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

Model# : 55-9161

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

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

This Product is Distributed Exclusively by

STAMINA PRODUCTS
MADE IN TAIWAN

© 2012 Stamina Products, Inc.
2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com
SAFETY INSTRUCTIONS

1. Read all warnings and cautions posted on the Stamina® 9161.
2. The Stamina® 9161 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 Stamina® 9161. Do not allow children to use or play on the Stamina® 9161. Keep children and pets away from the Stamina® 9161 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 Stamina® 9161 on a solid level surface. Do not position the Stamina® 9161 on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the Stamina® 9161.
8. Before using, inspect the Stamina® 9161 for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. 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.
10. 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.
11. Do not wear loose or dangling clothing while using the Stamina® 9161.
12. 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.
13. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Stamina® 9161, loss of balance may result in a fall and bodily injury.
14. The Stamina® 9161 should not be used by persons weighing over 250 pounds.
15. The Stamina® 9161 should be used by only one person at a time.
16. The Stamina® 9161 is for consumer use only. It is not for use in public or semipublic facilities.

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To help you get started, we have pre-assembled most of your Stamina® 9161 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.
Thank you for choosing the **Stamina® 9161**. 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 **Stamina® 9161** 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 **Stamina® 9161**.

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 **Stamina® 9161**, please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts.com to the Services section and order the part needed, or 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.

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

**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:**

- **Allen Wrench (5mm)**
- **Wrench**
EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Stamina® 9161**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

**Label is larger than actual size**

**W1** WARNING LABEL(51)

![Warning Label]

**WARNING**

Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner’s Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.

Keep others including children & pets away from equipment when in use.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in your Owner’s Manual.
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.

<table>
<thead>
<tr>
<th>Part Number and Description</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>32 Bolt, Button Head (M10 x 1.5 x 70mm)</td>
<td>1</td>
</tr>
<tr>
<td>33 Bolt, Button Head (M8 x 1.25 x 73mm)</td>
<td>2</td>
</tr>
<tr>
<td>34 Bolt, Button Head (M8 x 1.25 x 45mm)</td>
<td>1</td>
</tr>
<tr>
<td>35 Bolt, Button Head (M8 x 1.25 x 35mm)</td>
<td>10</td>
</tr>
<tr>
<td>36 Bolt, Button Head (M8 x 1.25 x 14mm)</td>
<td>4</td>
</tr>
<tr>
<td>42 Nylock Nut (M10 x 1.5)</td>
<td>1</td>
</tr>
<tr>
<td>43 Nylock Nut (M8 x 1.25)</td>
<td>2</td>
</tr>
<tr>
<td>46 Arc Washer (M8)</td>
<td>4</td>
</tr>
<tr>
<td>49 Lock Washer (M8)</td>
<td>2</td>
</tr>
</tbody>
</table>
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 go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or 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.

NOTE: The Protection Plugs are used only for protection during shipment and can be discarded after assembly.

STEP 1
Remove and discard the Protection Plug which is inserted in the end of the UPRIGHT(1).

STEP 2
Remove and discard the Protection Plugs which are inserted in both ends of the FRONT FRAME(3).
STEP 3
Refer to the position of the REAR SUPPORT(2) in the above illustration. Insert the REAR SUPPORT(2) into the UPRIGHT(1) and secure with two BUTTON HEAD BOLTS (M8x1.25x14mm) (36) and two ARC WASHERS (M8) (46) from the top side.

STEP 4
Turn the UPRIGHT ASSEMBLY(1, 2) over. Secure the REAR SUPPORT(2) to the UPRIGHT(1) with two BUTTON HEAD BOLTS (M8x1.25x14mm) (36) and two ARC WASHERS (M8) (46).

STEP 5
For additional security, tighten the BUTTON HEAD BOLT (M8x1.25x45mm) (34) which is pre-assembled on the REAR SUPPORT(2).
STEP 6: Press in the Button Pin on the ENDCAP(17) and snap an ENDCAP(17) into each side of the FRONT FRAME(3).

STEP 7: Attach the FRONT FRAME(3) to the UPRIGHT(1) with BUTTON HEAD BOLT(M10x1.5x70mm) (32) and NYLOCK NUT(M10x1.5)(42). Do not over tighten, the FRONT FRAME(3) should rotate freely.

