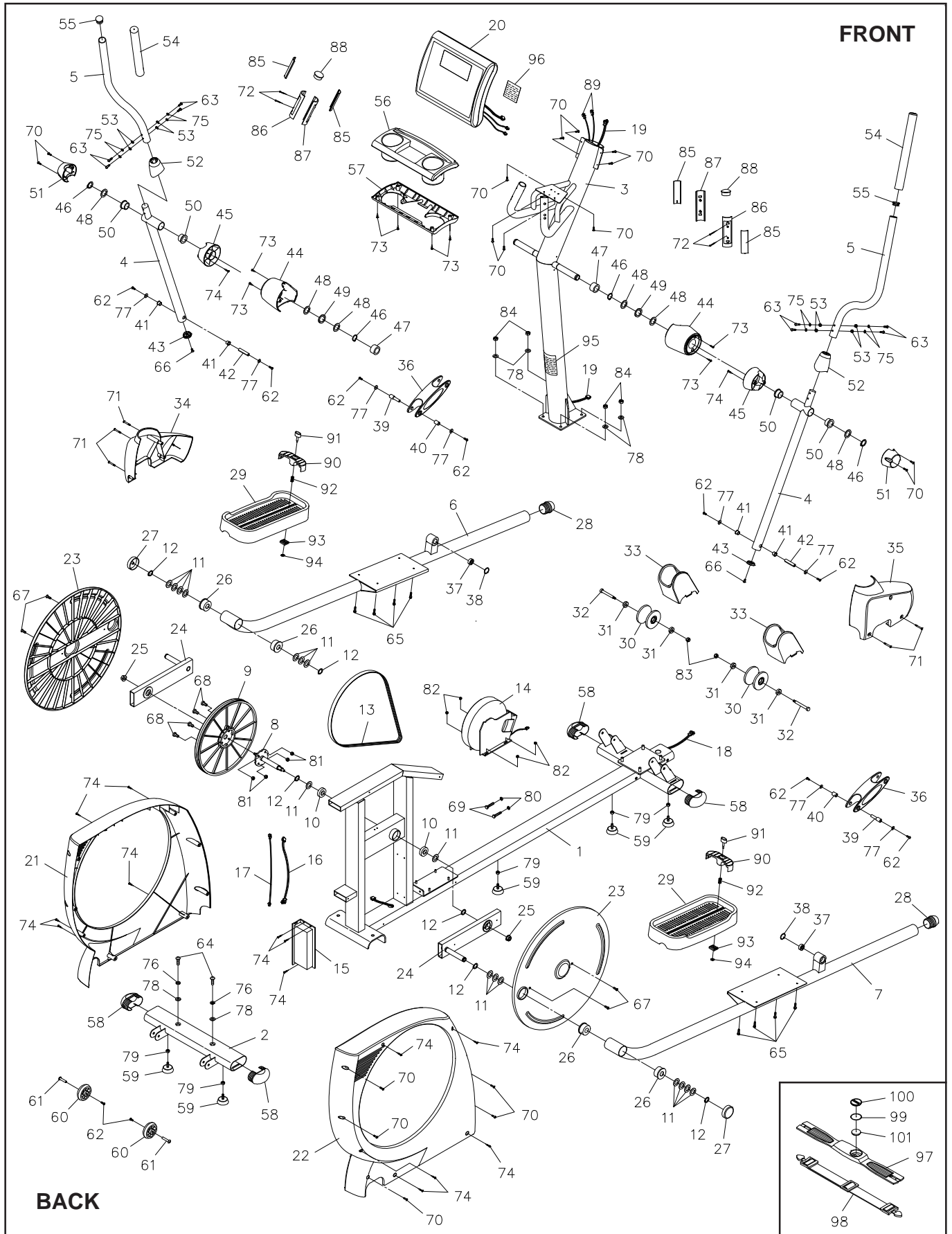
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071** or call us at **1 (800) 375-7520**. If the defect is 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.

