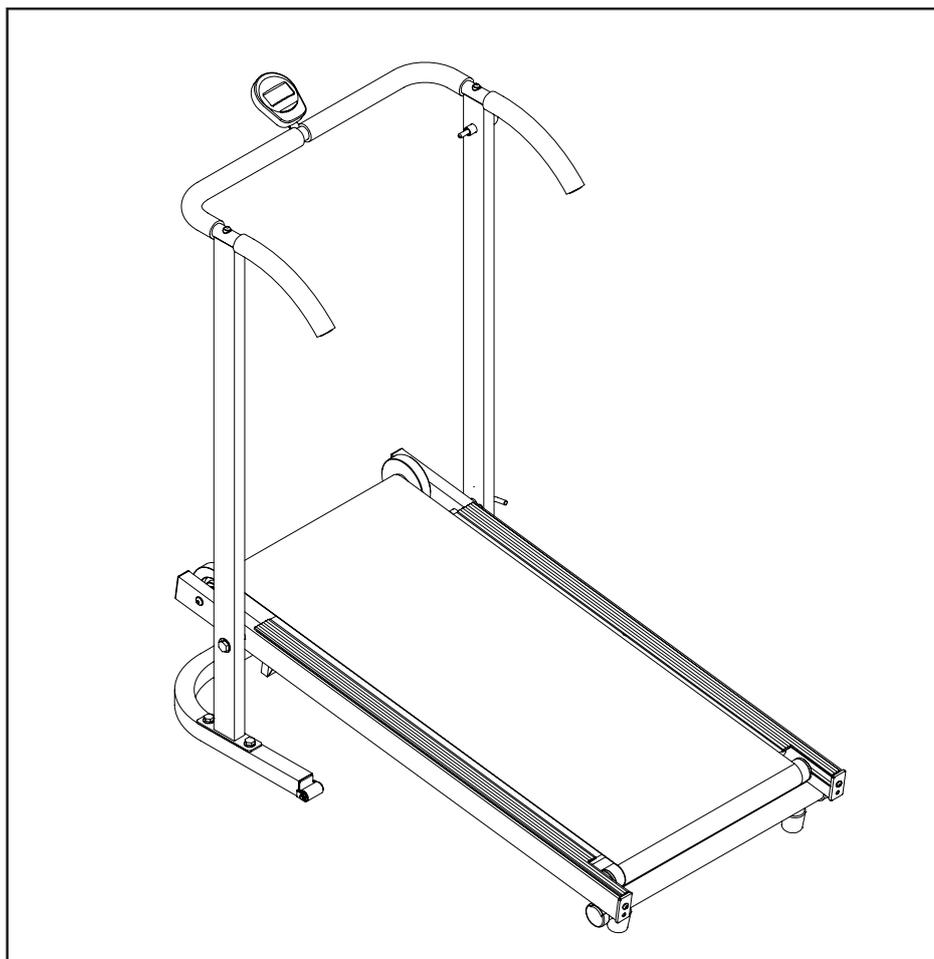


# IN Motion™ II TREADMILL

## Owner's Manual



**CAUTION:**  
Weight on this product should not exceed 250 lbs.

### ⚠ **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.

**45-1002**  
**STAMINA PRODUCTS**  
MADE IN CHINA

Product May Vary Slightly  
From Pictured.

This Product is Produced Exclusively by



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

---

## TABLE OF CONTENTS

	Page		Page
Safety Instructions	2	Maintenance	10
Before You Begin	4	Storage	11
Hardware Illustrations	5	Product Parts Drawing	12
Assembly Instructions	6	Parts List	13
Using The Electronics Meter	8	Warranty	14
Treadmill Adjustments	9	Fax/Mail Ordering Form	15

---

## SAFETY INSTRUCTIONS

**WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the **InMotion™ II Treadmill**.

1. Read all warnings posted on the **InMotion™ II Treadmill**.
2. Read this Owner's Manual and follow it carefully before using the **InMotion™ II Treadmill**. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **InMotion™ II Treadmill**. Do not allow children to use or play on the **InMotion™ II Treadmill**. Keep children and pets away from the **InMotion™ II Treadmill** 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 **InMotion™ II Treadmill** on a solid level surface. Do not position the **InMotion™ II Treadmill** on loose rugs or uneven surfaces.
7. Inspect the **InMotion™ II Treadmill** for worn or loose components prior to use. Tighten/replace any loose or worn components prior to using the **InMotion™ II Treadmill**.
8. Keep fingers clear of all pinch points when folding and unfolding the **InMotion™ II Treadmill**.
9. When folding the **InMotion™ II Treadmill** for storage, make sure that Base Frame Assembly is locked securely in the folded position by the Spring Pin.
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 **InMotion™ II Treadmill**.
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 **InMotion™ II Treadmill**, loss of balance may result in a fall and serious bodily injury.
16. The **InMotion™ II Treadmill** should not be used by persons weighing over 250 pounds.
17. The **InMotion™ II Treadmill** should be used by only one person at a time.
18. The **InMotion™ II Treadmill** 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 NUMBER**  
**1 (800) 375-7520**

