

# **STAMINA**<sup>®</sup>

## **fusion 4525**

**AIR EXERCISE BIKE**

## **Owner's Manual**

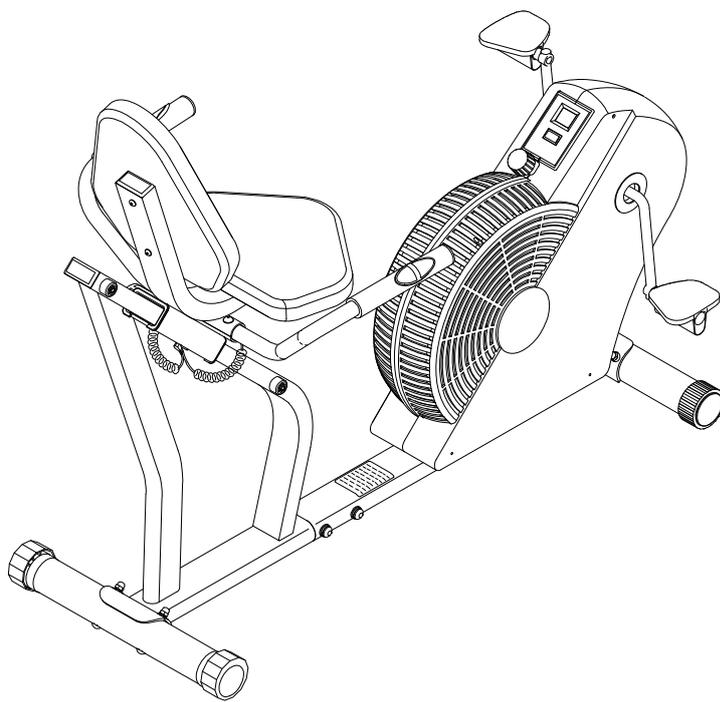
### **⚠ WARNING ⚠**

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#: 15-4525**  
**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](http://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 Air Fusion 4525 Bike.

1. Read all warnings posted on the **Air Fusion 4525 Bike**.
2. The **Air Fusion 4525 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 **Air Fusion 4525 Bike**. Do not allow children to use or play on the **Air Fusion 4525 Bike**. Keep children and pets away from the **Air Fusion 4525 Bike** when it is in use.
5. The **Air Fusion 4525 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 **Air Fusion 4525 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 **Air Fusion 4525 Bike** on a solid level surface. Do not position the **Air Fusion 4525 Bike** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **Air Fusion 4525 Bike**.
10. Adjust the LEVELING CAPS(52) and STAND(53) so that the **Air Fusion 4525 Bike** sits on the floor without rocking. See page 11 for detailed leveling instructions.
11. Before using, inspect the **Air Fusion 4525 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(49) 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 11.
14. Do not attempt to adjust the seat while you are on the **Air Fusion 4525 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 **Air Fusion 4525 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 **Air Fusion 4525 Bike**.
21. The **Air Fusion 4525 Bike** should not be used by persons weighing over 300 pounds.
22. The **Air Fusion 4525 Bike** should be used by only one person at a time.
23. Do not ride the **Air Fusion 4525 Bike** while standing up.
24. The **Air Fusion 4525 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](http://www.staminaproducts.com)

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## THANK YOU FOR PURCHASING THE Air Fusion 4525 Bike

To help you get started, we have pre-assembled most of your Air Fusion 4525 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](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://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 **Air Fusion 4525 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 **Air Fusion 4525 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.

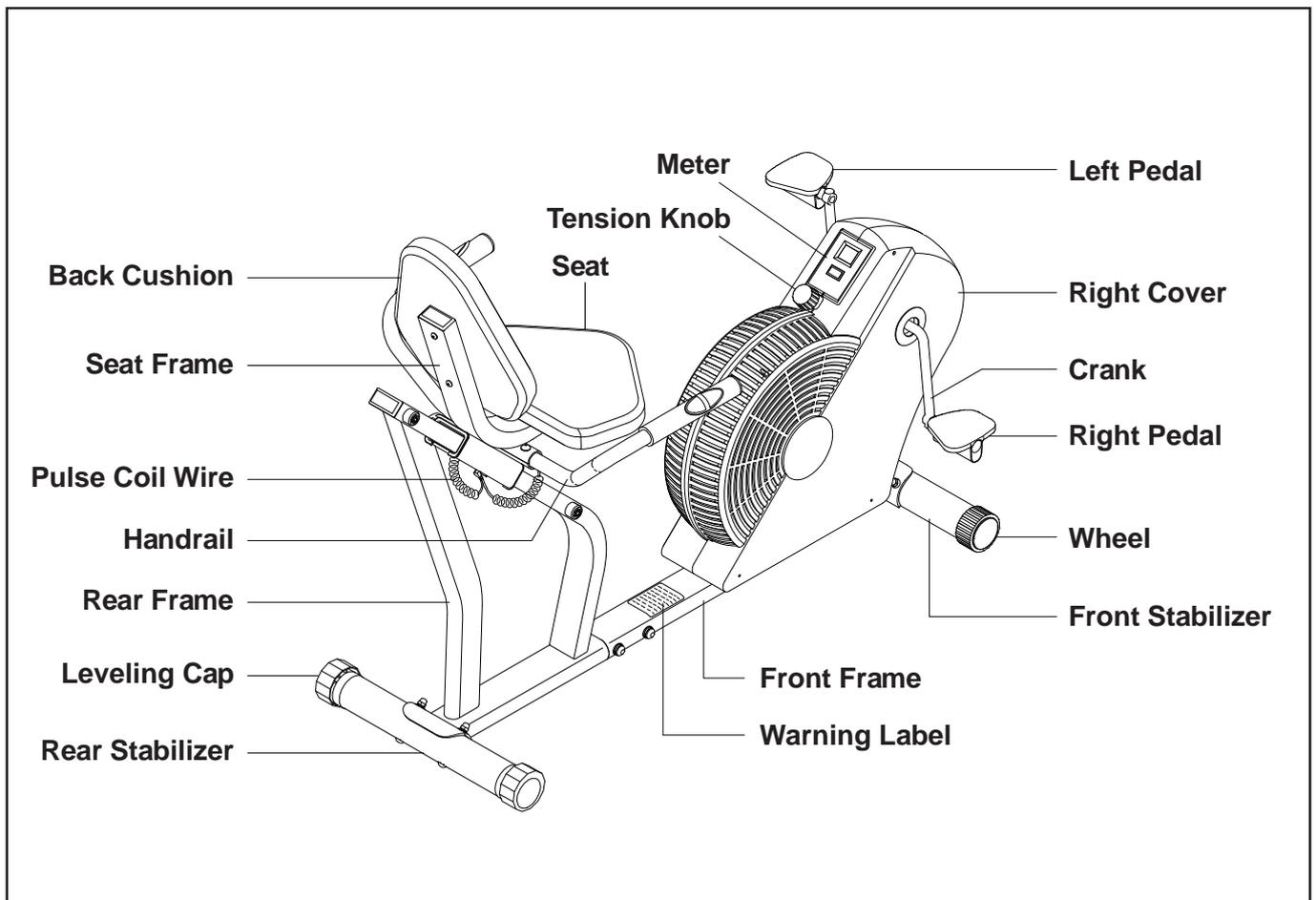
Read this manual carefully before using the **Air Fusion 4525 Bike**.

