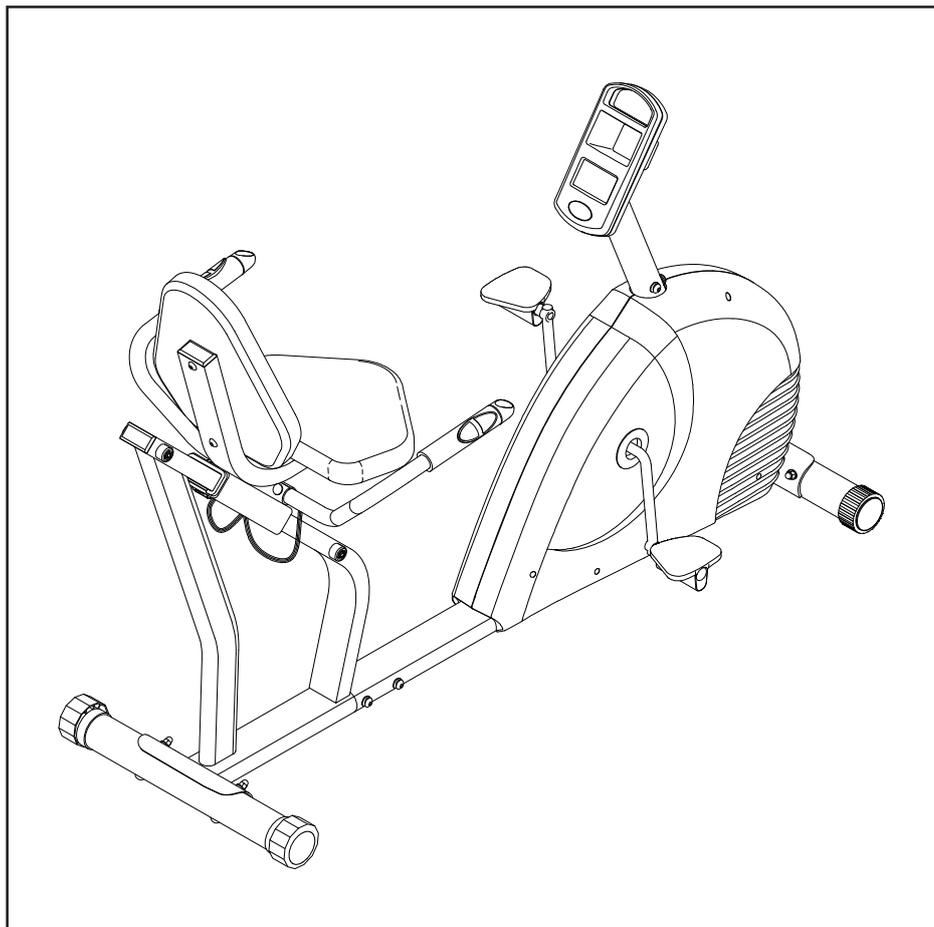


STAMINA[®]

fusion 4545

MAGNETIC EXERCISE BIKE

Owner's Manual



⚠ WARNING ⚠

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

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

Model#: 15-4545
STAMINA PRODUCTS
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: To reduce the risk of serious injury, read the following Safety Instructions before using the **Magnetic Fusion 4545 Bike**.

1. Read all warnings posted on the **Magnetic Fusion 4545 Bike**.
2. The **Magnetic Fusion 4545 Bike** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Magnetic Fusion 4545 Bike**. Do not allow children to use or play on the **Magnetic Fusion 4545 Bike**. Keep children and pets away from the **Magnetic Fusion 4545 Bike** when it is in use.
5. The **Magnetic Fusion 4545 Bike** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. Make sure the **Magnetic Fusion 4545 Bike** is properly assembled and that all nuts and bolts are tightened before use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **Magnetic Fusion 4545 Bike** on a solid level surface. Do not position the **Magnetic Fusion 4545 Bike** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Magnetic Fusion 4545 Bike**.
10. Adjust the LEVELING CAPS(53) and STAND(54) so that the **Magnetic Fusion 4545 Bike** sits on the floor without rocking. See page 11 for detailed leveling instructions.
11. Before using, inspect the **Magnetic Fusion 4545 Bike** for worn or loose components, and tighten or replace any loose or worn components prior to use.
12. Before using, always check the Seat Frame to be sure it is secure. The ADJUSTMENT KNOB(50) must be inserted into one of the holes in the Rear Frame and tightened.
13. Each user should adjust the seat per instructions on page 12.
14. Do not attempt to adjust the seat while you are on the **Magnetic Fusion 4545 Bike**.
15. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
16. Follow your physician's recommendations in developing your own personal fitness program.
17. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
18. Do not wear loose or dangling clothing while using the **Magnetic Fusion 4545 Bike**.
19. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
20. Care should be taken in mounting or dismounting the **Magnetic Fusion 4545 Bike**.
21. The **Magnetic Fusion 4545 Bike** should not be used by persons weighing over 300 pounds.
22. The **Magnetic Fusion 4545 Bike** should be used by only one person at a time.
23. Do not ride the **Magnetic Fusion 4545 Bike** while standing up.
24. The **Magnetic Fusion 4545 Bike** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST



Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE Magnetic Fusion 4545 Bike

To help you get started, we have pre-assembled most of your Magnetic Fusion 4545 Bike at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



TELEPHONE

CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX

CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE

CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com



MAIL

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

BEFORE YOU BEGIN

Thank you for choosing the **Magnetic Fusion 4545 Bike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Magnetic Fusion 4545 Bike** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