---

**THANK YOU FOR PURCHASING THE  
InMotion™ II Treadmill**

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

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

## BEFORE YOU BEGIN

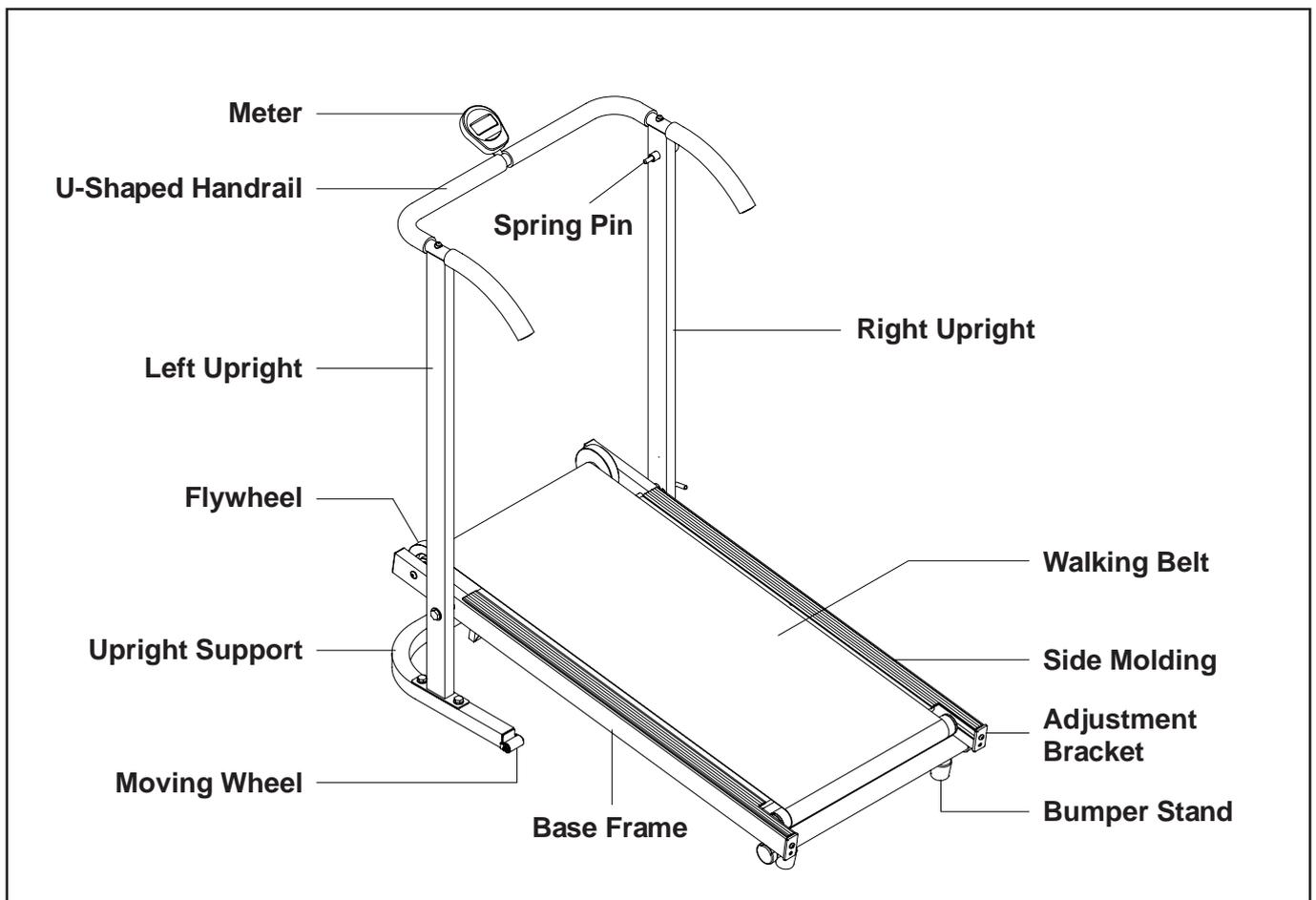
Thank you for choosing the **InMotion™ II Treadmill**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

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 **InMotion™ II Treadmill** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

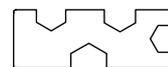
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **InMotion™ II Treadmill**.

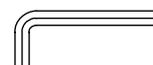
Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place these things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