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 **Air Fusion 4525 Bike**, please do not return the product. Contact us **FIRST!**

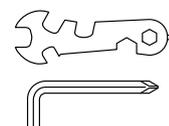
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at [www.staminaproducts.com](http://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 **Air Fusion 4525 Bike**. Please take a moment to familiarize yourself with all of the warning & notice labels.

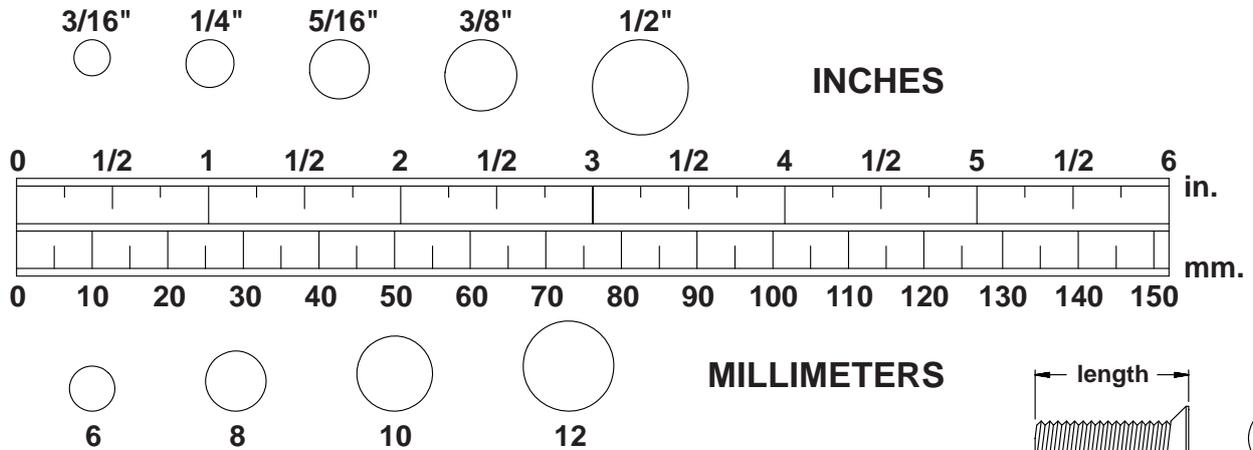
Label is larger than actual size

**W1** WARNING LABEL(78)

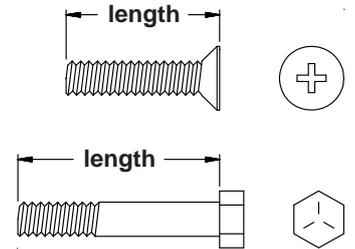


# HARDWARE IDENTIFICATION CHART

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.

