

# **STAMINA**<sup>®</sup>

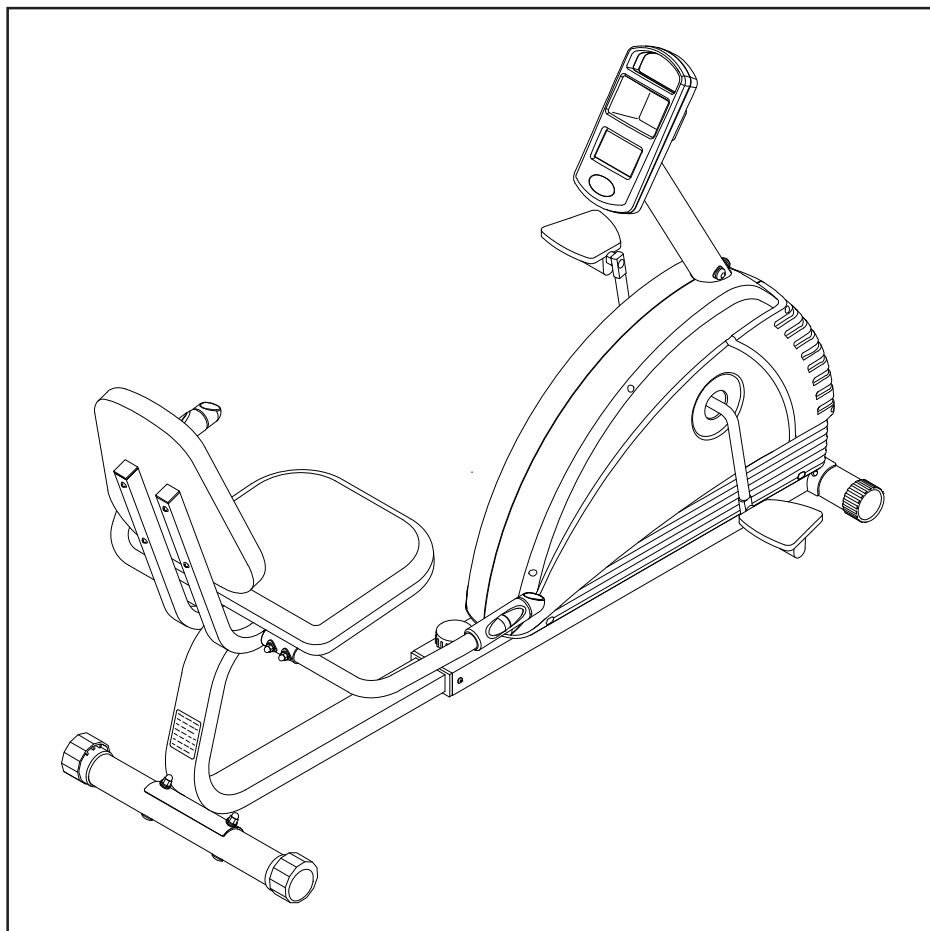
## **R360s**

RECUMBENT BIKE

MAGNETIC RESISTANCE

# **Recumbent Bike**

## **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.

**15-4760**  
**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)

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## SAFETY INSTRUCTIONS

**WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the R360s RECUMBENT BIKE.**

1. Read all warnings posted on the **R360s RECUMBENT BIKE**.
2. Read this owner's/user's manual and follow it carefully before using the **R360s RECUMBENT BIKE**.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **R360s RECUMBENT BIKE**. Do not allow children to use or play on the **R360s RECUMBENT BIKE**. Keep children and pets away from the **R360s RECUMBENT BIKE** when it is in use.
5. The **R360s RECUMBENT BIKE** is a Class A Non-free-wheeling exercise bicycle with a directly driven flywheel. Pedal speed should be reduced in a controlled manner. Spinning pedals can cause injury.
6. Make sure that the **R360s RECUMBENT BIKE** is properly assembled and tightened before use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **R360s RECUMBENT BIKE** on a solid level surface. Do not position the **R360s RECUMBENT BIKE** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **R360s RECUMBENT BIKE**.
10. Adjust the LEVELING CAPS on the REAR STABILIZER so that the **R360s RECUMBENT BIKE** sets on the floor without rocking.
11. Inspect the **R360s RECUMBENT BIKE** worn or loose components prior to use. Tighten/replace any loose or worn components prior to using.
12. The ADJUSTMENT KNOB(45) should be securely tightened prior to use.
13. Each user should adjust the seat per instructions on page 12.
14. Do not attempt to adjust the seat while you are on the **R360s RECUMBENT BIKE**.
15. 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.
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 **R360s RECUMBENT BIKE**.
19. 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.
20. Care should be taken in mounting or dismounting the **R360s RECUMBENT BIKE**.
21. The **R360s RECUMBENT BIKE** should not be used by persons weighing over 250 pounds.
22. The **R360s RECUMBENT BIKE** should be used by only one person at a time.
23. The **R360s RECUMBENT BIKE** is for consumer use only. It is not for use in public or semipublic facilities.
24. Use two people to move the **R360s RECUMBENT BIKE**.

**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**

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**THANK YOU FOR PURCHASING THE  
STAMINA® R360s RECUMBENT BIKE**

To help you get started, we have pre-assembled most of your R360s RECUMBENT 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 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**  
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**FAX**  
CUSTOMER SERVICE  
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**ONLINE**  
CUSTOMER SERVICE  
[parts@staminaproducts.com](mailto:parts@staminaproducts.com)  
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[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 **R360s RECUMBENT 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.

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 **R360s RECUMBENT 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.