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



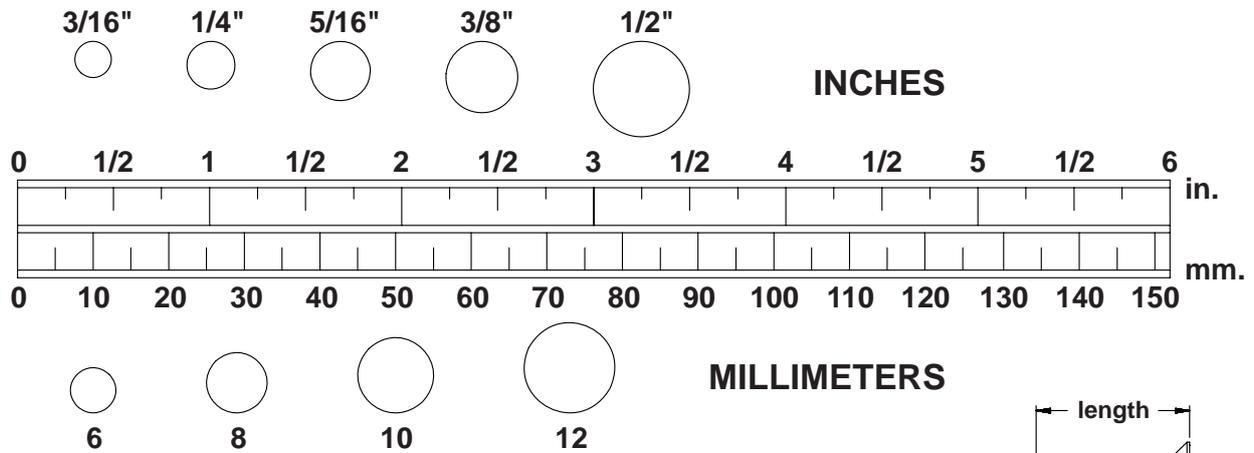
Wrench



Allen Wrench (4mm)

# HARDWARE IDENTIFICATION CHART

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

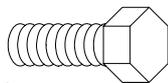


Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.

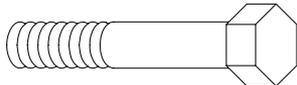
**NOTICE:** The length of all kinds of screws and bolts are not included themselves head, except the flat head screws and bolts.

## Part No. and Description

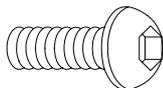
## Qty



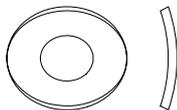
38 Bolt, Hex Head (M10 x 1.5 x 20mm) 4



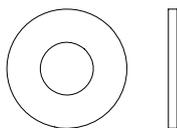
39 Bolt, Hex Head (M12 x 1.75 x 70mm) 2



40 Bolt, Button Head (M6 x 1 x 15mm) 2



44 Arc Washer (M6) 2



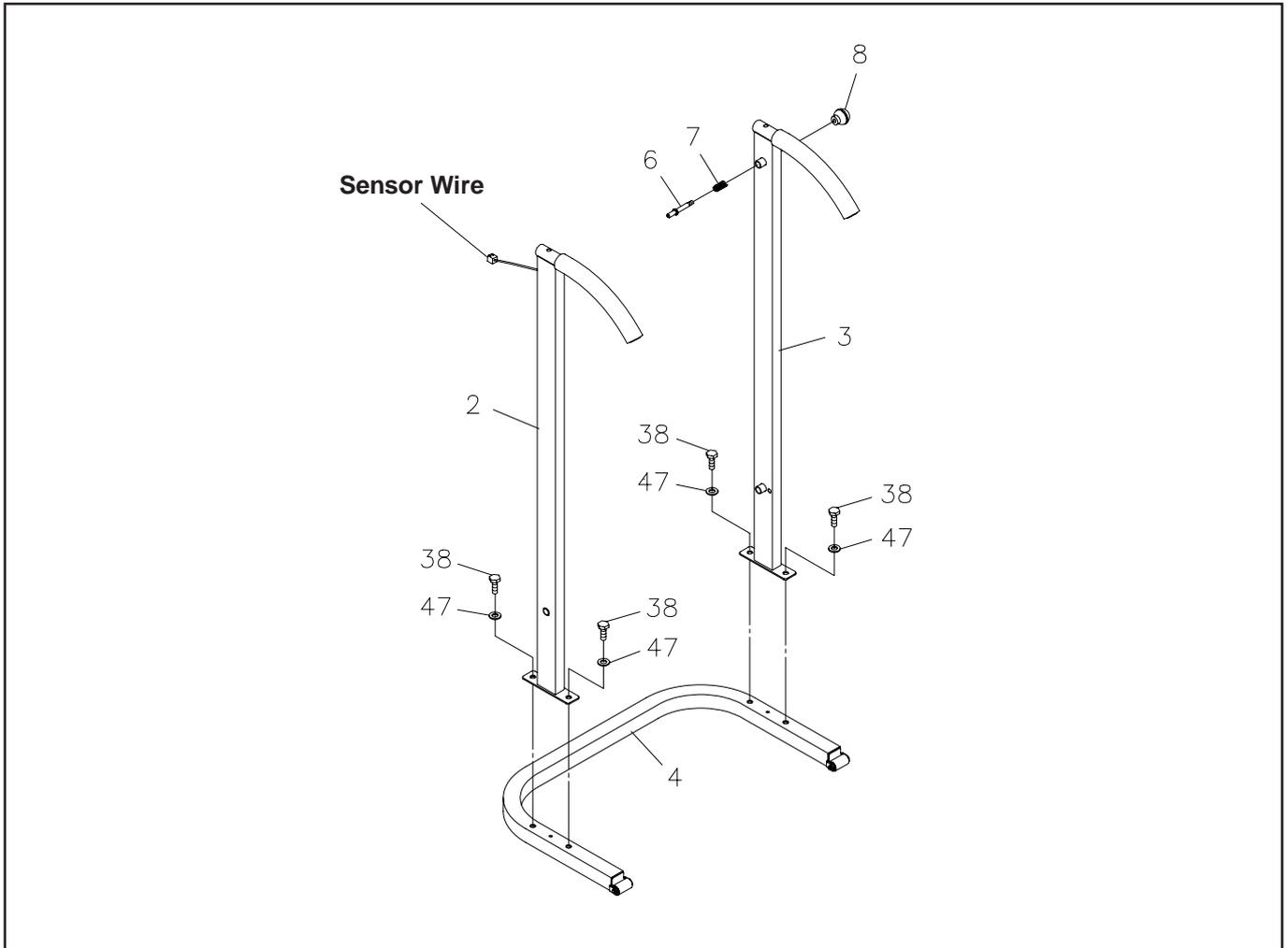
47 Washer (M10) 4  
48 Washer (M12) 2

**NOTE:** 1. Some of the hardware items listed may be attached to other parts.  
2. Bolt length is measured from the bottom of the bolt head to the end of the bolt.