STEP 8
Lock the FRONT FRAME(3) in position by inserting the LOCKING PIN(31) through the FRONT FRAME(3) and UPRIGHT(1).

STEP 9
Press the NUT CAP(50) onto the NYLOCK NUT(M10x1.5)(42).
STEP 10
There is an “R” decal on the RIGHT FRONT SWING ARM(6), and an “L” decal on the LEFT FRONT SWING ARM(4). Hook the LEFT FRONT SWING ARM(4) and LEFT REAR SWING ARM(5) onto the PIVOTING JOINTS(16) on the left side of the UPRIGHT(1).

STEP 11
Secure the LEFT REAR SWING ARM(5) to the PIVOTING JOINT(16) with the SUPPORT BRACKET(11) and two BUTTON HEAD BOLTS (M8x1.25x35mm) (35).

STEP 12
Secure the LEFT FRONT SWING ARM(4) to the PIVOTING JOINT(16) with the SUPPORT BRACKET(11) and two BUTTON HEAD BOLTS (M8x1.25x35mm)(35).

Repeat the above assembly steps for the right side.
STEP 13: There is an “R” decal on the RIGHT PEDAL ARM ASSEMBLY(8, 14), and an “L” decal on the LEFT PEDAL ARM ASSEMBLY(8, 15). Attach the LEFT PEDAL ARM ASSEMBLY(8, 15) to the JOINT PLATES(12) attached to the LEFT SWING ARMS(4, 5) with BUTTON HEAD BOLT(M8x1.25x73mm)(33), LOCK WASHER(M8)(49), and NYLOCK NUT(M8x1.25)(43). NOTE: Make sure that all three BUTTON HEAD BOLTS(M8x1.25x73mm)(33) and NYLOCK NUTS(M8x1.25)(43) are tightened enough so that the LEFT PEDAL ARM ASSEMBLY(8, 15) will stay in its upright position when folded up. Repeat on the right side.

STEP 14
Slide the JOINT COVERS(18) in place on all four SWING ARMS (4, 5, 6, and 7) on both sides.
STEP 15
Insert the LEFT HANDLEBAR(10) into the RIGHT HANDLEBAR(9) and place them on the bracket on the UPRIGHT(1).

STEP 16
Secure the RIGHT and LEFT HANDLEBARS(9, 10) and the METER BRACKET(13) to the UPRIGHT(1) with two BUTTON HEAD BOLTS (M8x1.25x35mm)(35).

STEP 17
Install an AA battery into the METER(39), the battery is not included. See page 14 for detailed battery installation instructions. Slide the METER(39) onto the METER BRACKET(13). Plug the SENSOR WIRE(40) into the METER(39), and push the excess wire into the UPRIGHT(1).
Before you start

FAMILIARIZE YOURSELF WITH THE FITNESS MONITOR.

This monitor has extra features that will help you track your progress to keep you motivated. It tracks basic fitness data: time, count, calories, total count, and can be set to scan all stays while you work out. Complete monitor instructions are on page 14.

STAND AND STRIDE ACTIVELY

Look forward with your head up and balanced. In proper position, you should be standing up tall with feet on the pedals, grasping the handlebars.

GETTING ON AND OFF

Hold both handles firmly in your hands when getting on or off the Stamina® 9161.

SECURE FOOT PEDALS

The foot pedals have a non-skid surface that offers plenty of stability.

FOLD AND STORE

The Stamina® 9161 can be folded and stored away in a corner or closet.

WORKS THESE MUSCLE GROUPS

1. Abdominals
2. Quadriceps
3. Triceps
4. Gluteals
5. Hamstrings
6. Calf
7. Knee
8. Erector Spinae
9. Ankles
10. Biceps

Actual product may vary slightly from the one pictured.
Before exercising, consult a physician.
Warm up properly before starting any routine.
Cool down completely before ending a workout.