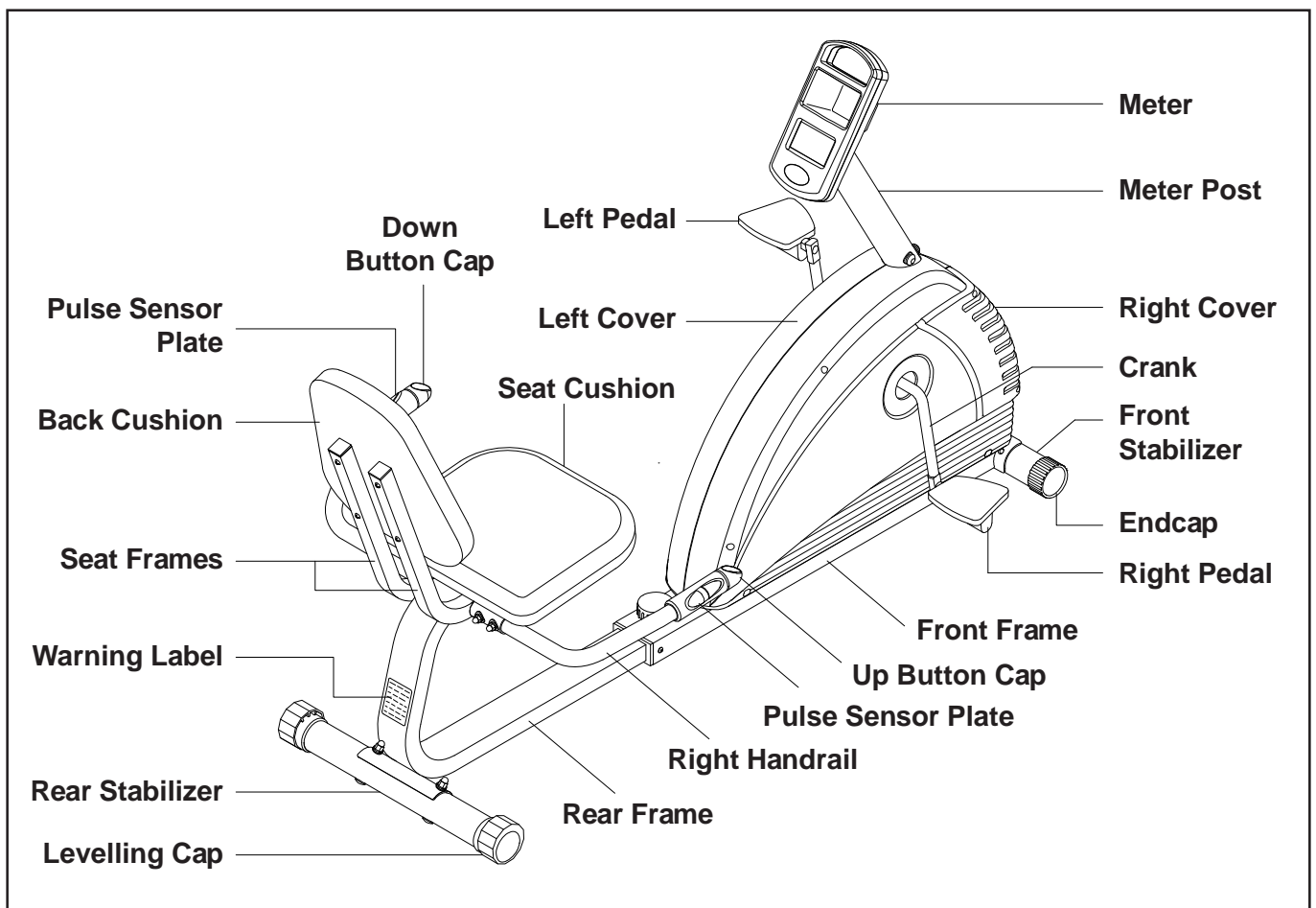
Read this manual carefully before using the **R360s RECUMBENT BIKE**.

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 **R360s RECUMBENT BIKE**, please do not return the product. Contact us **FIRST!**

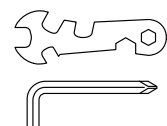
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

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 :