## 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

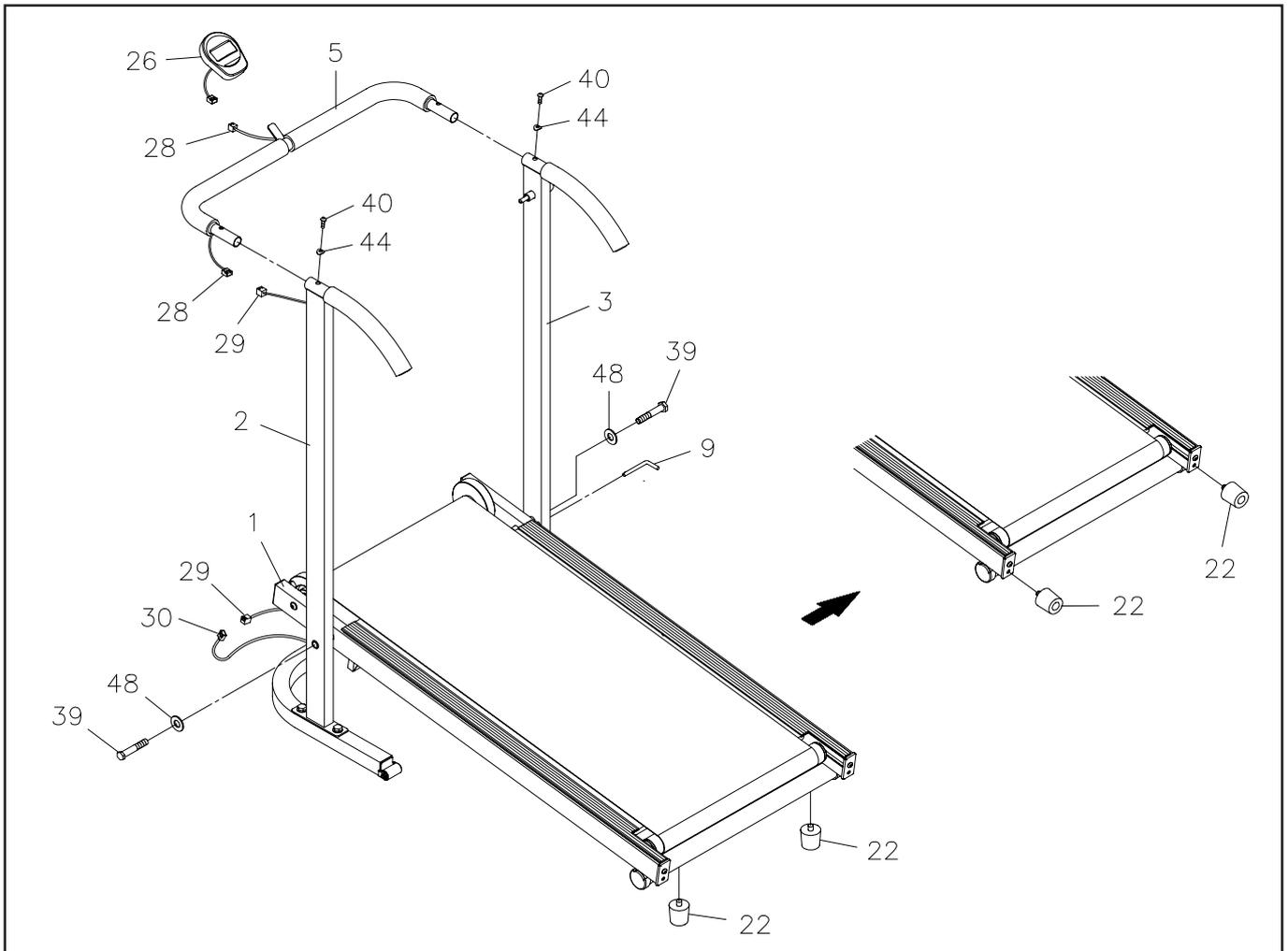
**NOTE:** The **LEFT UPRIGHT(2)** is the one with the Sensor Wire.

Attach the **LEFT** and **RIGHT UPRIGHTS(2, 3)** to the **UPRIGHT SUPPORT(4)** with **HEX BOLTS (M10 x 20mm)(38)** and **WASHERS(M10)(47)**.

### STEP 2

Slide the **SPRING(7)** onto the **SPRING PIN(6)**. Insert the threaded end of the **SPRING PIN(6)** through the collar on the **RIGHT UPRIGHT(3)** and screw the **BALL KNOB(8)** onto the thread end of the **SPRING PIN(6)**. Tighten the **BALL KNOB(8)** as tight as you can by hand.