The Workout
• Wear appropriate footwear.
• Warm up before your workout.
• Always hold the handles when using the Stamina® 9161.
• Place your dominant foot (if you are right-handed your right foot will be your dominant foot) on the corresponding foot pedal first, then your non-dominant foot.
• Increase the difficulty of your workouts gradually as your fitness improves.
• Begin with a simple, slower workout if you’re just starting an exercise plan.
• Follow the workout that fits your fitness level and goals (beginner, intermediate, or advanced workouts) shown on the Stamina® 9161 wall chart.
• Always cool down and stretch following your Stamina® 9161 session.

Getting the most out of your Stamina® 9161 workout

The Stamina® 9161 offers a challenging lower-body workout that also improves your cardiovascular fitness. You will work and tone every part of your legs—thighs, hips, hamstrings and calves—while you exercise your heart and lungs. The Stamina® 9161 stride suspends you in the air while you move, so while the forward motion closely resembles walking and running, there is no jarring impact that might cause injury. The arcing steps that never let you touch the ground keep your workout safe and comfortable.

The Stamina® 9161 can be used in a scissor motion, a lateral motion, a circular motion, and a skating motion. You will tone and strengthen your inner and outer thighs along with your quads and calves.

Hold both handles firmly in your hands when getting on or off the Stamina® 9161.

The foot pedals have a non-skid surface that offers plenty of stability.
OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

POWER ON: Pedal movement or press any button.
POWER OFF: Automatic shut off after four minutes of inactivity.

FUNCTION BUTTONS:

MODE: Press to select display functions, include SCAN, TIME, COUNT, CALORIES, and TOTAL COUNT. Press and hold for three seconds to reset all functions to zero, except TOTAL COUNT.
RESET: Press to reset all functions to zero, including TOTAL COUNT.

FUNCTIONS:

SCAN: Automatically scans each function of TIME, COUNT, CALORIES, and TOTAL COUNT 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.
COUNT: Displays the total number of strides you have taken from zero to 9999 strides.
CALORIES: Displays the calorie consumption from zero to 999.9 cal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.
TOTAL COUNT: Displays the total accumulated number of strides you have taken from zero to 9999 strides.

NOTE:
1. The meter will stop counting time automatically after four seconds of inactivity. All function values will be kept. Restart the meter by pedal movement or press any button.
2. The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the MODE button and hold it down for three seconds to reset all functions to zero, except TOTAL COUNT. Or press the RESET button to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the METER(39).
2. The METER(39) operates with an AA battery, the battery is not included. Refer to the illustration to install or replace the batteries.

NOTE:
1. Rechargeable batteries are not recommended.
SAFETY PRECAUTIONS
The remarkable design of the Stamina® 9161 allows the PEDALS(14, 15) to move front and back as well as side to side freely. Be careful to maintain your balance while using, mounting, and dismounting. Follow the instructions below to safely operate the Stamina® 9161:

1. To maintain your balance, always hold the HANDLEBARS(9, 10) with both hands while using, mounting, and dismounting.
2. In order to avoid use by someone unfamiliar with the Stamina® 9161, always fold up the PEDAL ARMS(8) as shown.

MAINTENANCE
The safety and integrity designed into the Stamina® 9161 can only be maintained when the Stamina® 9161 is regularly examined for damage and wear. Special attention should be given to the following:

1. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
2. Verify that the WARNING LABEL(51) is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement WARNING LABEL(51) if it is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the Stamina® 9161 removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the Stamina® 9161.
6. Keep your Stamina® 9161 clean by wiping it off with an absorbent cloth after use.
1. To store the Stamina® 9161, simply keep it in a clean dry place.
2. To avoid damage to the METER(39), remove the battery before storing the Stamina® 9161 for one year or more.
3. Grasp the HANDLEBARS(9, 10) and the REAR SUPPORT(2) to move the Stamina® 9161. Do not use the PEDAL ARMS(8) and SWING ARMS(4, 5, 6, and 7) to move the Stamina® 9161. These moving parts will move and may pinch your hand or fingers.

### Folding The Stamina® 9161

Follow the following procedure to fold the Stamina® 9161 for easy storage.