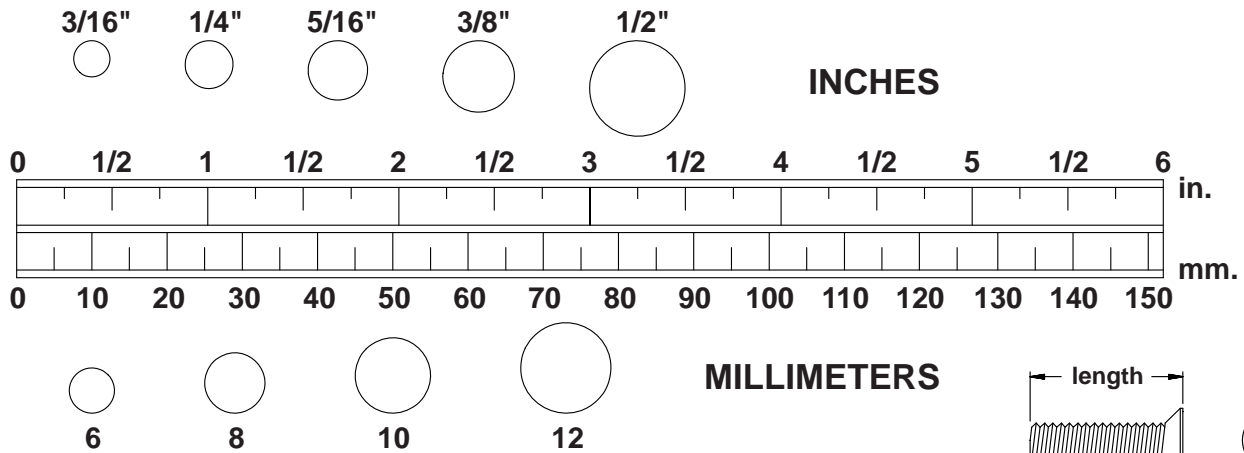


Wrench

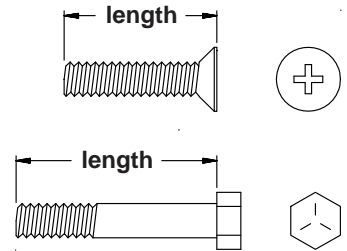
Allen Wrench (6mm)

# HARDWARE IDENTIFICATION CHART


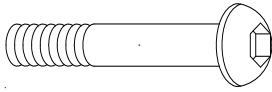
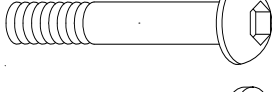
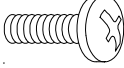

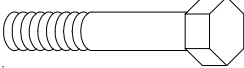
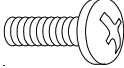








This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**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.



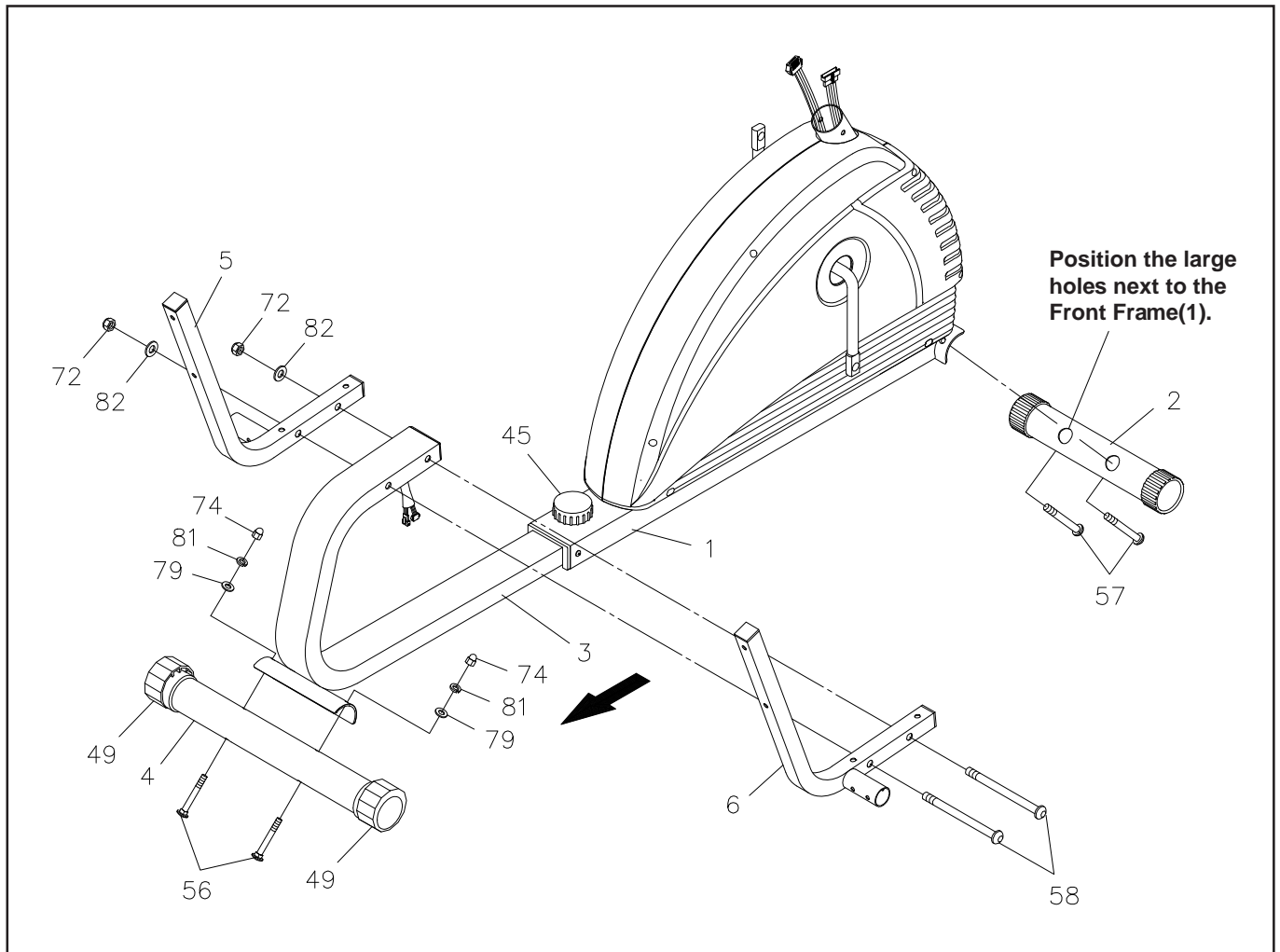
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	56 Carriage Bolt (M8 x 1.25 x 65mm)	2
	57 Bolt, Button Head (M8 x 1.25 x 55mm)	2
	58 Bolt, Button Head (M10 x 1.5 x 125mm)	2
	59 Bolt, Round Head (M6 x 1 x 15mm)	3
	60 Bolt, Round Head (M6 x 1 x 35mm)	8
	63 Bolt, Hex Head (M6 x 1 x 35mm)	4
	64 Screw, Round Head (M5 x 0.8 x 10mm)	4
	72 Nylock Nut (M10 x 1.5)	2
	73 Acorn Nut (M6 x 1)	4
	74 Acorn Nut (M8 x 1.25)	2
	78 Arc Washer (M6)	7
	79 Arc Washer (M8)	2
	80 Lock Washer (M6)	7
	81 Lock Washer (M8)	2
	82 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:

**parts@staminaproducts.com**



### STEP 1

Refer to the illustration. Position the **FRONT STABILIZER(2)**, the short one, with its large holes next to the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x55mm)(57)**.

