

## Upper & Lower Body Cycle

# Owner's Manual

Safety Instructions  
Customer Service  
Operation  
Warranty

Product May Vary  
Slightly From Pictured.

## SAFETY INSTRUCTIONS

**WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the Upper & Lower Body Cycle.

1. Read this Owner's Manual and follow it carefully before using the **Upper & Lower Body Cycle**.
2. Do not stand up on the **Upper & Lower Body Cycle**.
3. Keep children away from the **Upper & Lower Body Cycle**. Do not allow children to use or play around the **Upper & Lower Body Cycle**. Keep children and pets away from the **Upper & Lower Body Cycle** when it is in use.
4. Set up and operate the **Upper & Lower Body Cycle** on a solid level surface or table. Do not position the **Upper & Lower Body Cycle** on loose rugs or uneven surfaces.
5. Inspect the **Upper & Lower Body Cycle** for damaged or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the **Upper & Lower Body Cycle**.
7. The surface of the crank housing may become hot during use, so allow it to cool before moving.
8. 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.
9. 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.
10. Do not wear loose or dangling clothing while using the **Upper & Lower Body Cycle**.
11. Never exercise with bare feet or socks. Always wear appropriate footwear.
12. Be careful to maintain your balance while using or assembling the **Upper & Lower Body Cycle**, loss of balance may result in a fall and serious bodily injury.
13. The **Upper & Lower Body Cycle** should be used by only one person at a time.
14. The **Upper & Lower Body Cycle** is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803  
Customer Service  
1 (800) 375-7520

parts@staminaproducts.com  
www.staminaproducts.com

When calling for parts or  
service, please specify one of  
the following model numbers:

15-0110A / 15-0110W  
15-0110B / 15-0110BW  
15-0110BGG

MADE IN CHINA

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# ASSEMBLY & OPERATIONAL INSTRUCTIONS

STEP 1: Insert the STABILIZERS(2) into both ends of the MAIN FRAME(1) and secure with BUTTON HEAD BOLTS(M6x1x12mm)(16) and ARC WASHERS(M6)(17). DO NOT TIGHTEN COMPLETELY.

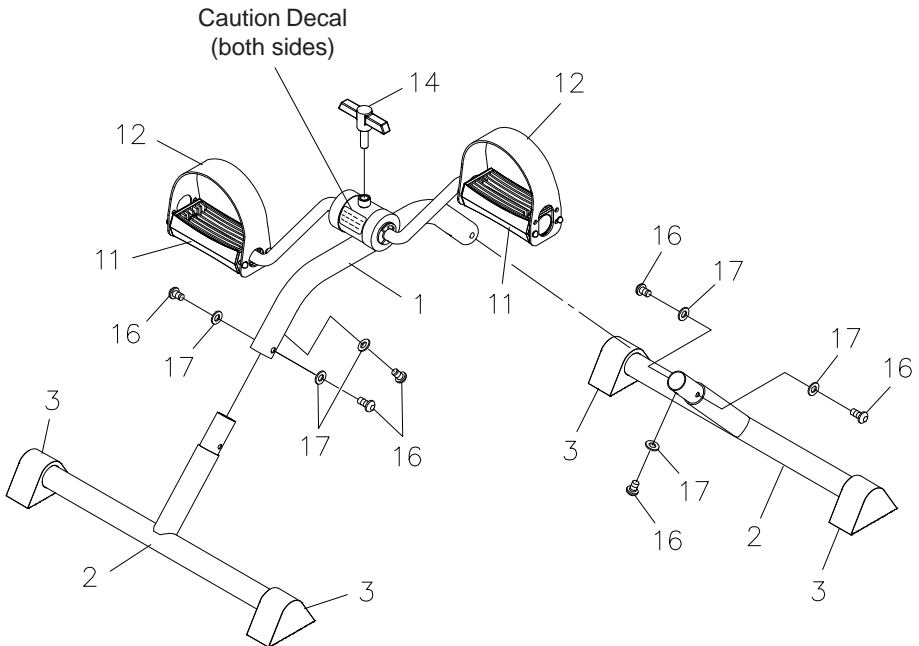
Adjust the STAND CAPS(3), set the **Upper & Lower Body Cycle** on the floor and tighten the bolts.

STEP 2: Bolt the T KNOB(14) into the hub on the MAIN FRAME(1).

NOTE: There are two adjustment holes on each side of the PEDAL STRAPS(12). Select the adjustment holes which allow your feet to be easily removed from the PEDALS(11).