A. Remove the LOCKING PIN(31) from the FRONT FRAME(3).

B. Fold the FRONT FRAME(3) toward the UPRIGHT(1) and lock in position with the LOCKING PIN(31).

C. The Stamina® 9161 will look as shown in illustration C.

D. Refer to illustration D. Fold up both of the PEDAL ARMS(8). The Stamina® 9161 is now ready for storage.
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*

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

* 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 - Age = 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.
LIMITED WARRANTY

MODEL 55-9161

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 email us at customerservice@staminaproducts.com, or call us at 1-800-375-7520. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

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.
<table>
<thead>
<tr>
<th>PART#</th>
<th>PART NAME</th>
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<tbody>
<tr>
<td>1</td>
<td>Upright</td>
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</tr>
<tr>
<td>2</td>
<td>Rear Support</td>
<td>1</td>
</tr>
<tr>
<td>3</td>
<td>Front Frame</td>
<td>1</td>
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<tr>
<td>4</td>
<td>Left Front Swing Arm</td>
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<td>5</td>
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<tr>
<td>6</td>
<td>Right Front Swing Arm</td>
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<tr>
<td>7</td>
<td>Right Rear Swing Arm</td>
<td>1</td>
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<tr>
<td>8</td>
<td>Pedal Arm</td>
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<tr>
<td>9</td>
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<td>11</td>
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<td>Right Pedal Cap</td>
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<td>Pivoting Joint</td>
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<tr>
<td>19</td>
<td>Foam Grip</td>
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<tr>
<td>20</td>
<td>Round Plug (ø50.8mm)</td>
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<td>21</td>
<td>Rectangular Plug (25 x 50mm)</td>
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<td>22</td>
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<td>23</td>
<td>Joint Bushing (35mm)</td>
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<td>24</td>
<td>Spacer</td>
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<td>Stopper Roller</td>
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<td>Round Plug (ø25.4mm)</td>
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<td>27</td>
<td>Swing Arm Bushing</td>
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<td>Pedal Arm Bushing</td>
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<td>Grommet Plug</td>
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<td>Sensor Grommet Plug</td>
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<td>31</td>
<td>Locking Pin</td>
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<tr>
<td>32</td>
<td>Bolt, Button Head (M10 x 1.5 x 70mm)</td>
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<td>33</td>
<td>Bolt, Button Head (M8 x 1.25 x 73mm)</td>
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<td>34</td>
<td>Bolt, Button Head (M8 x 1.25 x 45mm)</td>
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<td>36</td>
<td>Bolt, Button Head (M8 x 1.25 x 14mm)</td>
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<td>37</td>
<td>Screw, Round Head (M6 x 25mm)</td>
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<td>Shaft</td>
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<td>Magnet</td>
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<td>Nylock Nut (M10 x 1.5)</td>
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<td>Nylock Nut (M8 x 1.25)</td>
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<td>44</td>
<td>Large Washer (ø26 x ø38 x 1mm thick)</td>
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<td>45</td>
<td>Large Washer (ø26 x ø42 x 1mm thick)</td>
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<tr>
<td>46</td>
<td>Arc Washer (M8)</td>
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<td>47</td>
<td>C Ring (25mm)</td>
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<td>48</td>
<td>C Ring (8mm)</td>
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<td>Nut Cap (M10)</td>
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<td>Allen Wrench (5mm)</td>
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<td>Manual</td>
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</tbody>
</table>
TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina’s customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner’s manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don’t have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Model Number: ................................................................. Serial Number: .................................................................
Product Name: ..................................................................................................................................................................
Place Purchased: ..................................................................................................................................................................
Date of Purchase: ................................................................. Purchase Price: .................................................................
First Name: ........................................................................... Last Name: ...........................................................................
City: ................................................................. State: ................................................................. Zip Code: .................................
Email Address: ........................................................................ Phone #: ( ) .................................................................
Would you like to receive email information or special offers from Stamina Products?*  ____Yes ____No  *If yes, be sure your email address is included above.

PARTS ORDER FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: ..................................................................................................................................................................
Address: ........................................................................................................................................................................
City: ................................................................. State: ................................................................. Zip Code: .................................
Phone #: ( ) ................................................................. Work Phone #: ( ) .................................................................
Date of Purchase: ................................................................. Purchased From: .................................................................
Model #: ..................................................................................................................................................................

IMPORTANT : We must have your phone number to process the order!

IMPORTANT : Before filling out the form below make sure you have the correct information.
Refer to the parts list to make sure you’re ordering the right parts!

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