### STEP 2

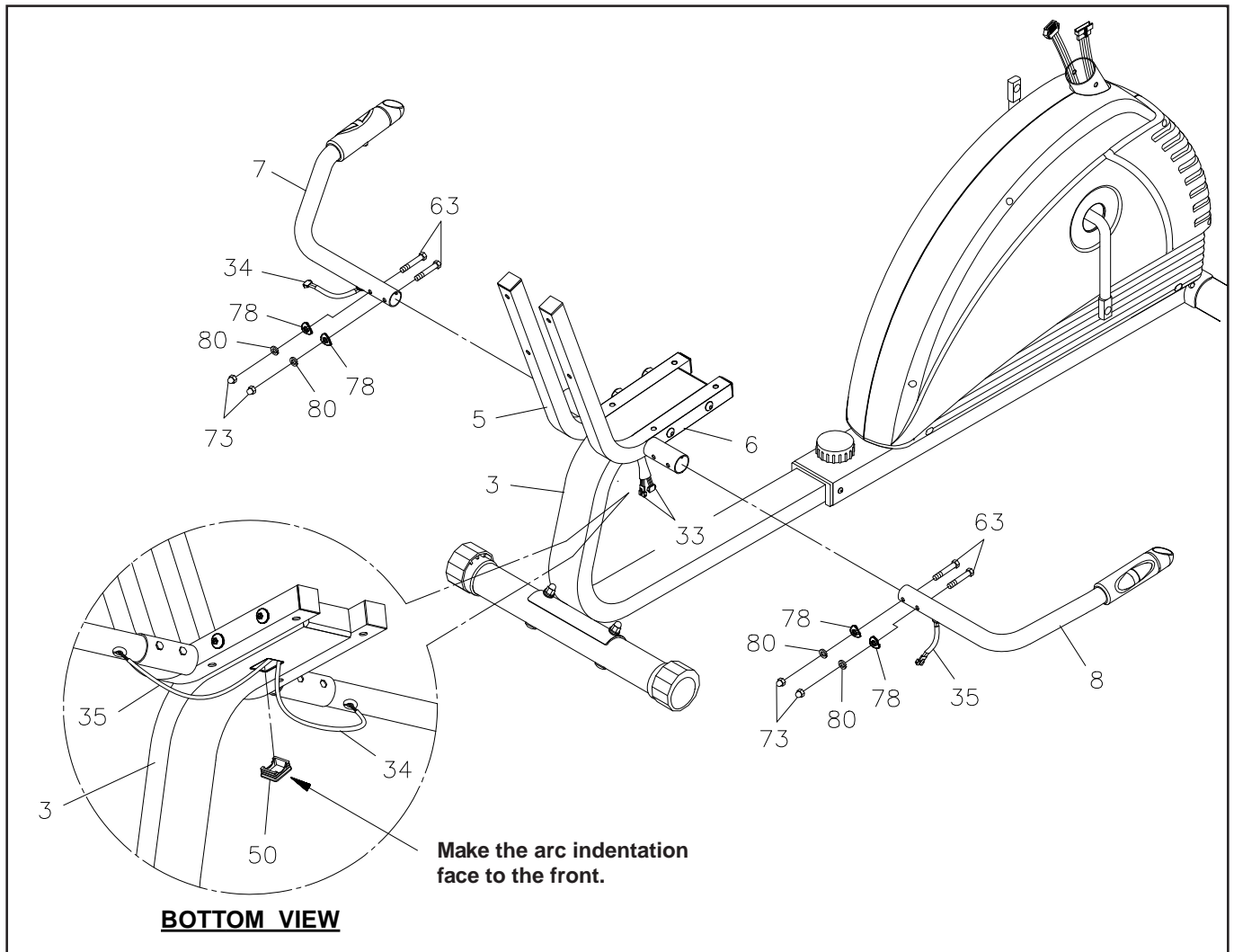
Loosen the **ADJUSTMENT KNOB(45)** on the **FRONT FRAME(1)**. Slide the **REAR FRAME(3)** backward and secure with the **ADJUSTMENT KNOB(45)**. Attach the **REAR STABILIZER(4)**, the one with the **LEVELING CAPS(49)**, onto the **REAR FRAME(3)** with **CARRIAGE BOLTS(M8x1.25x65mm)(56)**, **ARC WASHERS(M8)(79)**, **LOCK WASHERS(M8)(81)**, and **ACORN NUTS(M8)(74)**.

**NOTE:** You can adjust the **LEVELING CAPS(49)** on the **REAR STABILIZER(4)** to keep the Recumbent Bike stable.

### STEP 3

Attach the **LEFT** and **RIGHT SEAT FRAMES(5, 6)** onto the both side of the **REAR FRAME(3)** with **BUTTON HEAD BOLTS(M10x1.5x125mm)(58)**, **WASHERS(M10)(82)**, and **NYLOCK NUTS(M10x1.5)(72)**.