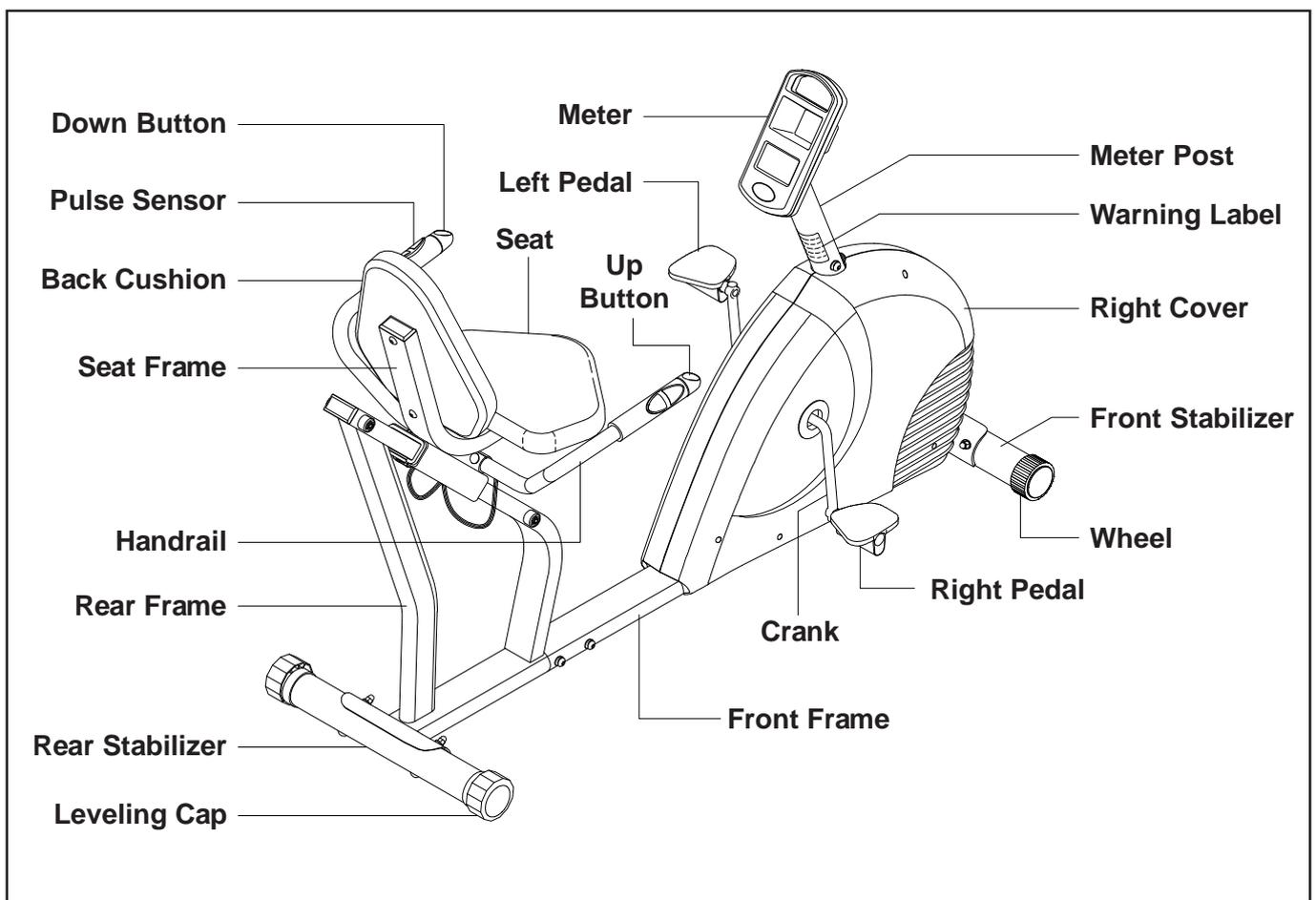
Read this manual carefully before using the **Magnetic Fusion 4545 Bike**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Magnetic Fusion 4545 Bike**, please do not return the product. Contact us **FIRST!**

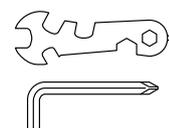
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Wrench

Allen Wrench (6mm)

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **Magnetic Fusion 4545 Bike**. Please take a moment to familiarize yourself with all of the warning & notice labels.

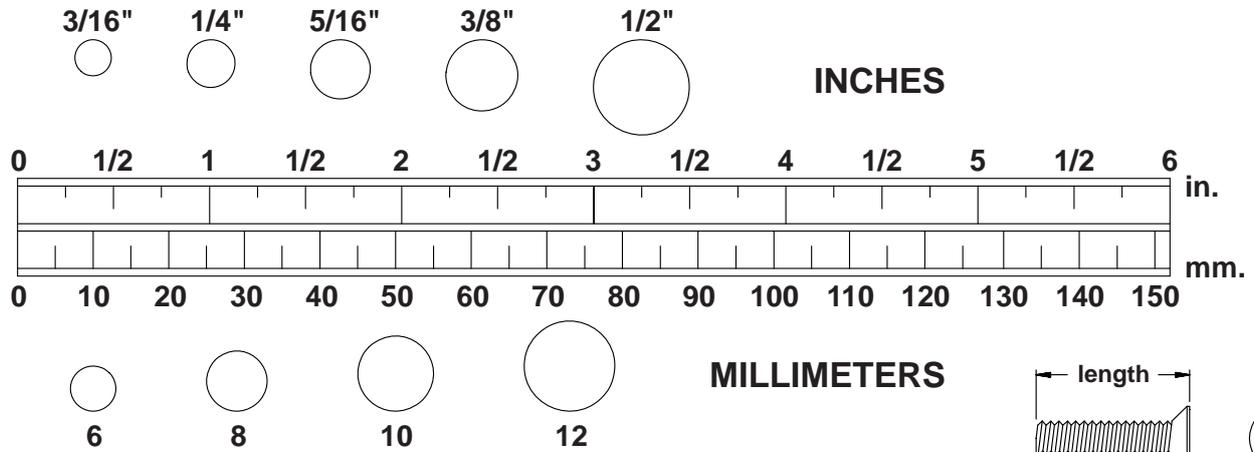
Label is larger than actual size

W1 WARNING LABEL(85)

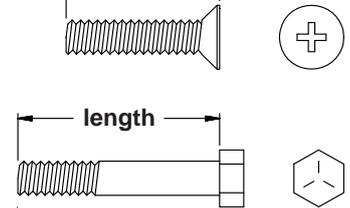


HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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