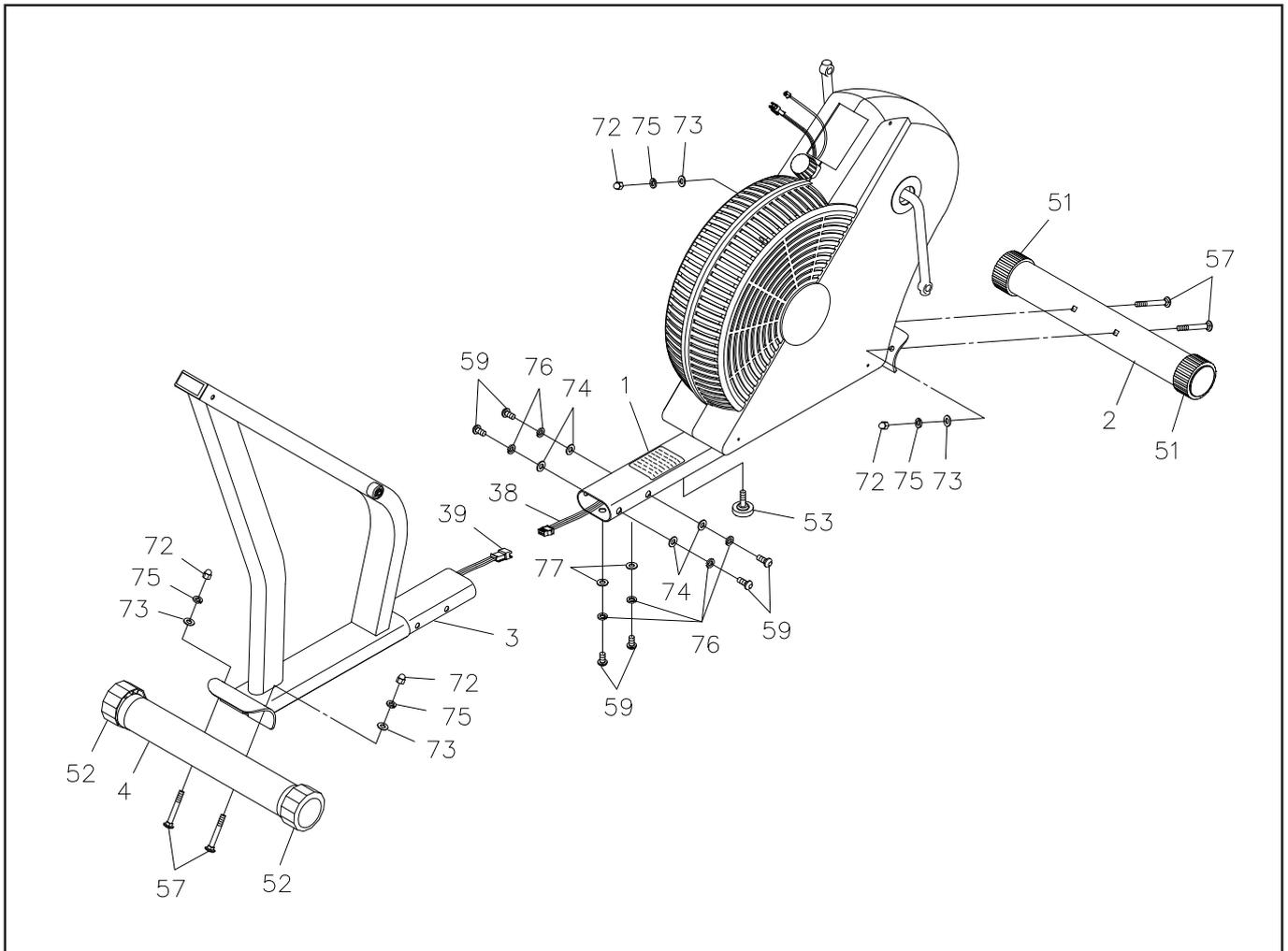


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	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)	4
	70 Nut (M8 x 1.25)	1
	72 Acorn Nut (M8 x 1.25)	6
	73 Arc Washer (M8)	6
	74 Arc Washer (M10)	4
	75 Lock Washer (M8)	6
	76 Lock Washer (M10)	6
	77 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](mailto:customerservice@staminaproducts.com).



### STEP 1

Attach the **FRONT STABILIZER(2)**, the one with the **WHEELS(51)**, to the front of the **FRONT FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm)(57)**, **ARC WASHERS(M8)(73)**, **LOCK WASHERS(M8)(75)**, and **ACORN NUTS(M8x1.25)(72)**.

### STEP 2

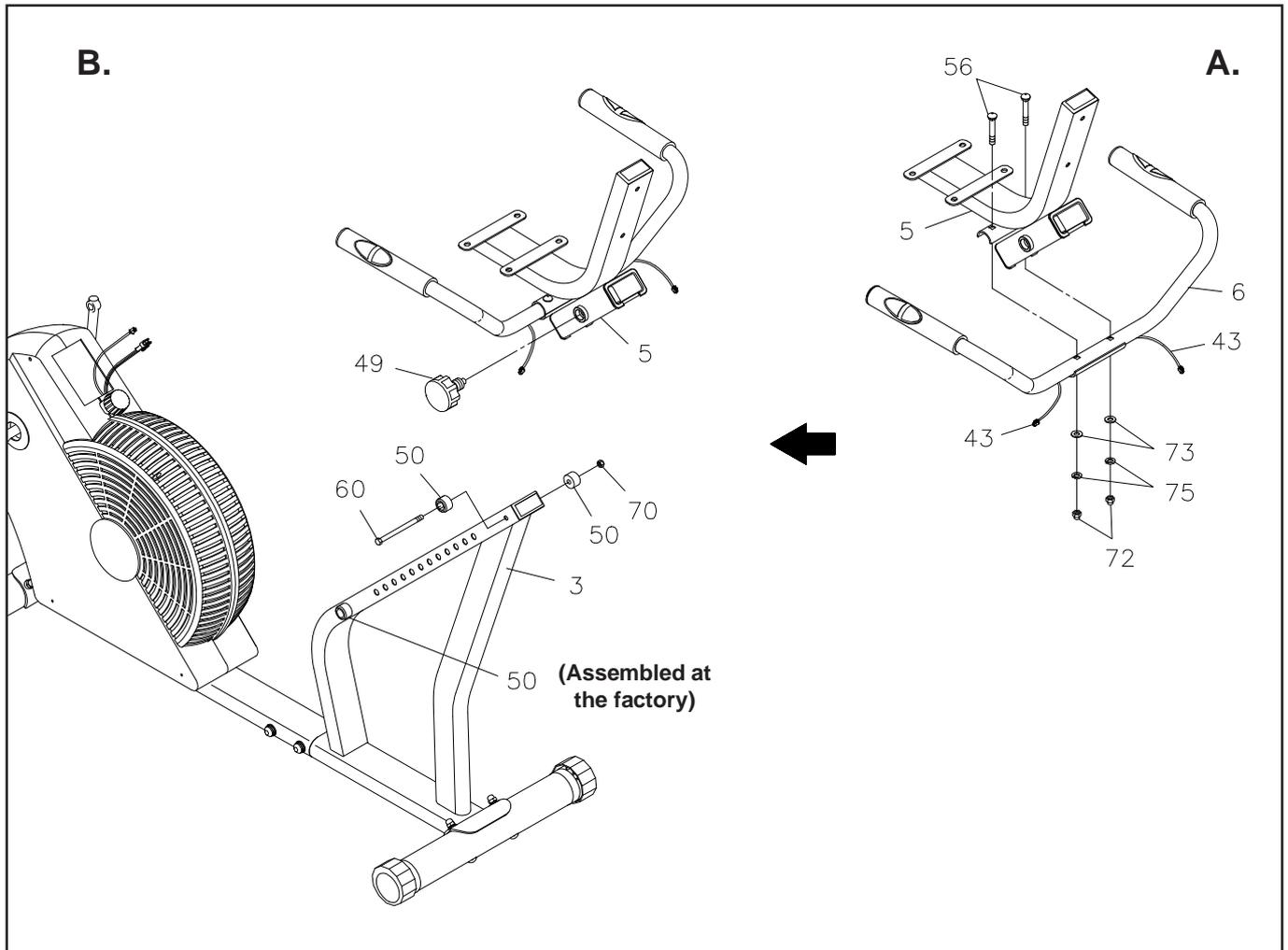
Attach the **REAR STABILIZER(4)**, the one with the **LEVELING CAPS(52)**, to the **REAR FRAME(3)** with **CARRIAGE BOLTS(M8x1.25x75mm)(57)**, **ARC WASHERS(M8)(73)**, **LOCK WASHERS(M8)(75)**, and **ACORN NUTS(M8x1.25)(72)**.