## ASSEMBLY INSTRUCTIONS



### STEP 4

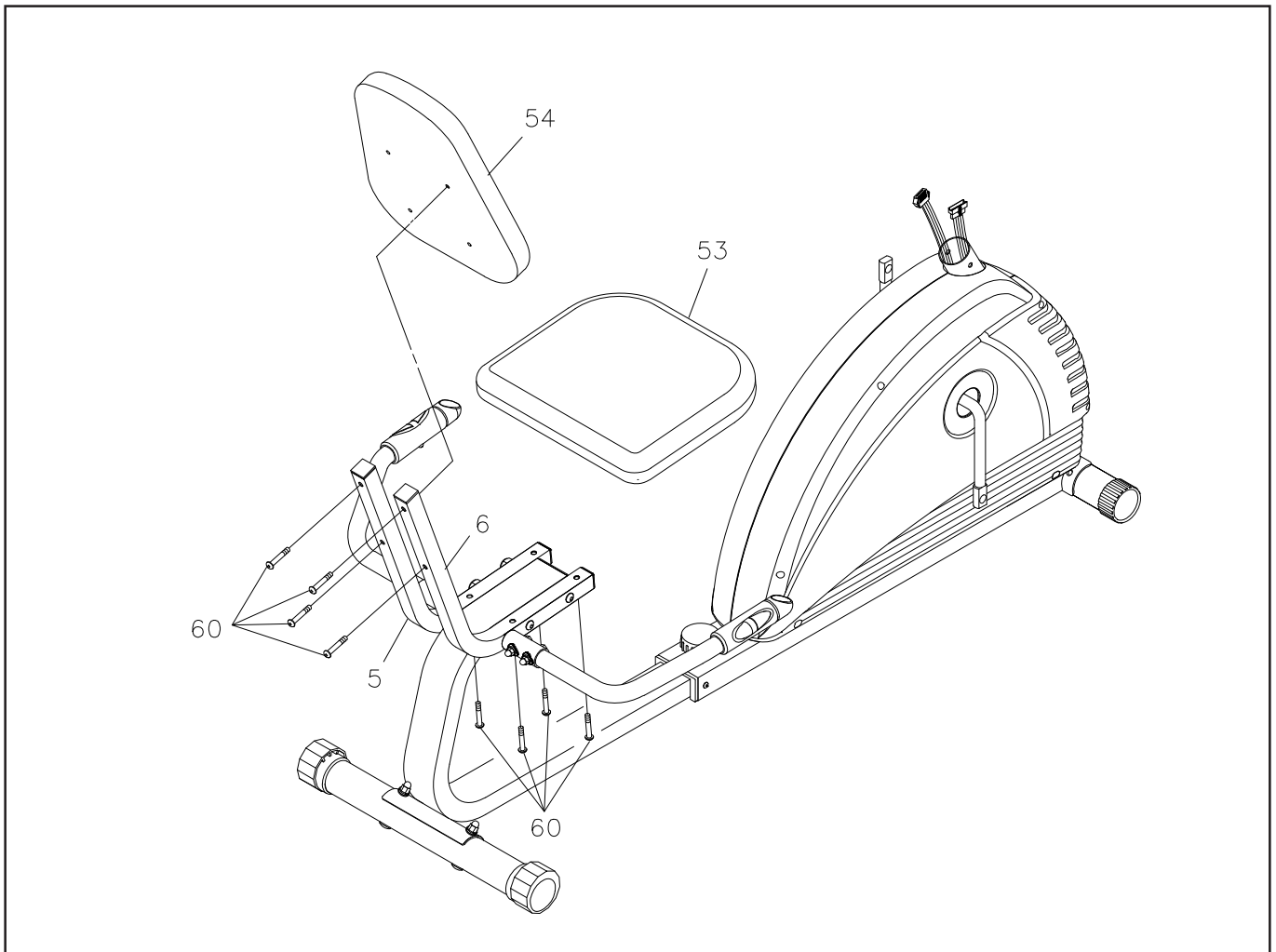
**NOTE:** Install the **HEX BOLTS(63)** as shown in the illustration above. This allows the head of the bolts to fit inside the hex shape holes in the **SEAT FRAMES(5, 6)**.

Attach the **RIGHT HANDRAIL(8)** to the **RIGHT SEAT FRAME(6)** with **HEX BOLTS(M6x1x35mm)(63)**, **ARC WASHERS(M6)(78)**, **LOCK WASHERS(M6)(80)**, and **ACORN NUTS(M6x1)(73)**. Repeat on the left side.

### STEP 5

Plug the **LEFT** and **RIGHT PULSE SENSOR WIRES(34,35)** into the **REAR EXTENSION WIRE(33)** located on the **REAR FRAME(3)**. Push the plugs and any excess wire back into the opening in the **REAR FRAME(3)**. Refer to the Bottom View illustration. Position the **SQUARE PLUG(50)** with its arc indentation facing toward the front of the bike so the wires feed out of the frame toward the front. Please note that the slot is bigger than the **SQUARE PLUG(50)** to allow room for the wires.