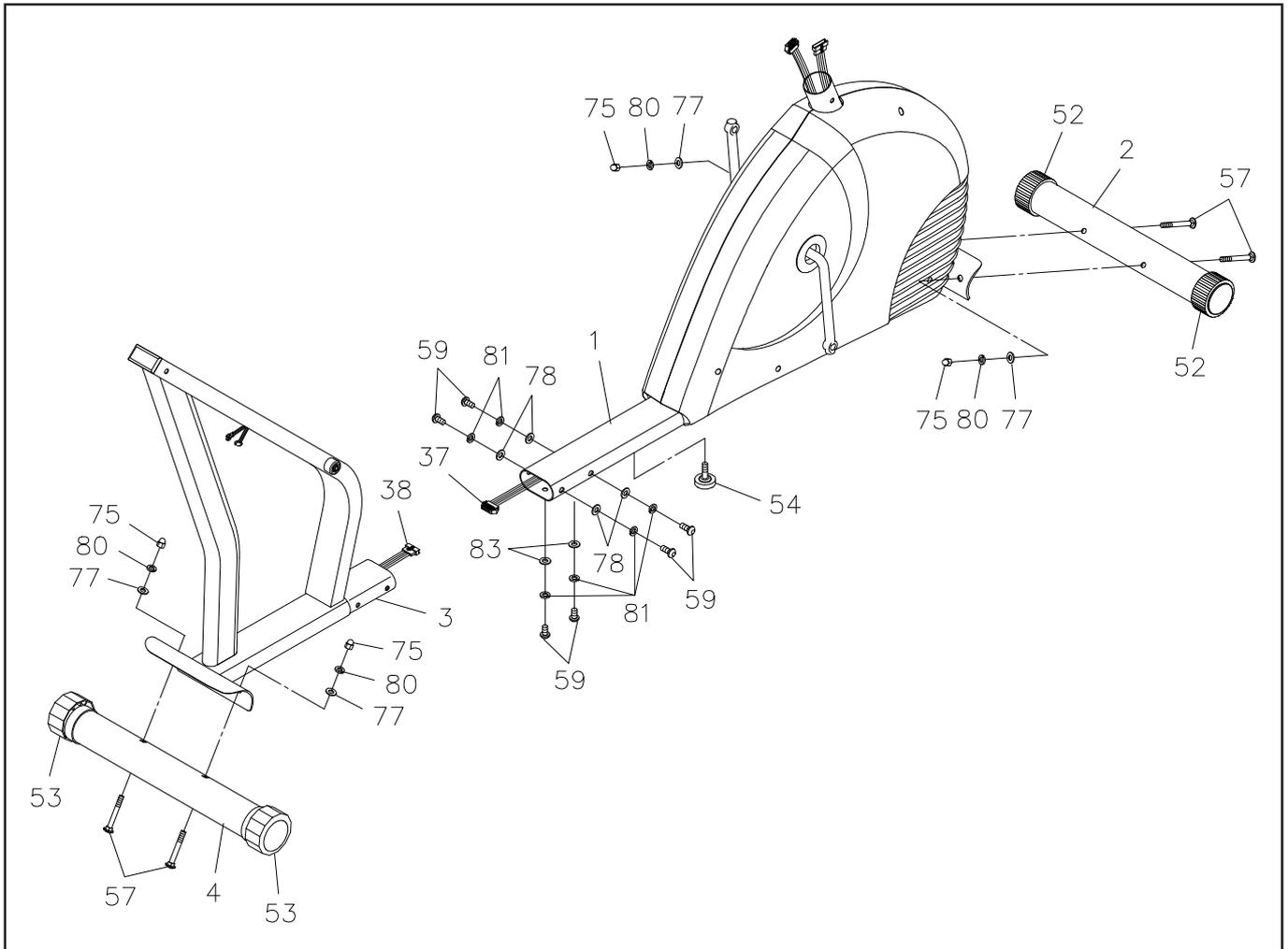


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

| | Part No. and Description | Qty |
|--|---|-----|
| | 56 Carriage Bolt (M8 x 1.25 x 45mm) | 2 |
| | 57 Carriage Bolt (M8 x 1.25 x 75mm) | 4 |
| | 58 Bolt, Button Head (M8 x 1.25 x 40mm) | 2 |
| | 59 Bolt, Button Head (M10 x 1.5 x 15mm) | 6 |
| | 60 Bolt, Hex Head (M8 x 1.25 x 80mm) | 1 |
| | 61 Bolt, Round Head (M6 x 1 x 15mm) | 7 |
| | 64 Screw, Round Head (M5 x 0.8 x 10mm) | 4 |
| | 72 Nut (M8 x 1.25) | 1 |
| | 75 Acorn Nut (M8 x 1.25) | 6 |
| | 76 Arc Washer (M6) | 3 |
| | 77 Arc Washer (M8) | 6 |
| | 78 Arc Washer (M10) | 4 |
| | 79 Lock Washer (M6) | 3 |
| | 80 Lock Washer (M8) | 6 |
| | 81 Lock Washer (M10) | 6 |
| | 83 Washer (M10) | 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.



STEP 1

Attach the **FRONT STABILIZER(2)**, the short one with the **WHEELS(52)**, to the front of the **FRONT FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm)(57)**, **ARC WASHERS(M8)(77)**, **LOCK WASHERS(M8)(80)**, and **ACORN NUTS(M8x1.25)(75)**.

STEP 2

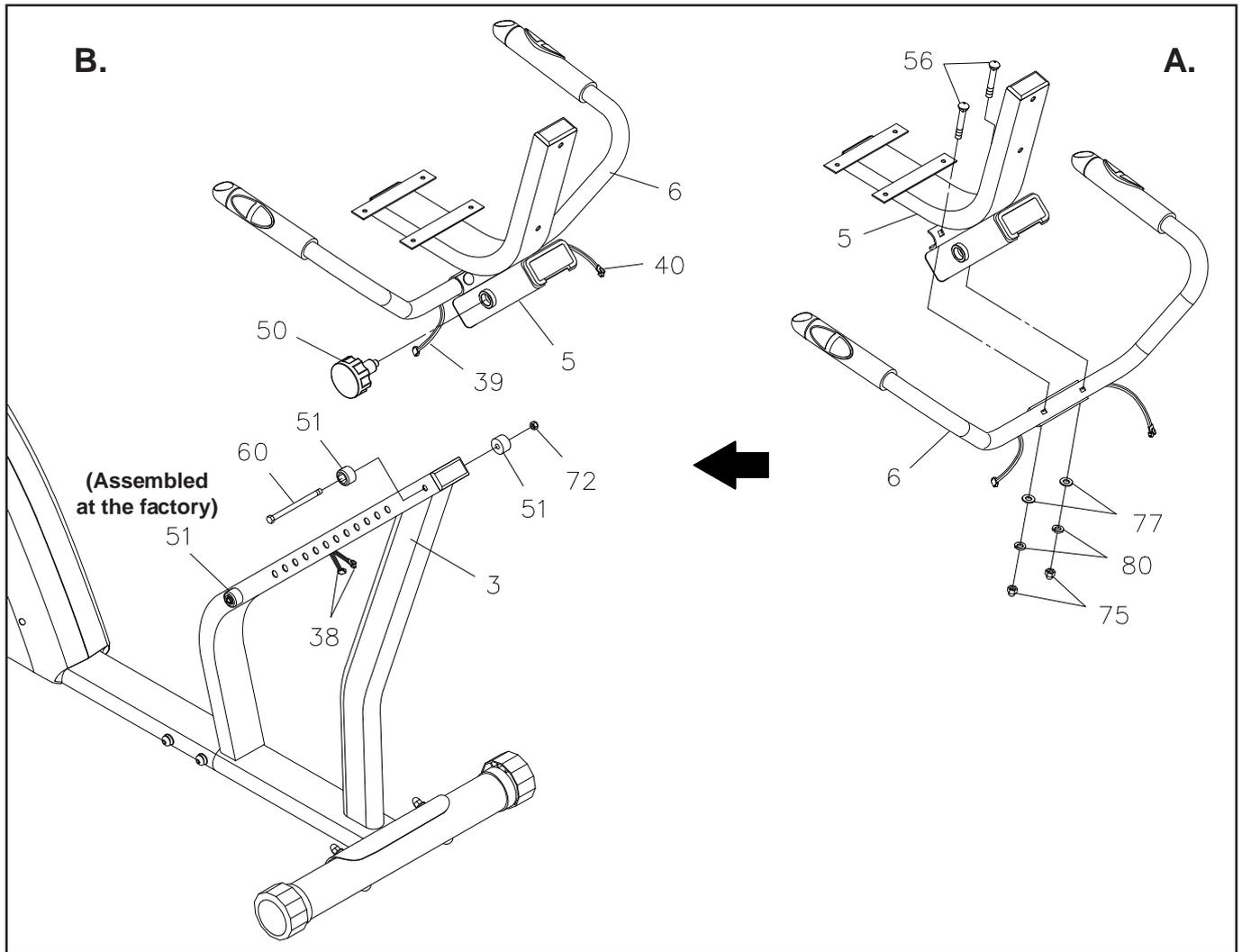
Attach the **REAR STABILIZER(4)**, the one with the **LEVELING CAPS(53)**, to the **REAR FRAME(3)** with **CARRIAGE BOLTS(M8x1.25x75mm)(57)**, **ARC WASHERS(M8)(77)**, **LOCK WASHERS(M8)(80)**, and **ACORN NUTS(M8x1.25)(75)**.