## ASSEMBLY INSTRUCTIONS



**STEP 3:** Place the **BASE FRAME(1)** between the **LEFT** and **RIGHT UPRIGHTS(2, 3)** and secure with **HEX BOLTS(M12 x 70mm)(39)** and **WASHERS(M12)(48)**. **DO NOT TIGHTEN COMPLETELY.**

**STEP 4:** Secure the **U-SHAPED HANDRAIL(5)** onto the **LEFT** and **RIGHT UPRIGHTS(2, 3)** with **BUTTON HEAD BOLTS(6mm x 15mm)(40)** and **ARC WASHERS(M6)(44)**. Connect the **UPPER EXTENSION WIRE(28)** to the **LOWER EXTENSION WIRE(29)**.

**STEP 5:** Go back and tighten **HEX BOLTS(M12 x 70mm)(39)** in **STEP 2**. Connect the **LOWER EXTENSION WIRE(29)** located on the **LEFT UPRIGHT(2)** to the **SENSOR WIRE(30)**. Insert the **PULL PIN(9)** through the **RIGHT UPRIGHT(3)** and **BASE FRAME(1)** to lock the **BASE FRAME(1)** in position.

**STEP 6:** Install two "AA" batteries into the **METER(26)**, two batteries included. See page 8 for detailed battery installation instructions. Slide the **METER(26)** onto the plate on the **U-SHAPED HANDRAIL(5)**. Connect the **UPPER EXTENSION WIRE(28)** to the **METER(26)**.

**STEP 7:** Attach the **BUMPER STANDS(22)** to the bottom of the **BASE FRAME(1)**.

**NOTE:** The **BUMPER STANDS(22)** may be stored on the end of the **BASE FRAME(1)** to increase the angle of the treadmill and reduce the walking resistance. See page 10 for details on adjusting the walking resistance.

---

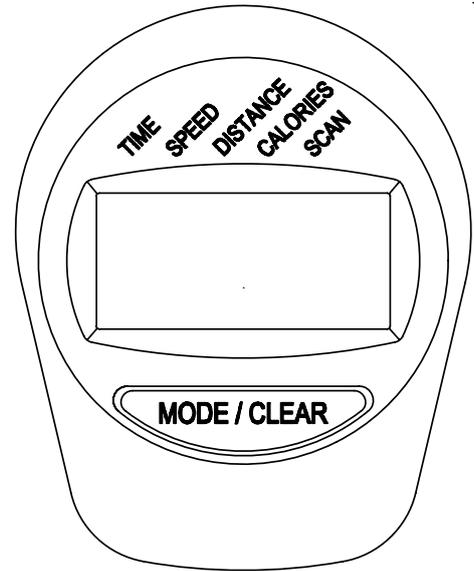
## USING THE ELECTRONIC METER

**POWER ON :** Walking Belt movement or push the button.

**POWER OFF :** Automatic shut off after 4 minutes of inactivity.

### MODE/CLEAR BUTTON:

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



### FUNCTIONS:

**SCAN:** Automatically scans TIME, SPEED, DISTANCE, and CALORIES in sequence with a change every four seconds. Press and release the button until "▲" appears on the display and points to SCAN.

**TIME:** Displays the time, from 1 sec. up to 99:59 minutes.

**SPEED:** Displays the current speed, from zero to 999.9 Mile/Hr.

**DISTANCE:** Displays the distance, from zero to 99.99 miles.

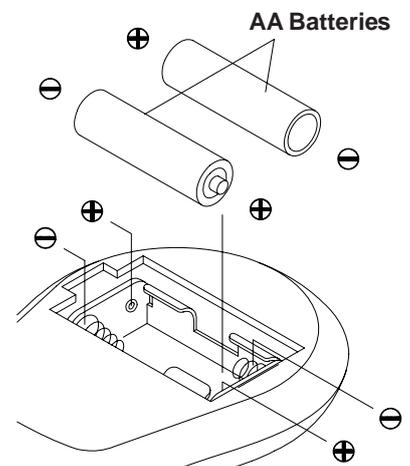
**CALORIES:** Displays the calorie consumption, from zero to 999.9 Kcal.  
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

### HOW TO INSTALL AND REPLACE BATTERY:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, two batteries included.  
Refer to the illustration to install or replace the batteries.

### 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.



---

## TREADMILL ADJUSTMENTS

The basic idea behind the manual treadmill is to have the belt running on a treadmill board and between two rollers so that the belt will move without much effort. In order for the belt to run smoothly, there are a few points that need to be noted.

### BELT ALIGNMENT

The belt must be in the center of the treadmill to prevent it from rubbing against the flywheels. If the belt rubs a flywheel, it will be difficult to keep the belt moving and eventually damage the edge of the belt.

The treadmill has belt guides welded to the bottom of the treadmill frame that move the belt toward the center of the treadmill. However, the rear roller must be properly aligned with the treadmill frame and front roller if the belt is to remain centered on the treadmill.

The bolts in the rear of the treadmill (one on the left and the other on the right) adjust the alignment of the rear roller as well as the tension of the belt.