## ASSEMBLY INSTRUCTIONS



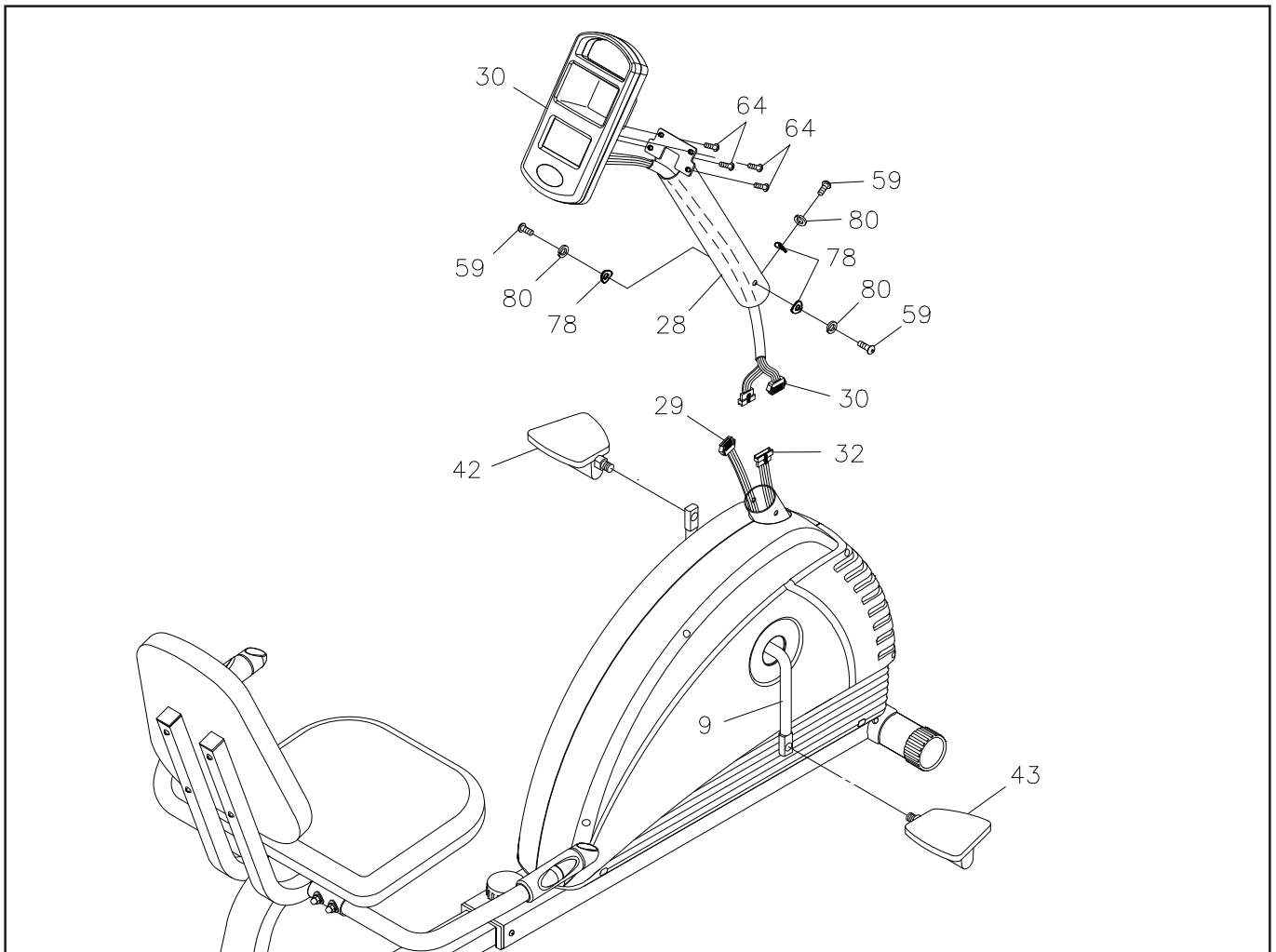
### STEP 6

Attach the **SEAT CUSHION(53)** onto the **LEFT** and **RIGHT SEAT FRAMES(5, 6)** with **ROUND HEAD BOLTS(M6x1x35mm)(60)**.

Attach the **BACK CUSHION(54)** onto the **LEFT** and **RIGHT SEAT FRAMES(5, 6)** with **ROUND HEAD BOLTS(M6x1x35mm)(60)**.



## ASSEMBLY INSTRUCTIONS



### STEP 7

**NOTE:** The **RIGHT PEDAL(43)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(43)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(42)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(42)** has left hand threads and is tightened by turning counter clockwise.

Thread the **RIGHT PEDAL(43)** onto the right side of the **CRANK(9)** as shown. Tighten the pedal securely. Do the same to attach the **LEFT PEDAL(42)** onto the left side of the **CRANK(9)**.

### STEP 8

Install four **AA** batteries into the **METER(30)**, four batteries included. See page 11 for detailed battery installation instructions. Run the Extension Wire on the **METER(30)** through the **METER POST(28)**. Attach the **METER(30)** onto the **METER POST(28)** with **ROUND HEAD SCREWS(M5x0.8x10mm)(64)**.

### STEP 9

Plug the **MOTOR CONTROL WIRE(29)** and **FRONT EXTENSION WIRE(32)** to the Extension Wire on the **METER(30)**. Insert the **METER POST(28)** onto the **FRONT FRAME(1)** and secure with **ROUND HEAD BOLTS(M6x1x15mm)(59)**, **LOCK WASHERS(M6)(80)**, and **ARC WASHERS(M6)(78)**.