CAUTION: The surface of the crank housing may become hot during use, so allow it to cool before moving. Read the cautions posted on the **Upper & Lower Body Cycle**.

**CAUTION HOT SURFACE!**  
The surface may become hot during use, so allow it to cool before moving.



# ASSEMBLY & OPERATIONAL INSTRUCTIONS

## LOAD ADJUSTMENT

To increase the intensity of your workout, turn the T KNOB(14) clockwise. To decrease the resistance, turn the T KNOB(14) counterclockwise.

## MAINTENANCE

The safety and integrity designed into the **Upper & Lower Body Cycle** can only be maintained when the **Upper & Lower Body Cycle** is regularly examined for damage and wear. Special attention should be given to the following:

1. A light oil is applied to the pedals of your **Upper & Lower Body Cycle** before shipping. Reapply oil if the pedals begin squeaking.
2. Verify that all nuts and bolts are properly tightened.
3. Use only Stamina Products components for maintenance and repair. For replacement parts, contact us at [parts@staminaproducts.com](mailto:parts@staminaproducts.com) or call 1-800-375-7520.
4. Keep your **Upper & Lower Body Cycle** clean by wiping with an absorbent cloth after use.

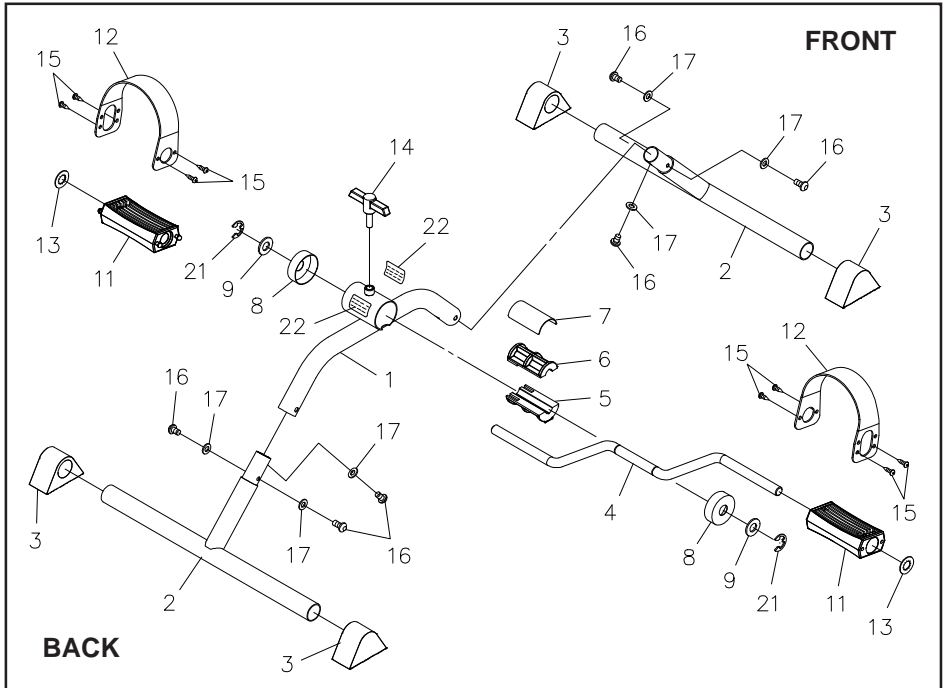
## LIMITED WARRANTY

This product is warranted to be free from defects in material and workmanship and to be in perfect working order at the time of purchase. This warranty applies to personal, family or household use. This warranty does not apply to use in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities.

If the product should, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer. This warranty does not apply to any damage caused by accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

Products shipped to the manufacturer must be in the original shipping carton with freight prepaid. All expenses for repairing or replacing the product, including the cost of shipping it back to the original purchaser, will be covered by the manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

# Product Parts Drawing and Parts List



DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Stabilizer	2
3	Stand Cap (25.4mm)	4
4	Crank	1
5	Bottom Brake Block	1
6	Top Brake Block	1
7	Press Plate	1
8	Hub Cap	2
9	Nylon Washer (1/2")	2
11	Pedal	2
12	Pedal Strap	2
13	Push Nut (1/2")	2
14	T Knob	1
15	Screw, Round Head (M4 x 12mm)	8
16	Bolt, Button Head (M6 x 1 x 12mm)	6
17	Arc Washer (M6)	6
18	Allen Wrench (4mm)	1
19	Owner's Manual	1
20	Workout Manual	1
21	E Clip (1/2")	2
22	Caution Decal	2

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