STEP 3

Screw the **STAND(54)** all the way up into the bottom of the **FRONT FRAME(1)**. Connect the **REAR EXTENSION WIRE(38)** to the **FRONT EXTENSION WIRE(37)**. Insert the **REAR FRAME(3)** into the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLTS(M10x1.5x15mm)(59)**, **ARC WASHERS(M10)(78)**, **WASHERS(M10)(83)**, and **LOCK WASHERS(M10)(81)**.

NOTE: See page 11 for detailed leveling instructions to prevent rocking.

ASSEMBLY INSTRUCTIONS



NOTE: Be careful not to damage the **WIRES(38, 39, and 40)** when attaching the **HANDRAIL(6)** and the **SEAT FRAME(5)**.

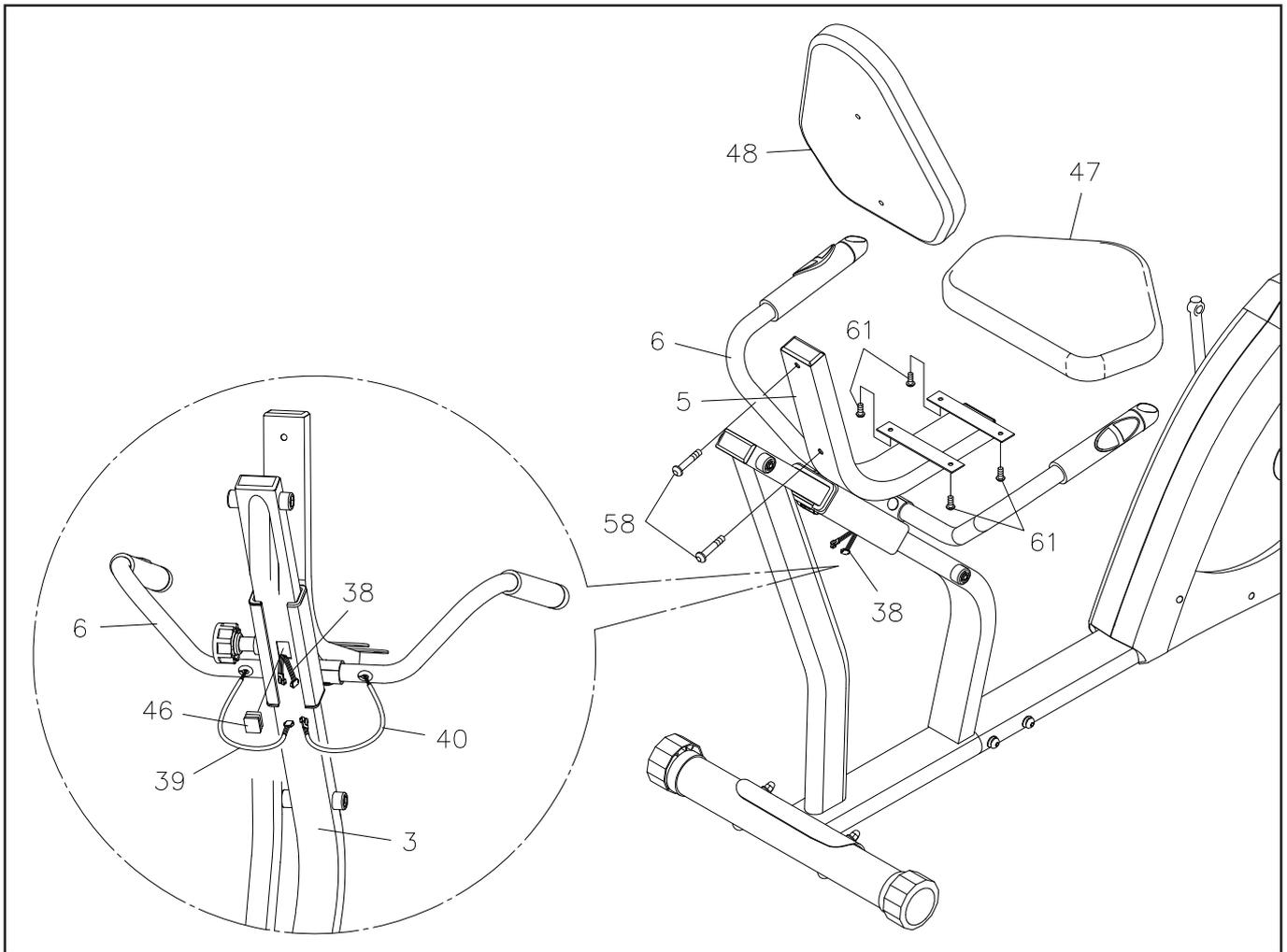
STEP 4

Refer to illustration A. Attach the **HANDRAIL(6)** to the **SEAT FRAME(5)** with **CARRIAGE BOLTS (M8x1.25x45mm)(56)**, **ARC WASHERS(M8)(77)**, **LOCK WASHERS(M8)(80)**, and **ACORN NUTS(M8x1.25) (75)**.

STEP 5

Refer to illustration B. Slide the **SEAT FRAME(5)** onto the **REAR FRAME(3)** and lock in position with the **ADJUSTMENT KNOB(50)**. Attach the **STOPPERS(51)** to the top end of the **REAR FRAME(3)** with **HEX BOLT(M8x1.25x80mm)(60)** and **NUT(M8x1.25)(72)**. Also, please verify that the other **STOPPERS(51)** are assembled at the factory.