### STEP 3

Screw the **STAND(53)** all the way up into the bottom of the **FRONT FRAME(1)**. Connect the **PULSE PLUG WIRE(38)** to the **PULSE EXTENSION WIRE(39)**. Insert the **REAR FRAME(3)** into the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLTS(M10x1.5x15mm)(59)**, **ARC WASHERS(M10)(74)**, **WASHERS(M10)(77)**, and **LOCK WASHERS(M10)(76)**.

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

## ASSEMBLY INSTRUCTIONS



**NOTE:** Be careful not to damage the **PULSE SENSOR WIRES(43)** when attaching the **HANDRAIL(6)** and the **SEAT FRAME(5)**.

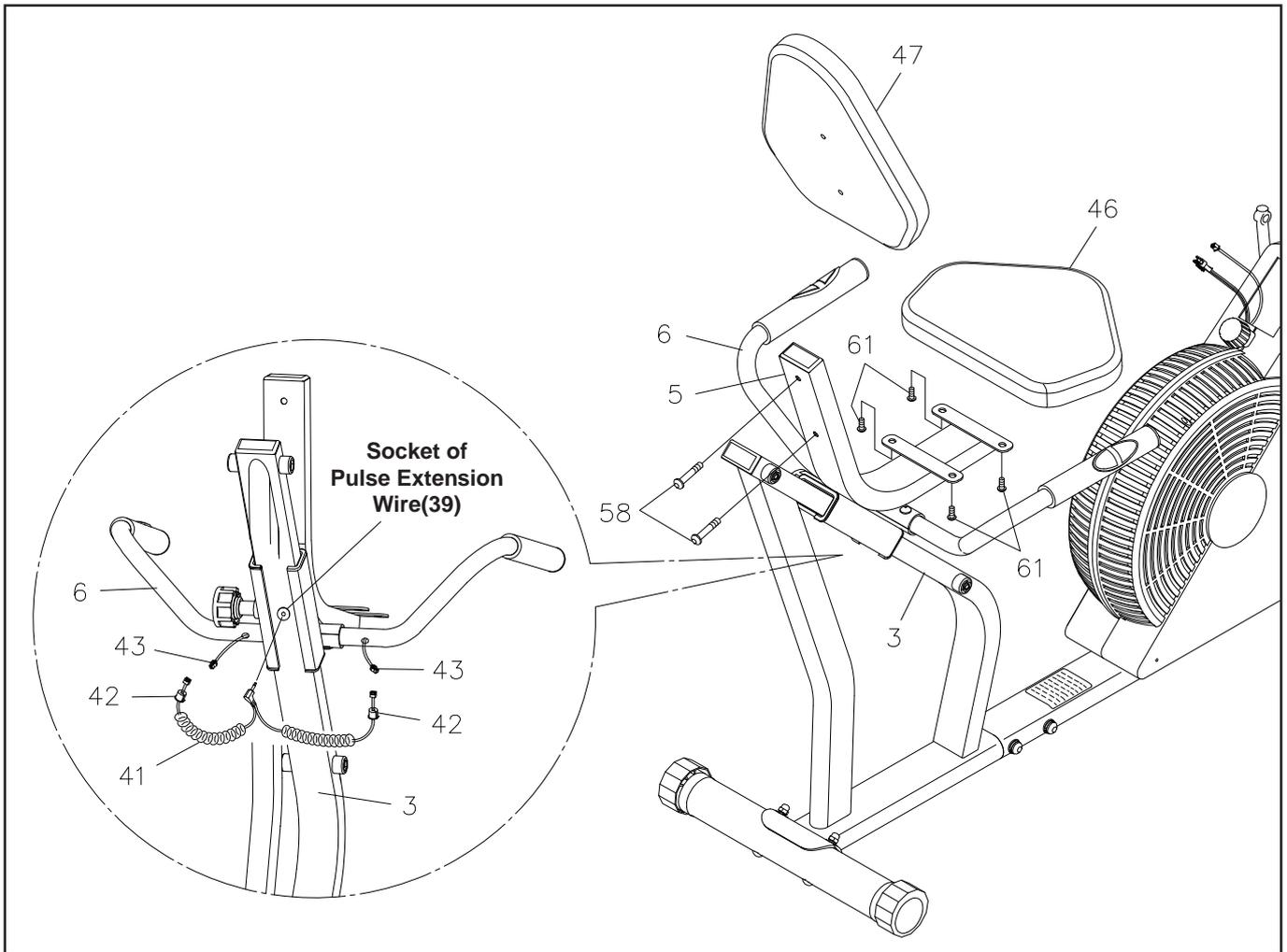
### STEP 4

Refer to illustration A. Attach the **HANDRAIL(6)** to the **SEAT FRAME(5)** with **CARRIAGE BOLTS (M8x1.25x45mm)(56)**, **ARC WASHERS(M8)(73)**, **LOCK WASHERS(M8)(75)**, and **ACORN NUTS(M8x1.25)(72)**.

### STEP 5

Refer to illustration B. Slide the **SEAT FRAME(5)** onto the **REAR FRAME(3)** and lock in position with the **ADJUSTMENT KNOB(49)**. Attach the **STOPPERS(50)** to the top end of the **REAR FRAME(3)** with **HEX BOLT(M8x1.25x80mm)(60)** and **NUT(M8x1.25)(70)**. Also, please verify that the other **STOPPERS(50)** are assembled at the factory.