#### The belt will run to the side of the loose rear bolt.

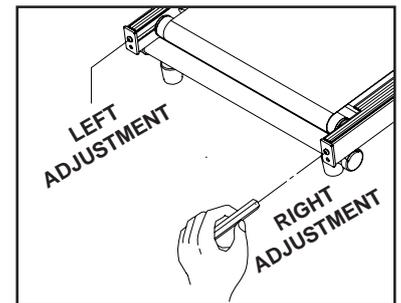
**Hint:** Eyeball the rear roller to make sure both the right side and the left side of the roller are the same distance from the back edge of the treadmill. Use the **4mm ALLEN WRENCH** to make these adjustments. Turn the bolts Clockwise to tighten and Counter-Clockwise to loosen.

### BELT DRIFTING LEFT

Turn the left screw 1/4 turn **CLOCKWISE** and the right screw 1/4 turn **COUNTER-CLOCKWISE**, then walk on the treadmill. Repeat if needed.

### BELT DRIFTING RIGHT

Turn the left screw 1/4 turn **COUNTER-CLOCKWISE** and the right screw 1/4 turn **CLOCKWISE**, then walk on the treadmill. Repeat if needed.



### NOTE:

When you believe the **WALKING BELT** is centered, use the treadmill for three (3) minutes to verify the **WALKING BELT** won't drift to one side. If the **WALKING BELT** continues to drift, the floor may not be level. Rotate the treadmill 90 degrees or move the treadmill to another location.

### BELT TENSION

The belt should be tight and not lying on the treadmill board. If the belt is too loose, the belt will slip on the front roller and you will notice a jerky movement when you walk on the treadmill. If the belt is too tight, the edges of the belt will begin to curl and more effort will be required to move the belt. Excessive belt tension can also damage the bearings in the rollers. The bolts in the rear of the treadmill (one on the left and the other on the right) adjust the tension of the belt as well as the alignment of the rear roller.

**BELT TOO LOOSE:** Use the **4mm ALLEN WRENCH** to tighten the bolts in the rear of the treadmill. Tighten both rollers 1/4 turn at a time until the belt stops slipping on the front roller.

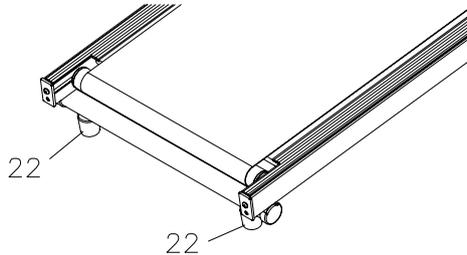
**BELT TOO TIGHT:** Use the **4mm ALLEN WRENCH** to loosen the bolts in the rear of the treadmill. Loosen both rollers 1/2 turn at a time until the belt begins to slip on the front roller. Then use the procedure above to tighten the belt.

---

## TREADMILL ADJUSTMENTS

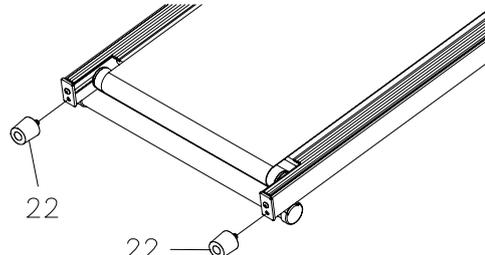
### WALKING RESISTANCE

The walking resistance or effort needed to push the treadmill belt can be adjusted by changing the incline angle. This treadmill has two adjustment positions.



#### Highest Resistance

The **BUMPER STANDS(22)** are attached to the bottom of the treadmill.



#### Lowest Resistance

Remove (unscrew) the **BUMPER STANDS(22)** from the bottom of the treadmill and store them in the end of the treadmill.

### NOTE:

1. Since this is a new machine, you may need some time to get used to walking on the treadmill and to break it in.
2. If the walking resistance is still too high, check the **BELT TENSION**.
3. The belt resistance can be reduced by adding silicone lubricant between the belt and the board. Wipe the board under the belt with a cloth and spray or spread silicone lubricant on the board under the belt.