ASSEMBLY INSTRUCTIONS



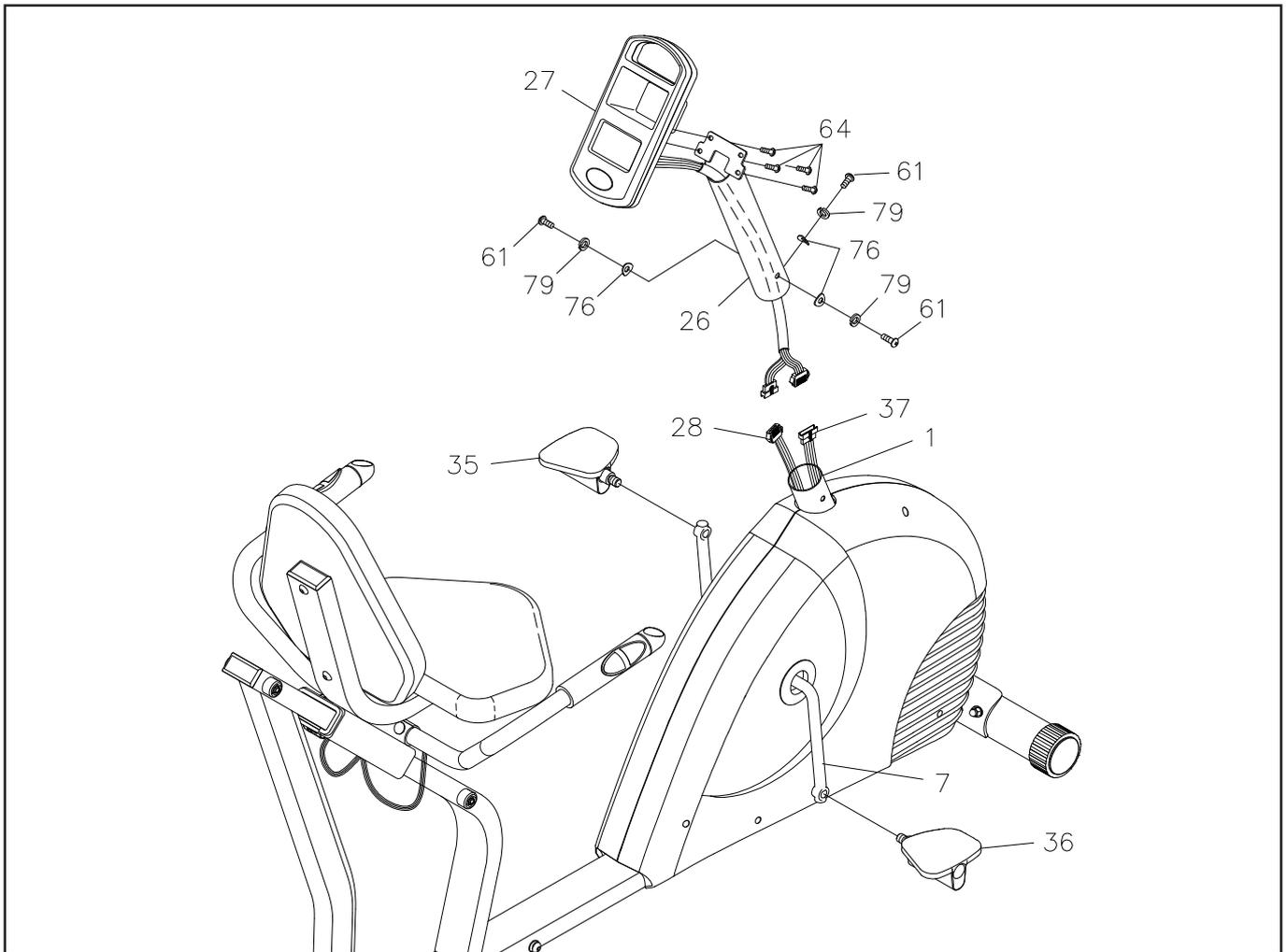
STEP 6

Refer to the inset drawing. Plug the **LEFT** and **RIGHT PULSE SENSOR WIRES(39, 40)** into the **REAR EXTENSION WIRE(38)** located on the **REAR FRAME(3)**. Push the plugs, only the plugs, back into the opening in the **REAR FRAME(3)**. Press the **SQUARE PLUG(46)** into the slot in the back of the **REAR FRAME(3)** allowing the **LEFT** and **RIGHT PULSE SENSOR WIRES(39, 40)** to feed through the opening created in the slot below the **SQUARE PLUG(46)**. Please note that the slot is bigger than the **SQUARE PLUG(46)** to allow room for the wires.

STEP 7

Attach the **SEAT(47)** to the **SEAT FRAME(5)** with **ROUND HEAD BOLTS(M6x1x15mm)(61)**. Attach the **BACK CUSHION(48)** to the **SEAT FRAME(5)** with **BUTTON HEAD BOLTS(M8x1.25x40mm)(58)**.

ASSEMBLY INSTRUCTIONS



STEP 8

NOTE: The **RIGHT PEDAL(36)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(36)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(35)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(35)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(36)** into the right side of the **CRANK(7)** as shown. Tighten the pedal securely. Do the same to attach the **LEFT PEDAL(35)** to the left side of the **CRANK(7)**.

STEP 9

Install four AA batteries into the **METER(27)**(four batteries included). See page 13 for detailed battery installation instructions. Run the **EXTENSION WIRE** on the **METER(27)** through the **METER POST(26)**. Attach the **METER(27)** to the **METER POST(26)** with **ROUND HEAD SCREWS(M5x0.8x10mm)(64)**.

STEP 10

Plug the **MOTOR CONTROL WIRE(28)** and **FRONT EXTENSION WIRE(37)** to the **EXTENSION WIRE** on the **METER(27)**. Insert the **METER POST(26)** onto the **FRONT FRAME(1)** and secure with **ROUND HEAD BOLTS(M6x1x15mm)(61)**, **LOCK WASHERS(M6)(79)**, and **ARC WASHERS(M6)(76)**.

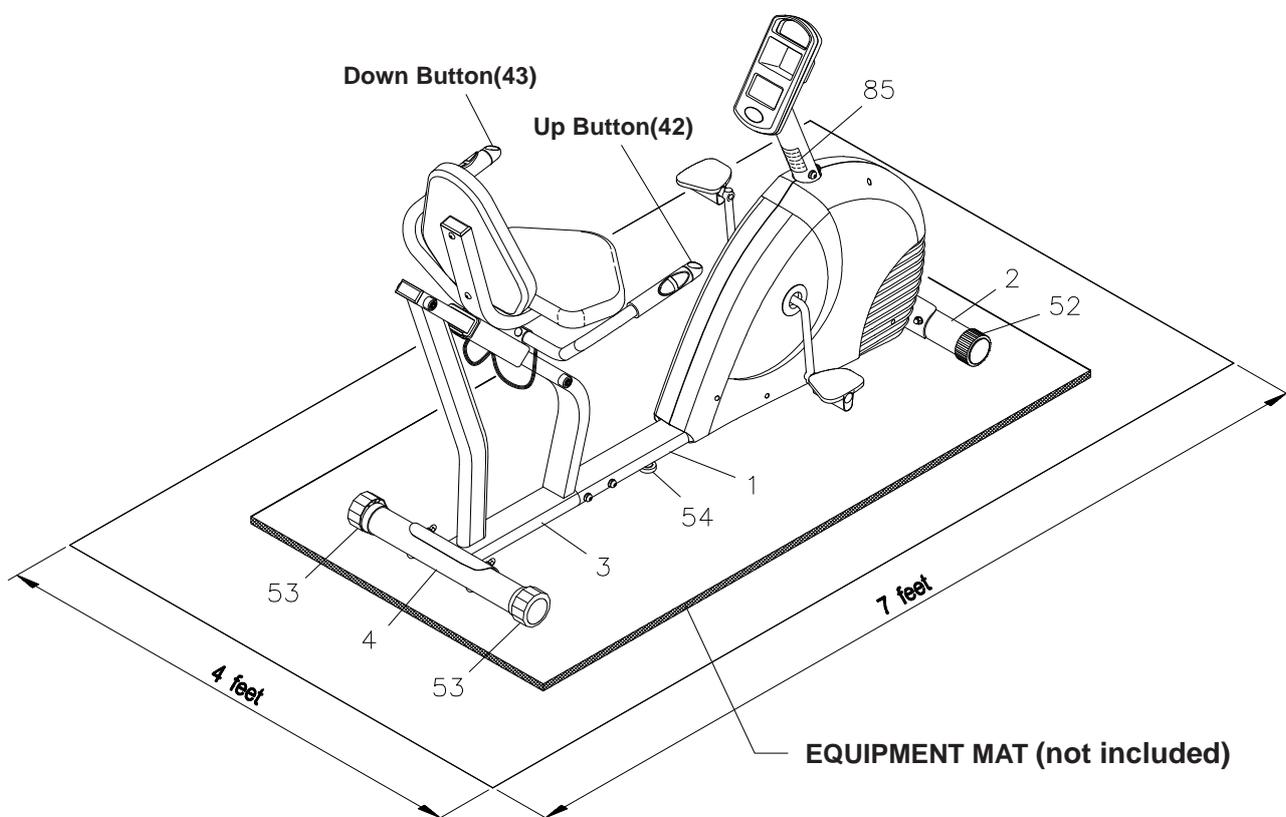
NOTE: Be careful not to damage the wires when attaching the **METER(27)**.