## ASSEMBLY INSTRUCTIONS



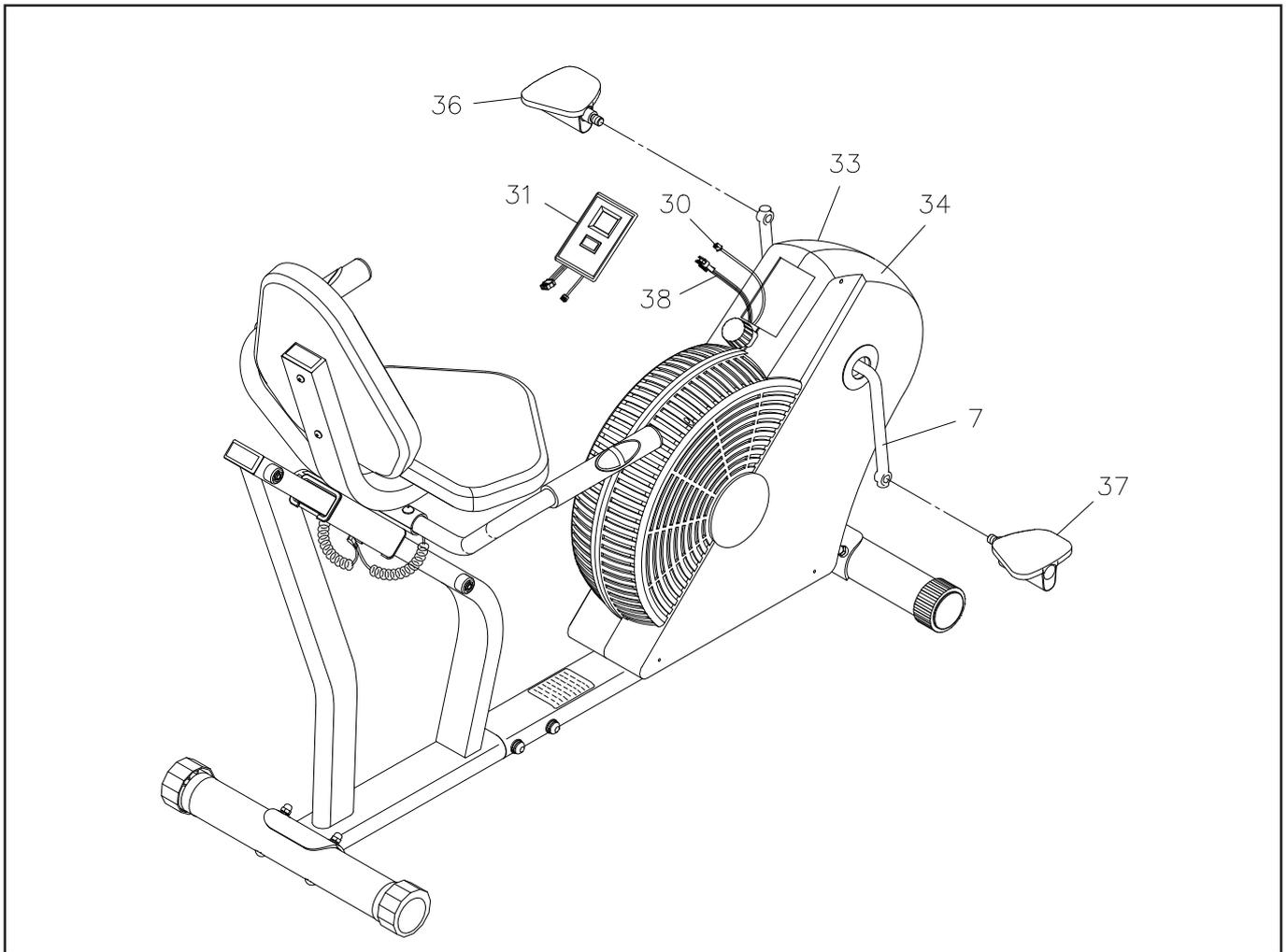
### STEP 6

Refer to the inset drawing. Plug the **PULSE COIL WIRE(41)** into the **SOCKET** of the **PULSE EXTENSION WIRE(39)** located on the **REAR FRAME(3)**. Clip the **GROMMET PLUGS(42)** onto both ends of the **PULSE COIL WIRE(41)**. Connect both ends of the **PULSE COIL WIRE(41)** to the **PULSE SENSOR WIRES(43)**. Push the plugs and excess wires back into the **HANDRAIL(6)** and secure with the **GROMMET PLUGS(42)**.

### STEP 7

Attach the **SEAT(46)** to the **SEAT FRAME(5)** with **ROUND HEAD BOLTS(M6x1x15mm)(61)**. Attach the **BACK CUSHION(47)** to the **SEAT FRAME(5)** with **BUTTON HEAD BOLTS(M8x1.25x40mm)(58)**.

## ASSEMBLY INSTRUCTIONS



### STEP 8

**NOTE:** The **RIGHT PEDAL(37)** has R stamped on the end of the pedal shaft. The **RIGHT PEDAL(37)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(36)** has L stamped on the end of the pedal shaft. The **LEFT PEDAL(36)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(37)** into the right side of the **CRANK(7)** as shown. Tighten the pedal securely. Do the same to attach the **LEFT PEDAL(36)** to the left side of the **CRANK(7)**.