PRODUCT PARTS DRAWING



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Upright	1
4	Rocker Arm	2
5	Handlebar	2
6	Left Pedal Arm	1
7	Right Pedal Arm	1
8	Shaft	1
9	Pulley	1
10	Bearing (6004z)	2
11	Washer (ø21 x ø30x 1mm thick)	16
12	C Ring (20mm)	6
13	V-Ribbed Belt (1428J8)	1
14	Hybrid Generator	1
15	Low Control Board	1
16	Generator Control Wire	1
17	Generator Power Wire	1
18	Base Connection Wire	1
19	Connection Wire	1
20	Computer	1
21	Left Cover	1
22	Right Cover	1
23	Crank Disc	2
24	Crank	2
25	Flange Nut (M14 x 2.0)	2
26	Pedal Arm Bushing (25mm ID)	4
27	Shaft Cap	2
28	Pedal Arm Plug	2
29	Pedal Cap	2
30	Roller	2
31	Bearing (6000ZZ)	4
32	Shaft Bolt	2
33	Roller Cover	2
34	Left Nose Cover	1
35	Right Nose Cover	1
36	Link	2
37	Spherical Bearing	2
38	Inner Retaining Ring (26mm)	2
39	Pivot Shaft	2
40	Pivot Spacer	2
41	Low Rock Arm Bushing	4
42	D-Shaped Shaft	2
43	Endcap (38mm)	2
44	Pivot Cuff	2
45	Pivot Cuff Bushing	2
46	C Ring (25mm)	4
47	Pivot Shaft Spacer	2
48	Large Washer (ø26 x ø34 x 1mm thick)	6
49	Wave Washer (25mm)	2
50	Rock Arm Bushing	4
51	Pivot Endcap	2
52	Handlebar Sleeve	2
53	Clamp Washer (M6)	8

PARTS LIST

DIAGRAM#	PART NAME	QTY
54	Foam Grip	2
55	Round Plug (31.8mm)	2
56	Tray	1
57	Tray Bottom Cover	1
58	Oval Endcap	4
59	Stand	5
60	Wheel	2
61	Barrel Nut (M6 x 1.0 threaded, 35mm long)	2
62	Bolt, Button Head (M6 x 1 x 12mm, with nylock)	10
63	Bolt, Button Head (M6 x 1 x 16mm, with nylock)	8
64	Bolt, Button Head (M10 x 1.5 x 25mm)	2
65	Bolt, Socket Head (M6 x 1 x 12mm)	8
66	Bolt, Round Head (M6 x 1 x 10mm)	2
67	Bolt, Flat Head (M6 x 1 x 15mm)	4
68	Bolt, Hex Head (M8 x 1.25 x 15mm)	4
69	Bolt, Hex Head (M8 x 1.25 x 40mm)	2
70	Screw, Round Head (M5 x 0.8 x 15mm)	17
71	Screw, Round Head (M5 x 0.8 x 35mm)	5
72	Screw, Round Head (M3 x 35mm)	4
73	Screw, Round Head (M4 x 12mm)	8
74	Screw, Round Head (M5 x 18mm)	15
75	Lock Washer (M6)	8
76	Lock Washer (M10)	2
77	Washer (M6)	8
78	Washer (M10)	6
79	Nut (3/8" - 16)	5
80	Nut (M8 x 1.25)	2
81	Thin Nylock Nut (M8 x 1.25)	4
82	Nylock Nut (M6 x 1)	4
83	Nylock Nut (M8 x 1.25)	2
84	Nylock Nut (M10 x 1.5)	4
85	Pulse Sensor Plate	4
86	Upper Pulse Sensor Housing	2
87	Lower Pulse Sensor Housing	2
88	Pulse Sensor Cap	2
89	Pulse Sensor Wire	2
90	Pedal Divider	2
91	Push Button	2
92	Press Spring	2
93	Clamp	2
94	Retaining Washer	2
95	Warning Label	1
96	Battery Warning Label	1
97	Heart Rate Transmitter	1
98	Elastic Strap	1
99	Battery Rubber Ring	1
100	Battery Cover	1
101	3V Lithium Battery (CR2032)	1
102	Socket Wrench	1
103	Allen Wrench (5mm)	1
104	Allen Wrench (6mm)	1
105	Manual	1