SET UP INSTRUCTIONS

Place the **Magnetic Fusion 4545 Bike** in the area where it will be used. It is recommended that the **Magnetic Fusion 4545 Bike** be placed on an equipment mat. The **Magnetic Fusion 4545 Bike** is approximately 57 3/4 inches long x 24 3/8 inches wide x 43 3/4 inches tall (max.). (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **Magnetic Fusion 4545 Bike**. Make sure that adequate space is available for access to and passage around the **Magnetic Fusion 4545 Bike**.

LEVELING: Adjust the **STAND(54)** under the **FRONT FRAME(1)** and the **LEVELING CAPS(53)** on the **REAR STABILIZER(4)** so that the Bike sits on the floor without rocking. Remove and reposition the **LEVELING CAPS(53)** on the **REAR STABILIZER(4)** to level the **Magnetic Fusion 4545 Bike**.

MOVING: The **Magnetic Fusion 4545 Bike** has a pair of **WHEELS(52)** on the **FRONT STABILIZER (2)**. Lift up from **REAR STABILIZER(4)** to move the **Magnetic Fusion 4545 Bike**.



To level the **Magnetic Fusion 4545 Bike**, first screw the **STAND(54)** located in the middle of the **FRONT FRAME(1)** all the way up into the **FRONT FRAME(1)** so that it is not touching the floor. Adjust the two **LEVELING CAPS(53)** on the **REAR STABILIZER(4)**. When the **LEVELING CAPS(53)** are adjusted and the **Magnetic Fusion 4545 Bike** is stable, rotate the **STAND(54)** to make it contact with the floor. While you are adjusting the **LEVELING CAPS(53)** the **STAND(54)** must not be in contact with the floor. Only after the **Magnetic Fusion 4545 Bike** has been stabilized with the **LEVELING CAPS(53)** will you position the **STAND(54)** so it is in contact with the floor to provide extra stability for the frame.

FUNCTION INSPECTION:

Visually inspect the **Magnetic Fusion 4545 Bike** to verify that assembly is as shown in the above illustration. Check the function of the **Magnetic Fusion 4545 Bike** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Press the **UP** and **DOWN BUTTONS(42, 43)** on the ends of the **HANDRAILS(6)** to verify that the adjustable tension is working properly.

CAUTION: Locate and read the **WARNING LABEL(85)** on the **Magnetic Fusion 4545 Bike**. Make sure that all users read the **WARNING LABEL(85)**.

OPERATIONAL INSTRUCTIONS

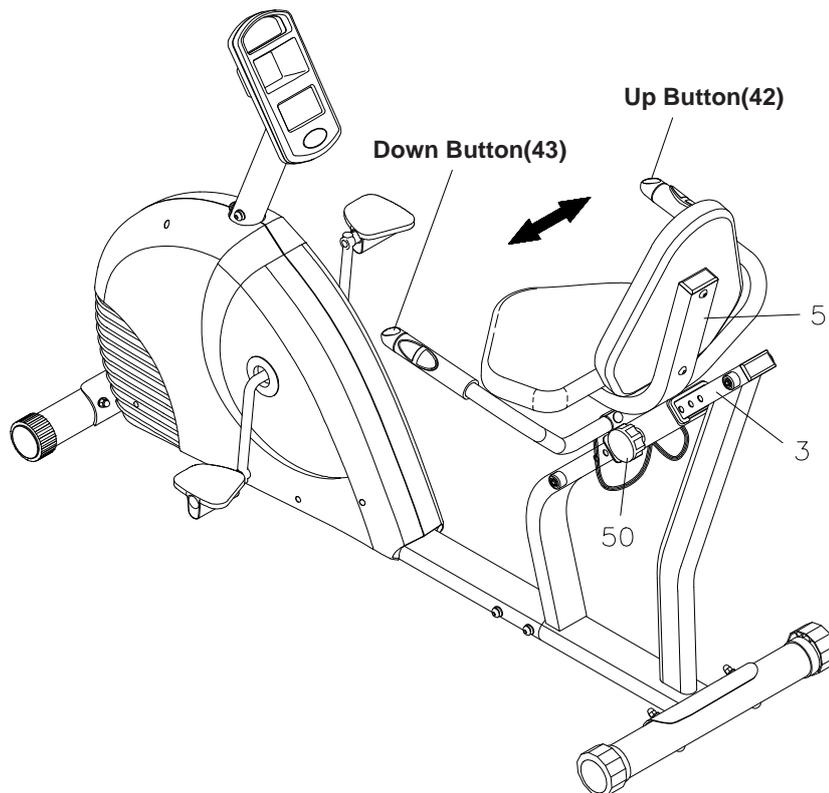
SEAT ADJUSTMENT

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

1. Rotate the **ADJUSTMENT KNOB(50)** counterclockwise until the pin releases when the knob is pulled. Pull the **ADJUSTMENT KNOB(50)** and slide the **SEAT FRAME(5)** up or down to desired position. Lock the **SEAT FRAME(5)** in position by inserting the pin of the **ADJUSTMENT KNOB(50)** into one of the adjustment holes in the **REAR FRAME(3)**, then rotate the **ADJUSTMENT KNOB(50)** clockwise to lock the **SEAT FRAME(5)** securely.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke.

CAUTION:

1. Do not attempt to adjust the seat while you are on the **Magnetic Fusion 4545 Bike**.
2. Always tighten the **ADJUSTMENT KNOB(50)** after adjusting the seat to a new position.



LOAD ADJUSTMENT

To increase the load, press the **UP BUTTON(42)** on the right **HANDRAIL(6)**. To decrease the load, press the **DOWN BUTTON(43)** on the left **HANDRAIL(6)**.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS MONITOR OR METER

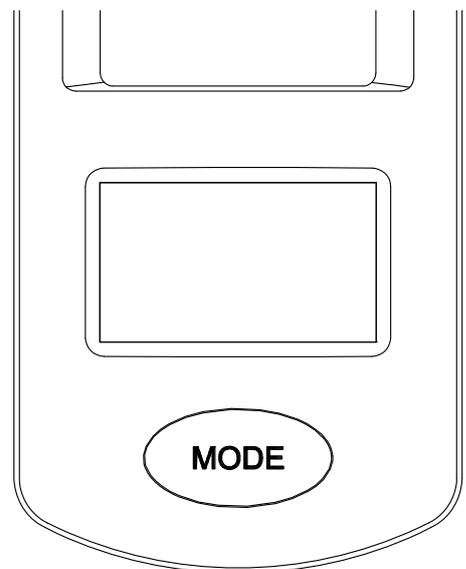
POWER ON : Pedal movement or push the **MODE** button.