### STEP 9

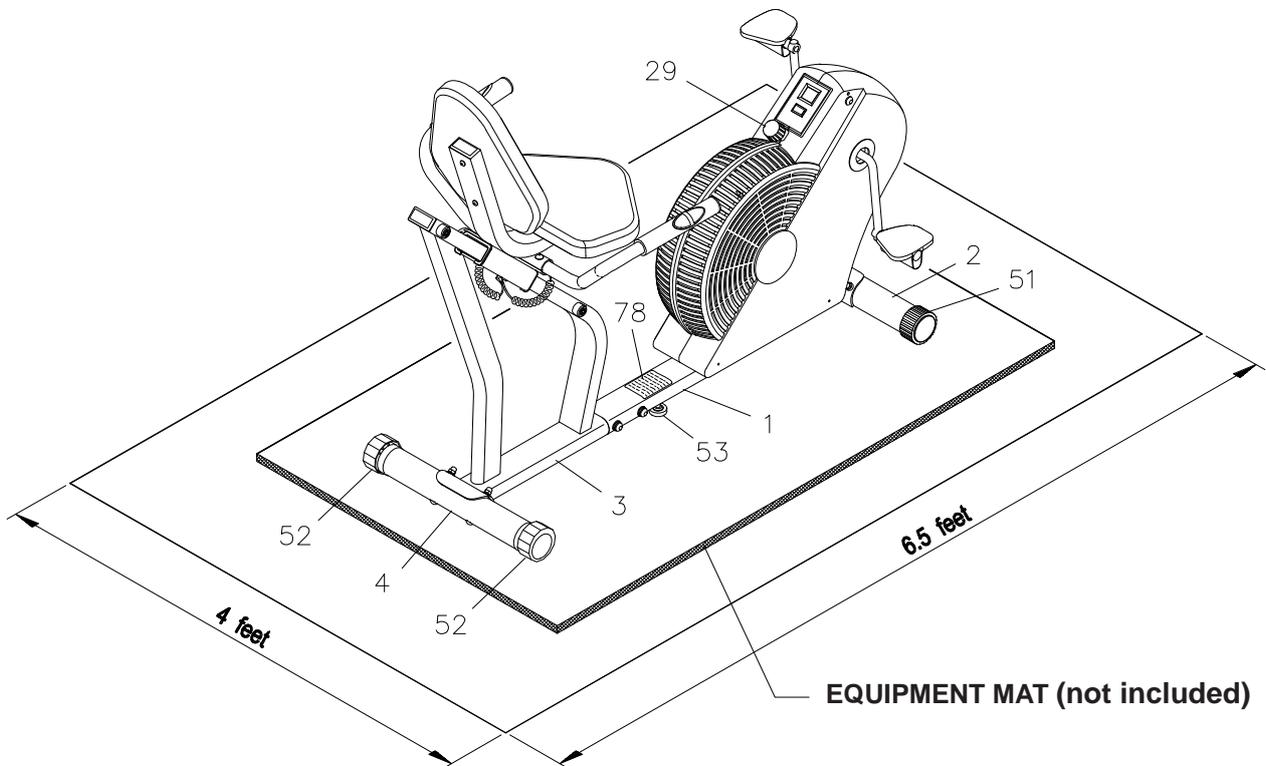
Install two AA batteries into the **METER(31)**. Two batteries are included. See page 13 for detailed battery installation instructions. Connect the **SENSOR WIRE(30)** and the **PULSE PLUG WIRE(38)** to the **EXTENSION WIRES** on the **METER(31)**. Press the **METER(31)** into the hole in the **COVERS(33, 34)**.

## SET UP INSTRUCTIONS

Place the **Air Fusion 4525 Bike** in the area where it will be used. It is recommended that the **Air Fusion 4525 Bike** be placed on an equipment mat. The **Air Fusion 4525 Bike** is approximately 51 3/4 inches long x 24 3/8 inches wide x 45 inches tall (max.). (These dimensions may vary up to one inch.) An area 4 feet wide x 6.5 feet long is required for safe operation of the **Air Fusion 4525 Bike**. Make sure that adequate space is available for access to and passage around the **Air Fusion 4525 Bike**.

**LEVELING:** Adjust the **STAND(53)** under the **FRONT FRAME(1)** and the **LEVELING CAPS(52)** on the **REAR STABILIZER(4)** so that the Bike sits on the floor without rocking. Remove and reposition the **LEVELING CAPS(52)** on the **REAR STABILIZER(4)** to level the **Air Fusion 4525 Bike**.

**MOVING:** The **Air Fusion 4525 Bike** has a pair of **WHEELS(51)** on the **FRONT STABILIZER(2)**. Lift up from **REAR STABILIZER(4)** to move the **Air Fusion 4525 Bike**.



To level the **Air Fusion 4525 Bike**, first screw the **STAND(53)** 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(52)** on the **REAR STABILIZER(4)**. When the **LEVELING CAPS(52)** are adjusted and the **Air Fusion 4525 Bike** is stable, rotate the **STAND(53)** to make it contact with the floor.

While you are adjusting the **LEVELING CAPS(52)** the **STAND(53)** must not be in contact with the floor. Only after the **Air Fusion 4525 Bike** has been stabilized with the **LEVELING CAPS(52)** will you position the **STAND(53)** so it is in contact with the floor to provide extra stability for the frame.

### FUNCTION INSPECTION:

Visually inspect the **Air Fusion 4525 Bike** to verify that assembly is as shown in the above illustration. Check the function of the **Air Fusion 4525 Bike** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(29)** to verify that the adjustable tension is working properly.

**CAUTION:** Locate and read the **WARNING LABEL(78)** on the **Air Fusion 4525 Bike**. Make sure that all users read the **WARNING LABEL(78)**.

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## OPERATIONAL INSTRUCTIONS

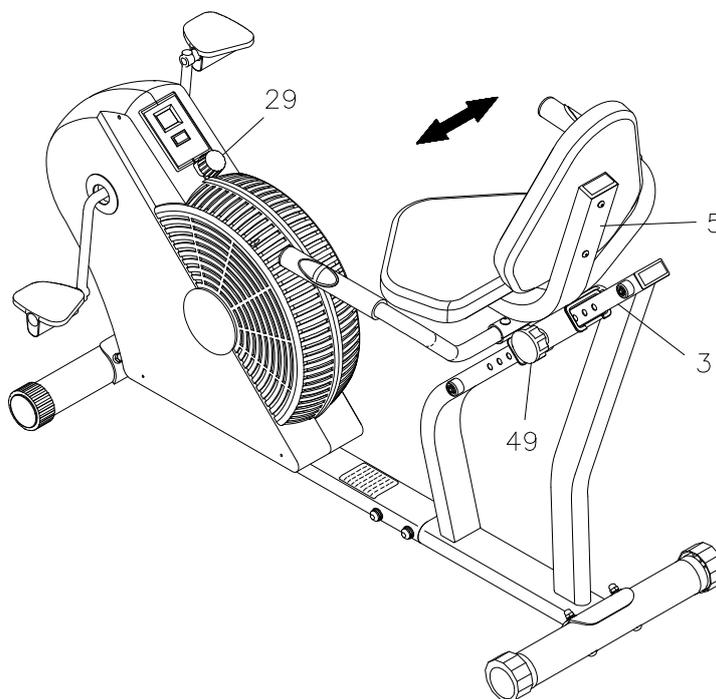
### SEAT ADJUSTMENT

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(49)** counterclockwise until the pin releases when the knob is pulled. Pull the **ADJUSTMENT KNOB(49)** 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(49)** into one of the adjustment holes in the **REAR FRAME(3)**, then rotate the **ADJUSTMENT KNOB(49)** 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 **Air Fusion 4525 Bike**.
2. Always tighten the **ADJUSTMENT KNOB(49)** after adjusting the seat to a new position.



### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(29)** clockwise. To decrease the load, turn the **TENSION KNOB(29)** counterclockwise.

## OPERATIONAL INSTRUCTIONS

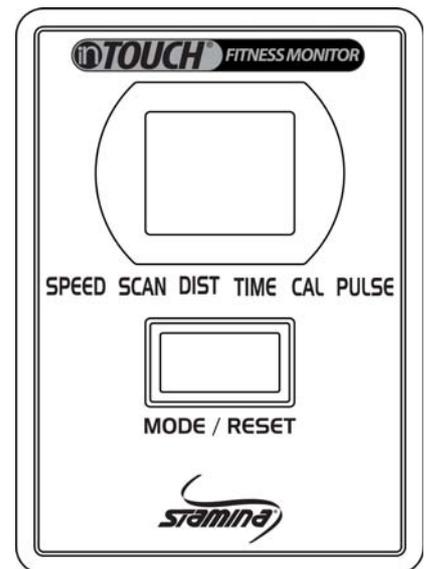
### USING THE FITNESS MONITOR OR METER

**POWER ON:** Pedal movement or push the Mode Reset button.

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

#### FUNCTION MARKS (On The Display) :

**M:** Speed in Miles Per Hour      **T:** Time  
**↻:** Scan      **C:** Calorie  
**D:** Distance      **♥:** Pulse



#### FUNCTION:

**SPEED:** Displays the current speed on upper display from zero to 999.9 miles per hour.

**SCAN:** Lower display automatically scans each function of **DISTANCE**, **TIME**, **CALORIE**, and **PULSE** in sequence every four seconds. The function mark "↻" must appear on display by pressing the button.

**DISTANCE:** Press the button until "D" appears to display the distance you are traveling, from zero to 9999 miles.

**TIME:** Press the button until "T" appears to display the riding time, from one second up to 23 hours 59 minutes.

**CALORIE:** Press the button until "C" appears to display calorie consumption, from one to 9999 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.

**PULSE:** Displays your heart rate in beats per minute. To display the pulse readout, press the button until only the heart symbol "♥" is shown on the display. Grasp the Pulse Sensors on both sides of the handrail, one in each hand. The heart symbol "♥" will begin flashing when the meter senses your heart rate. Your heart rate will be displayed approximately five (5) seconds after the heart icon is displayed. If you do not place your hands correctly and 60 seconds passes without a heart rate reading, the meter will turn off the heart rate circuit. If this occurs, press the button to restart, place your hands back on the Pulse Sensors correctly, and the heart rate readout will appear.

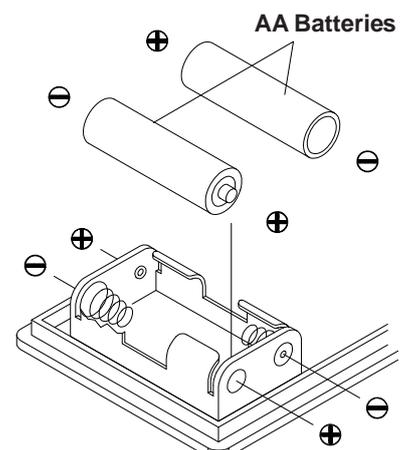
**NOTE:** If you want to restart and to set all the functions to zero when in use, push the button and hold it down for three seconds.

#### HOW TO INSTALL AND REPLACE BATTERY:

1. Use hand or simple tool to pry the Meter from the side covers.
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.



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## STORAGE

1. To store the **Air Fusion 4525 Bike**, simply keep it in a clean dry place.
2. Adjust the **SEAT FRAME(5)** to the lowest position. The **Air Fusion 4525 Bike** is approximately 51 3/4 inches long x 24 3/8 inches wide x 35 3/4 inches tall (min.). These dimensions will vary. Please measure your **Air Fusion 4525 Bike** if exact dimensions are needed.
3. To move the **Air Fusion 4525 Bike**, lift the **REAR STABILIZER(4)** and the bike will roll on the **WHEELS(51)** on the **FRONT STABILIZER(2)**.
4. To avoid damage to the electronics, remove the batteries before storing the **Air Fusion 4525 Bike** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **Air Fusion 4525 Bike** can only be maintained when the **Air Fusion 4525 Bike** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(29)** and verify that the **TENSION BELT(28)** provides tension. The **TENSION BELT(28)** 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.
3. Verify that the **WARNING LABEL(78)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(78)** 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 **Air Fusion 4525 Bike** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **Air Fusion 4525 Bike**.
7. Keep your **Air Fusion 4525 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.

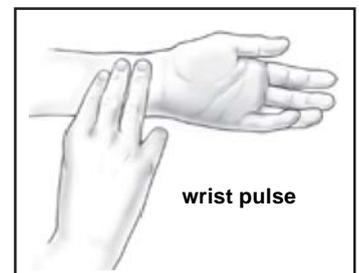
Remember to follow these essentials:

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

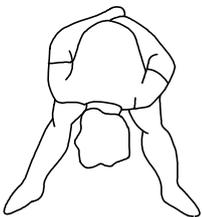
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## WARM-UP and COOL-DOWN

**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



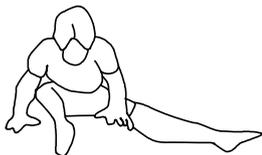
#### Lower Body Stretch

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.