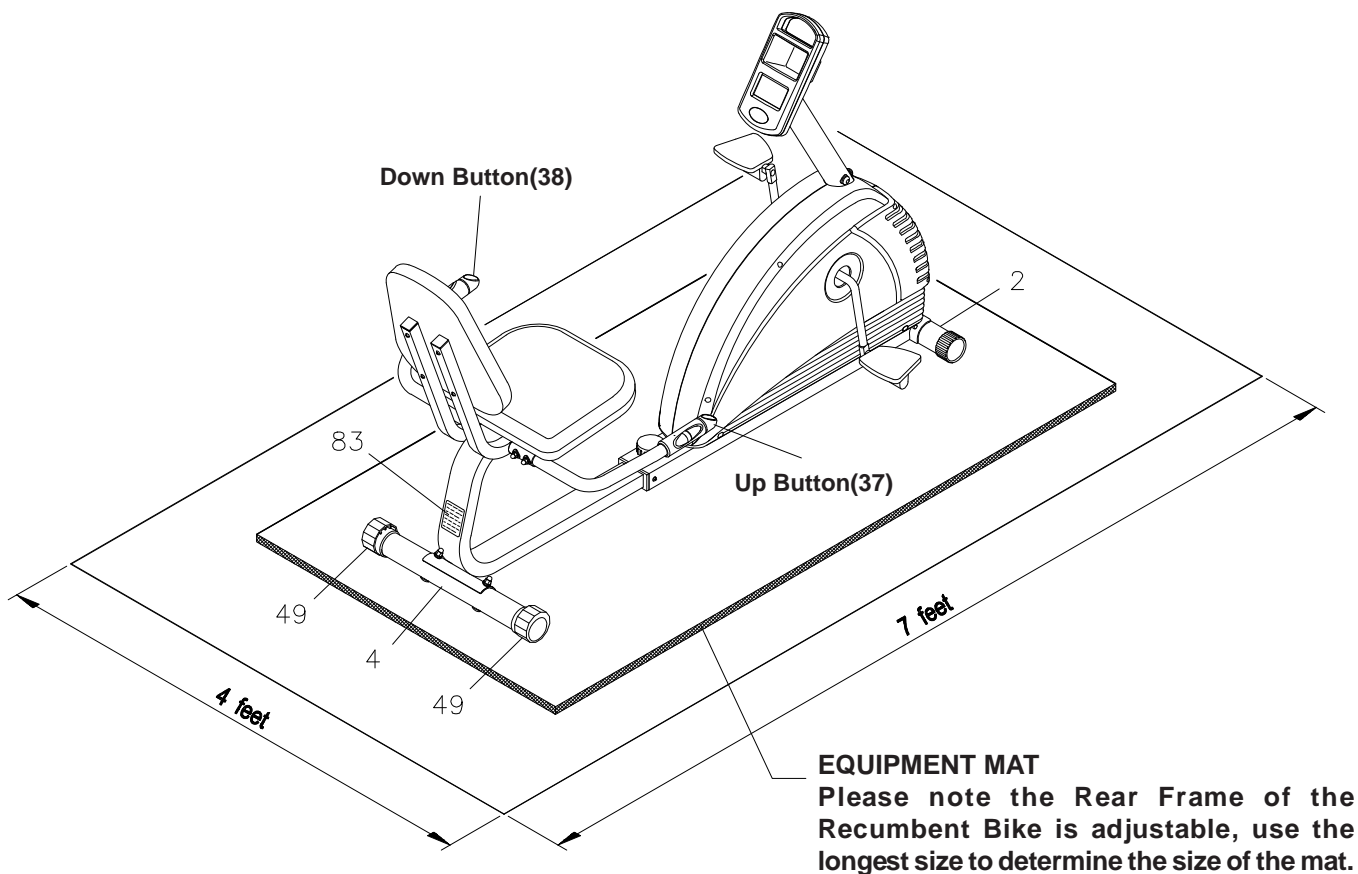
**NOTE:** Be careful not to damage the wires when attaching the **METER(30)**.

## SET UP INSTRUCTIONS

Place the **R360s RECUMBENT BIKE** in the area where it will be used. It is recommended that the **R360s RECUMBENT BIKE** be placed on an equipment mat. The **R360s RECUMBENT BIKE** is approximately 61 3/4" long (max.) x 27 1/2" wide x 36" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **R360s RECUMBENT BIKE**. Make sure that adequate space is available for access to and passage around the **R360s RECUMBENT BIKE**.

**LEVELING:** Adjust the **LEVELING CAPS(49)** on the **REAR STABILIZER(4)** so that the Recumbent Bike sets on the floor without rocking. Remove and reposition the **LEVELING CAPS(49)** on the **REAR STABILIZER(4)** to level the **R360s RECUMBENT BIKE**.

**MOVING:** The **R360s RECUMBENT BIKE** must be lifted for movement. Two people are required. Grasp on the **FRONT STABILIZER(2)** and **REAR STABILIZER(4)** to move the **R360s RECUMBENT BIKE**.



### FUNCTION INSPECTION:

Visually inspect the **R360s RECUMBENT BIKE** to verify that assembly is as shown in the above illustration. Check the function of the **R360s RECUMBENT BIKE**. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Press the " up " and " down " buttons on the ends of the Handrail to verify that the Magnetic System provides different tensions.

**CAUTION:** Locate and read the **WARNING LABEL(83)** on the **R360s RECUMBENT BIKE**. Make sure that all users read the **WARNING LABEL(83)**.