## MAINTENANCE

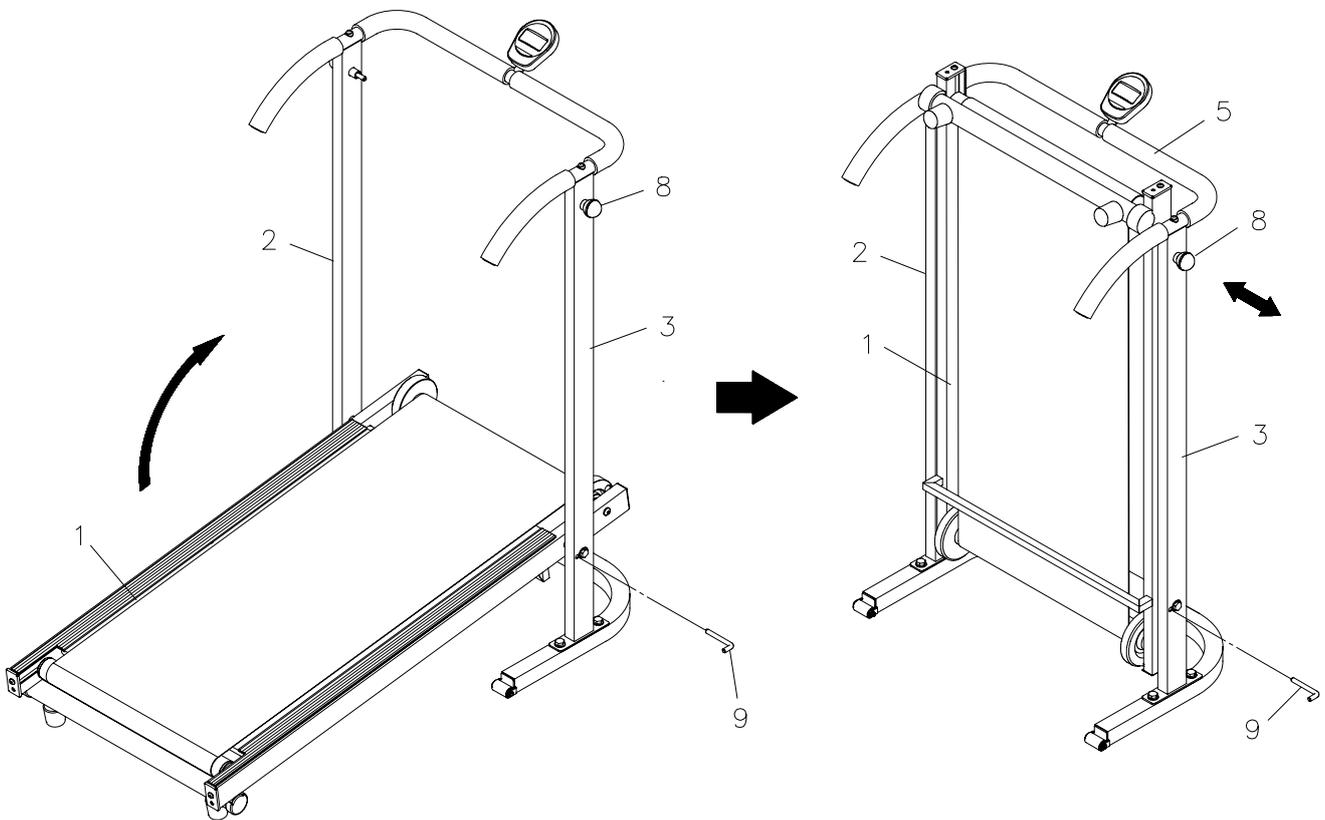
The safety and integrity designed into the **InMotion™ II Treadmill** can only be maintained when the **InMotion™ II Treadmill** is regularly examined for damage and wear. Special attention should be given to the following:

1. Clean the exposed surfaces of the walking belt and the board with an absorbent cloth.
2. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
3. Verify that the Spring Pin is present and functioning properly. Verify that the Ball Knob is securely attached to the Spring pin. Repair or replace parts as necessary.
4. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
5. Verify that the Warning Label is in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement Warning Label if the Warning Label is missing or damaged.
6. Worn or damaged components shall be replaced immediately or the **InMotion™ II Treadmill** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **InMotion™ II Treadmill**.
8. Keep your **InMotion™ II Treadmill** clean by wiping with an absorbent cloth after use.
9. If the **WALKING BELT(17)** does not move easily, lubricate the **BOARD(18)** under the **WALKING BELT(17)** with Silicone Lubricant.