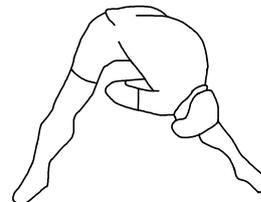
#### Floor Stretch

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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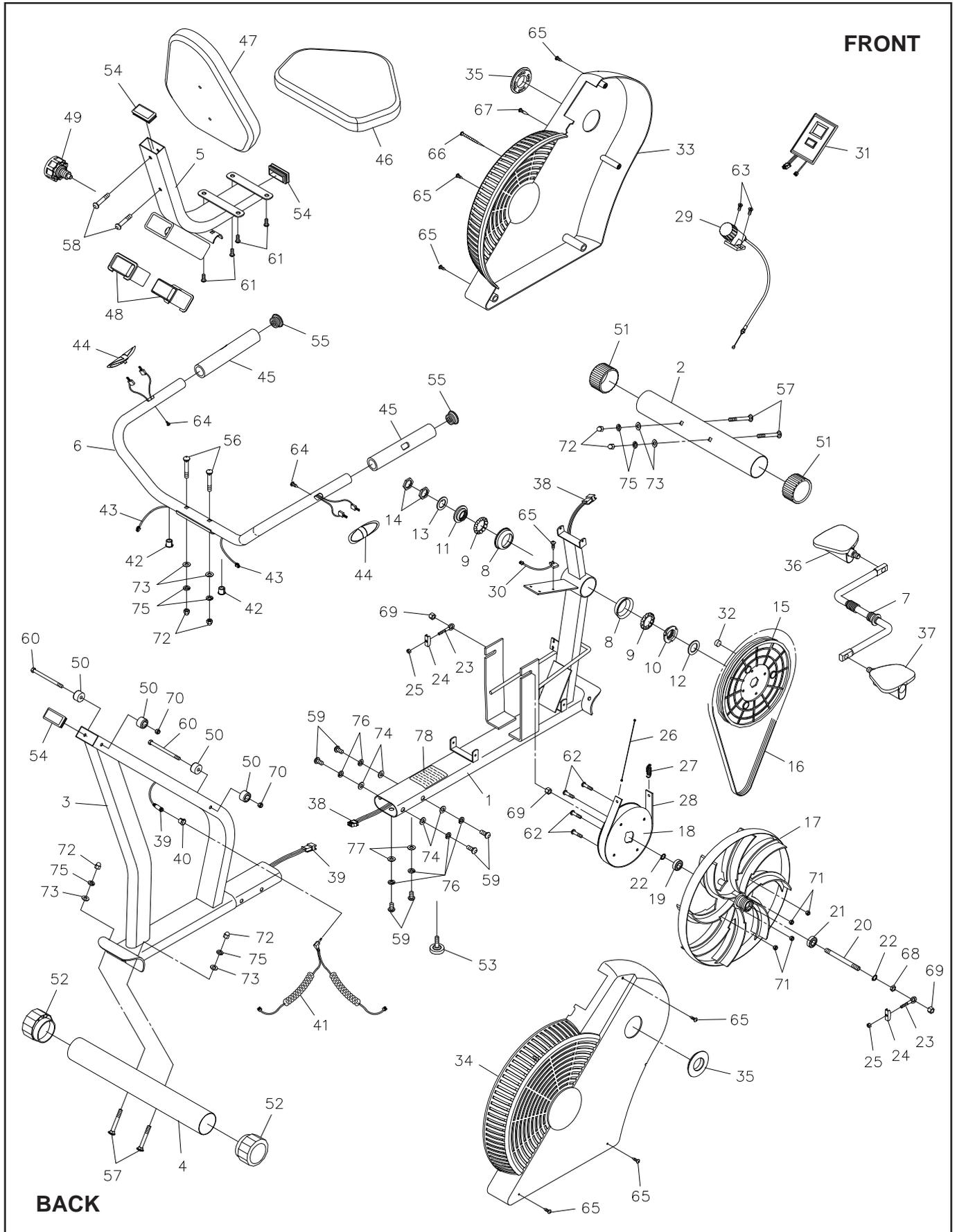
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# PRODUCT PARTS DRAWING



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## 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	Fan	1
18	Resistance Hub	1
19	Bearing (6000z)	1
20	Fan Axle	1
21	Bearing (6900z)	1
22	C Ring (10mm)	2
23	Eye Bolt (M6 x 1 x 40mm)	2
24	Tension Bracket	2
25	Nut (M6 x 1)	2
26	Extension Wire	1
27	Tension Spring	1
28	Tension Belt	1
29	Tension Knob	1
30	Sensor Wire	1
31	Meter	1
32	Magnet	1
33	Left Cover	1
34	Right Cover	1
35	Cover Cap	2
36	Left Pedal	1
37	Right Pedal	1
38	Pulse Plug Wire	1
39	Pulse Extension Wire	1
40	Securing Plug	1
41	Pulse Coil Wire	1
42	Grommet Plug	2
43	Pulse Sensor Wire	2
44	Pulse Sensor	2
45	Foam Grip	2
46	Seat	1
47	Back Cushion	1

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## PARTS LIST

PART#	PART NAME	QTY
48	Bushing	2
49	Adjustment Knob	1
50	Stopper	4
51	Wheel	2
52	Leveling Cap	2
53	Stand	1
54	Rectangular Plug (30mm x 60mm)	3
55	Round Plug (25.4mm)	2
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)	4
62	Bolt, Round Head (M6 x 1 x 35mm)	4
63	Screw, Flat Head (M5 x 0.8 x 8mm)	2
64	Screw, Round Head (M4 x 15mm)	2
65	Screw, Round Head (M5 x 15mm)	7
66	Screw, Round Head (M5 x 70mm)	1
67	Screw, Small Round Head (M5 x 25mm)	1
68	Thin Nut (3/8" - 26 x 5/32" thick)	1
69	Nut (3/8" - 26 x 9/32" thick)	3
70	Nut (M8 x 1.25)	2
71	Nylock Nut (M6 x 1)	4
72	Acorn Nut (M8 x 1.25)	6
73	Arc Washer (M8)	6
74	Arc Washer (M10)	4
75	Lock Washer (M8)	6
76	Lock Washer (M10)	6
77	Washer (M10)	2
78	Warning Label	1
79	Wrench	1
80	Allen Wrench (6mm)	1
81	Manual	1

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## NOTES