POWER OFF : Automatic shut off after four minutes of inactivity.

MODE BUTTON:

Press to select display functions, include **SCAN, TIME, SPEED, DISTANCE, CALORIES, and HEART RATE.**

Press and hold for three seconds to reset all functions to zero.



FUNCTIONS:

SCAN: Automatically scans each function of **TIME, SPEED, DISTANCE, CALORIES, and HEART RATE** in sequence with change every four seconds. Press and release the **MODE** button until "**SCAN**" appears on the display.

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

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

DISTANCE: Displays the distance from zero to 99.99 miles.

CALORIES: Displays calories burned from zero to 999.9 Kcal.

The Calorie Display estimates the average user's calorie consumption based on the speed and time of the workout. The Calorie Display is not affected by the load adjustment. It should be used only as a comparison between workouts on this unit.

HEART RATE: Displays your heart rate in beats per minute. To display heart rate, select the Heart Rate Mode and grasp the **PULSE SENSORS(41)** on the **HANDRAILS(6)**, one in each hand. The heart symbol "♥" will begin flashing when the **METER(27)** receives your heart rate reading. Your heart rate will be displayed approximately five (5) seconds after the heart icon is shown; however, if your hands aren't placed correctly on the **PULSE SENSORS(41)**, you will not see a heart rate on the display and the meter will cancel the heart rate circuit after 60 seconds. If this occurs, press the **MODE** button to restart, place your hands back on the **PULSE SENSORS(41)** correctly with the palm on the sensors and the heart rate readout will appear.

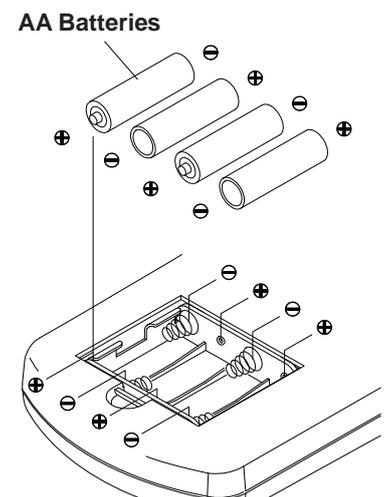
NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the **MODE** button and hold it down for three seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Remove the **METER(27)** from the **METER POST(26)**.
2. Open the Battery Door on the back of the meter.
3. The **METER(27)** operates with four AA batteries (four batteries included). Refer to the illustration to install or replace the batteries.
4. Reattach the **METER(27)** to the **METER POST(26)**.

NOTE:

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



STORAGE

1. To store the **Magnetic Fusion 4545 Bike**, simply keep it in a clean dry place.
2. Adjust the **SEAT FRAME(5)** to the lowest position. The **Magnetic Fusion 4545 Bike** is approximately 57 3/4 inches long x 24 3/8 inches wide x 35 7/8 inches tall (max.). These dimensions will vary. Please measure your **Magnetic Fusion 4545 Bike** if exact dimensions are needed.
3. To move the **Magnetic Fusion 4545 Bike**, lift the **REAR STABILIZER(4)** and the bike will roll on the **WHEELS(52)** on the **FRONT STABILIZER(2)**.
4. To avoid damage to the electronics, remove the batteries before storing the **Magnetic Fusion 4545 Bike** for one year or more.

MAINTENANCE

The safety and integrity designed into the **Magnetic Fusion 4545 Bike** can only be maintained when the **Magnetic Fusion 4545 Bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Press the **UP** and **DOWN BUTTONS(42, 43)** on the ends of the **HANDRAIL(6)** to verify that the Magnetic System provides different tensions. The Magnetic System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise. The right pedal has right hand threads that are tightened by turning clockwise.
3. Verify that the **WARNING LABEL(85)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(85)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **Magnetic Fusion 4545 Bike** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **Magnetic Fusion 4545 Bike**.
7. Keep your **Magnetic Fusion 4545 Bike** clean by wiping with an absorbent cloth after use.

CONDITIONING GUIDELINES

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

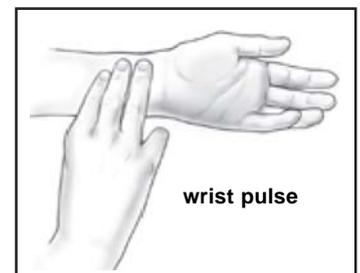
Remember to follow these essentials:

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

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

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

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



Target Heart Rate Zone Estimated by Age*

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

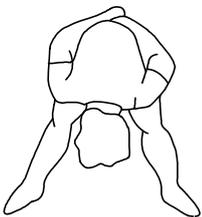
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

WARM-UP and COOL-DOWN

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

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

Suggested Stretching Exercises



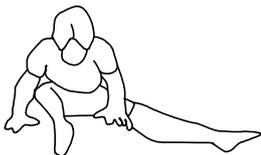
Lower Body Stretch

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



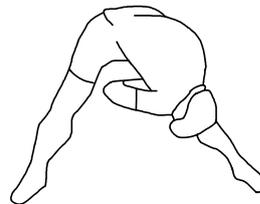
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