---

## STORAGE

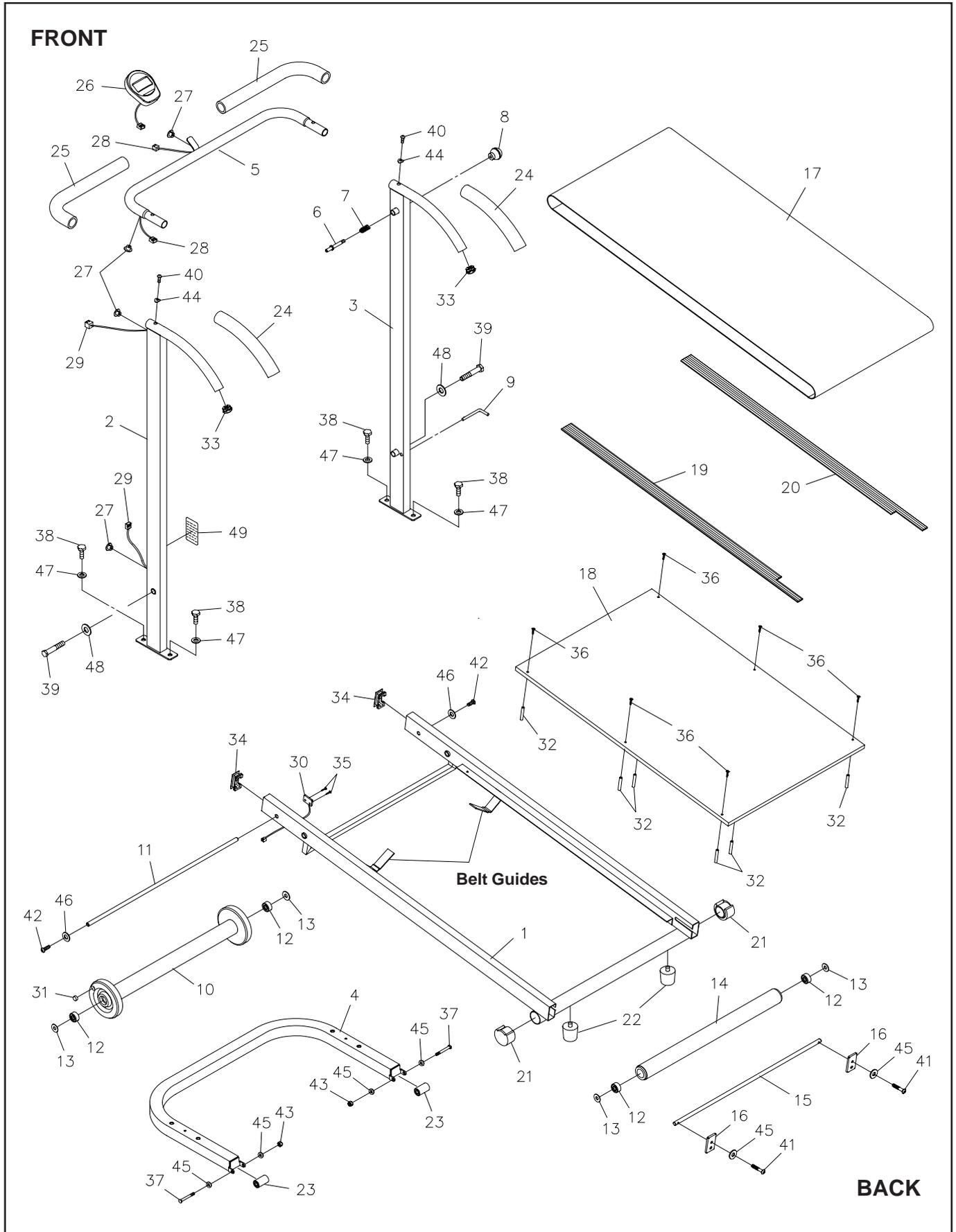
1. To store the **InMotion™ II Treadmill** simply keep it in a clean dry place.
2. To avoid damage to the electronics meter, remove the batteries before storing the **InMotion™ II Treadmill** for one year or more.
3. Follow the following process to fold The **InMotion™ II Treadmill** as illustrated for easy storage.
  - a. Remove the **PULL PIN(9)** to unlock the **BASE FRAME ASSEMBLY(1)**.
  - b. Fold up the **BASE FRAME ASSEMBLY(1)**. Pull out the **BALL KNOB(8)** on the spring pin and release to lock the **BASE FRAME ASSEMBLY(1)** in upright position.  
**CAUTION:** Make sure the Base Frame Assembly is locked securely in folded position by the spring pin.
  - c. Store the **PULL PIN(9)** by inserting the **PULL PIN(9)** back into the hole in the **RIGHT UPRIGHT(3)**.
4. Move the **InMotion™ II Treadmill** with the moving wheels on the **UPRIGHT SUPPORT(4)**. Grasp the **U-SHAPED HANDRAIL(6)** to move the **InMotion™ II Treadmill**.



## UNFOLD THE InMotion™ II Treadmill

- a. Remove the **PULL PIN(11)** from the **RIGHT UPRIGHT FRAME(3)**.
- b. Pull out the **BALL KNOB(10)** on the spring pin and unfold the **BASE FRAME ASSEMBLY(1)**.
- c. Lock the **BASE FRAME ASSEMBLY(1)** in position by inserting the **PULL PIN(11)** through the **RIGHT UPRIGHT FRAME(3)** and **BASE FRAME(1)**.

# PRODUCT PARTS DRAWING



---

## PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Base Frame	1
2	Left Upright	1
3	Right Upright	1
4	Upright Support	1
5	U-Shaped Handrail	1
6	Spring Pin	1
7	Spring	1
8	Ball Knob	1
9	Pull Pin	1
10	Front Roller /w Flywheels	1
11	Front Shaft	1
12	Bearing (6000zz)	4
13	Plastic Washer (M10)	4
14	Rear Roller	1
15	Rear Shaft	1
16	Adjustment Bracket	2
17	Walking Belt	1
18	Board	1
19	Left Side Molding	1
20	Right Side Molding	1
21	Round Cap (38mm)	2
22	Bumper Stand	2
23	Moving Wheel	2
24	Foam Grip	2
25	Long Foam Grip	2
26	Meter	1
27	Grommet Plug	4
28	Upper Extension Wire	1
29	Lower Extension Wire	1
30	Sensor Wire	1
31	Magnet	1
32	Screw Sleeve	6
33	Round Plug (25mm)	2
34	Rectangular Plug (25mm x 50mm)	2
35	Screw, Flat Head (M3.5 x 15mm)	2
36	Screw, Flat Head (M5 x 25mm)	6
37	Bolt, Hex Head (M6 x 1 x 55mm)	2
38	Bolt, Hex Head (M10 x 1.5 x 20mm)	4
39	Bolt, Hex Head (M12 x 1.75 x 70mm)	2
40	Bolt, Button Head (M6 x 1 x 15mm)	2
41	Bolt, Button Head (M6 x 1 x 70mm)	2
42	Bolt, Button Head (M8 x 1.25 x 15mm)	2
43	Nylock Nut (M6 x 1)	2
44	Arc Washer (M6)	2
45	Washer (M6)	6
46	Washer (M8)	2
47	Washer (M10)	4
48	Washer (M12)	2
49	Warning label	1
50	Wrench	1
51	Allen Wrench (4mm)	1
52	Owner's Manual	1

**WARRANTY**

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and one year 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.