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

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

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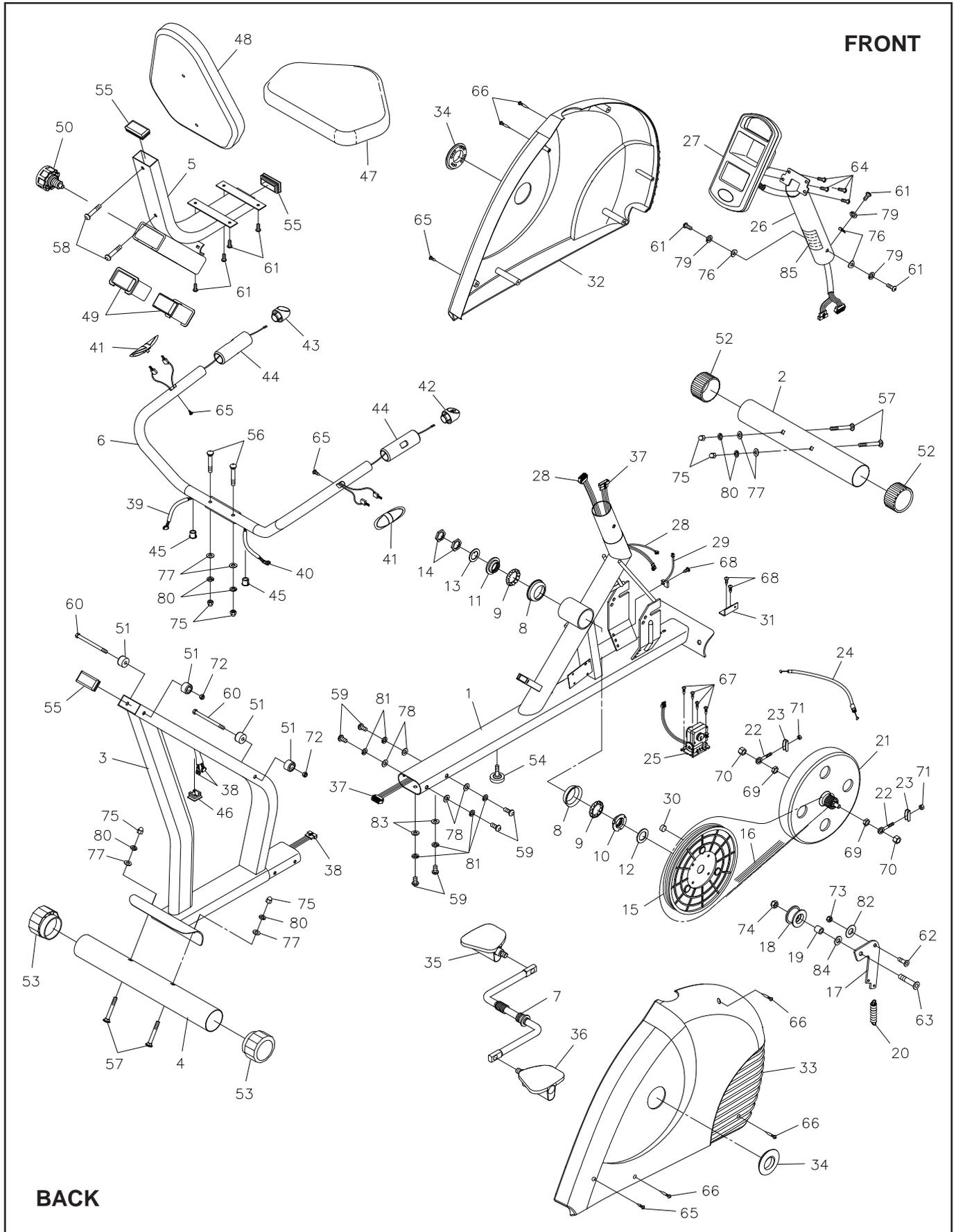
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PRODUCT PARTS DRAWING



PARTS LIST

| PART# | PART NAME | QTY |
|-------|-------------------------------|-----|
| 1 | Front Frame | 1 |
| 2 | Front Stabilizer | 1 |
| 3 | Rear Frame | 1 |
| 4 | Rear Stabilizer | 1 |
| 5 | Seat Frame | 1 |
| 6 | Handrail | 1 |
| 7 | Crank | 1 |
| 8 | Bearing Housing | 2 |
| 9 | Ball Bearing | 2 |
| 10 | Inside Bearing Collar | 1 |
| 11 | Outside Bearing Collar | 1 |
| 12 | Bearing Washer | 1 |
| 13 | Bearing Snap Washer | 1 |
| 14 | Bearing Nut | 2 |
| 15 | Pulley | 1 |
| 16 | V-Ribbed Belt | 1 |
| 17 | Idler Arm | 1 |
| 18 | Idler Wheel | 1 |
| 19 | Idler Wheel Spacer | 1 |
| 20 | Tension Spring | 1 |
| 21 | Magnetic Unit | 1 |
| 22 | Eyebolt | 2 |
| 23 | Tension Bracket | 2 |
| 24 | Tension Cable | 1 |
| 25 | Motor | 1 |
| 26 | Meter Post | 1 |
| 27 | Meter | 1 |
| 28 | Motor Control Wire | 1 |
| 29 | Sensor Wire | 1 |
| 30 | Magnet | 1 |
| 31 | Mounting Bracket | 1 |
| 32 | Left Cover | 1 |
| 33 | Right Cover | 1 |
| 34 | Cover Cap | 2 |
| 35 | Left Pedal | 1 |
| 36 | Right Pedal | 1 |
| 37 | Front Extension Wire | 1 |
| 38 | Rear Extension Wire | 1 |
| 39 | Left Pulse Sensor Wire | 1 |
| 40 | Right Pulse Sensor Wire | 1 |
| 41 | Pulse Sensor | 2 |
| 42 | Up Button / Right Side | 1 |
| 43 | Down Button / Left Side | 1 |
| 44 | Foam Grip | 2 |
| 45 | Grommet Plug | 2 |
| 46 | Square Plug (25.4mm x 25.4mm) | 1 |
| 47 | Seat | 1 |

PARTS LIST

| PART# | PART NAME | QTY |
|-------|--|-----|
| 48 | Back Cushion | 1 |
| 49 | Bushing | 2 |
| 50 | Adjustment Knob | 1 |
| 51 | Stopper | 4 |
| 52 | Wheel | 2 |
| 53 | Leveling Cap | 2 |
| 54 | Stand | 1 |
| 55 | Rectangular Plug (30mm x 60mm) | 3 |
| 56 | Carriage Bolt (M8 x 1.25 x 45mm) | 2 |
| 57 | Carriage Bolt (M8 x 1.25 x 75mm) | 4 |
| 58 | Bolt, Button Head (M8 x 1.25 x 40mm) | 2 |
| 59 | Bolt, Button Head (M10 x 1.5 x 15mm) | 6 |
| 60 | Bolt, Hex Head (M8 x 1.25 x 80mm) | 2 |
| 61 | Bolt, Round Head (M6 x 1 x 15mm) | 7 |
| 62 | Bolt, Flat Head (M8 x 1.25 x 20mm) | 1 |
| 63 | Bolt, Flat Head (M10 x 1.5 x 45mm) | 1 |
| 64 | Screw, Round Head (M5 x 0.8 x 10mm) | 4 |
| 65 | Screw, Round Head (M4 x 15mm) | 4 |
| 66 | Screw, Round Head (M4 x 25mm) | 5 |
| 67 | Screw, Round Head (M5 x 15mm) | 4 |
| 68 | Screw, Big Round Head (M5 x 15mm) | 3 |
| 69 | Thin Nut (3/8" - 26 x 5/32" thick) | 2 |
| 70 | Nut (3/8" - 26 x 9/32" thick) | 2 |
| 71 | Nut (M6 x 1) | 2 |
| 72 | Nut (M8 x 1.25) | 2 |
| 73 | Nylock Nut (M8 x 1.25) | 1 |
| 74 | Nylock Nut (M10 x 1.5 x 9mm thick) | 1 |
| 75 | Acorn Nut (M8 x 1.25) | 6 |
| 76 | Arc Washer (M6) | 3 |
| 77 | Arc Washer (M8) | 6 |
| 78 | Arc Washer (M10) | 4 |
| 79 | Lock Washer (M6) | 3 |
| 80 | Lock Washer (M8) | 6 |
| 81 | Lock Washer (M10) | 6 |
| 82 | Large Washer (ø16.5 x ø32 x 1mm thick) | 1 |
| 83 | Washer (M10) | 2 |
| 84 | Washer (M10 x ø20 x 1mm thick) | 1 |
| 85 | Warning Label | 1 |
| 86 | Wrench | 1 |
| 87 | Allen Wrench (6mm) | 1 |
| 88 | Manual | 1 |

NOTES