## OPERATIONAL INSTRUCTIONS

### USING THE METER

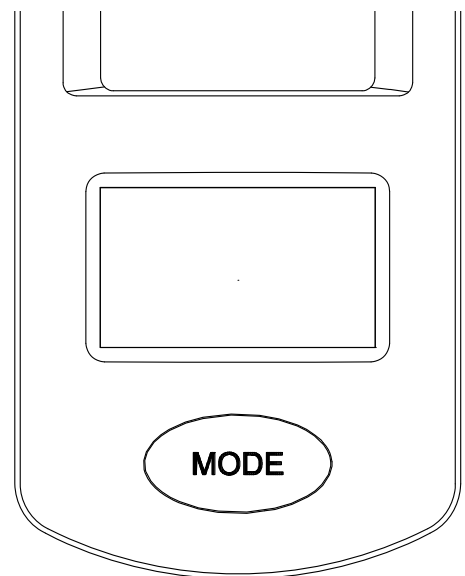
**POWER ON :** Pedal movement or push the **MODE** button.

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

#### MODE BUTTON:

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

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



#### FUNCTIONS:

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

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

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

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

**CALORIES:** Displays 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.

**HEART RATE:** Displays your heart rate in beats per minute. To display heart rate, select the **HEART RATE MODE** and grasp the Pulse Sensors on the handlebars, 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 **MODE** button to restart, place your hands back on the Pulse Sensors correctly, and the heart rate readout will appear.

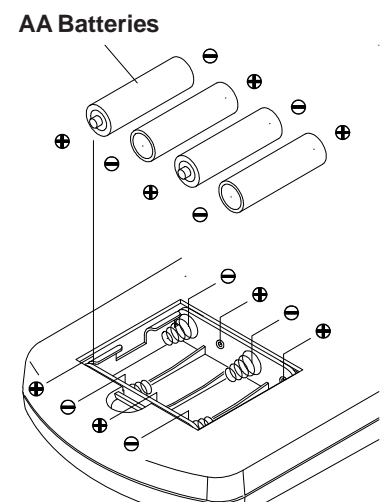
**NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the **MODE** button and hold it down for three seconds to reset all functions to zero.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Dismount the meter from the **METER POST(28)**.
2. Open the Battery Door on the back of the meter.
3. The meter operates with four AA batteries, four batteries included. Refer to the illustration to install or replace the batteries.
4. Attach the meter back to the **METER POST(28)**.

#### 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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## OPERATIONAL INSTRUCTIONS

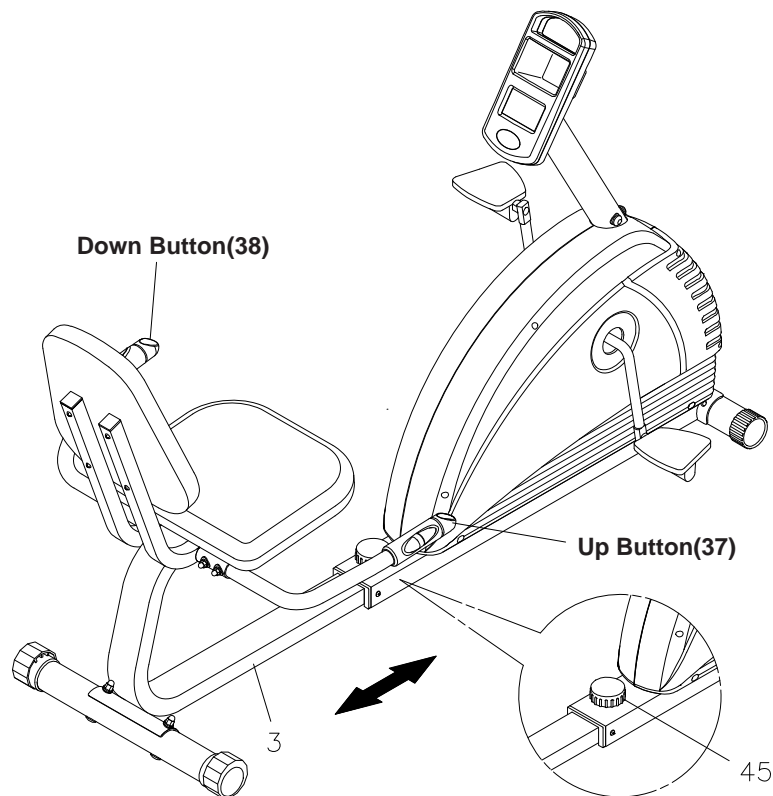
### SEAT ADJUSTMENT

Proper seat adjustment is important.

1. Loosen the **ADJUSTMENT KNOB(45)** and slide the **REAR FRAME(3)** to adjust the seat. Tighten the **ADJUSTMENT KNOB(45)** after adjusting the seat to a new position.
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 **R360s RECUMBENT BIKE**.
2. Always tighten the **ADJUSTMENT KNOB(45)** after adjusting the seat to a new position.



### LOAD ADJUSTMENT

To increase the load, press the **UP BUTTON(37)**. To decrease the load, press the **DOWN BUTTON(38)**.

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## STORAGE

1. To store the **R360s RECUMBENT BIKE** simply keep it in a clean dry place.
2. Adjust the **REAR FRAME(3)** into the **FRONT FRAME(1)** to the shortest position. The **R360s RECUMBENT BIKE** is approximately 41" long x 27 1/2" wide x 36" tall. These dimensions will vary. Please measure your **R360s RECUMBENT BIKE** if exact dimensions are needed.
3. Lift the **R360s RECUMBENT BIKE** from the **FRONT STABILIZER(2)** and **REAR STABILIZER(4)** to move.
4. To avoid damage to the electronics, remove the batteries before storing the **R360s RECUMBENT BIKE** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **R360s RECUMBENT BIKE** can only be maintained when the **R360s RECUMBENT BIKE** is regularly examined for damage and wear. Special attention should be given to the following:

1. Press the " **up** " and " **down** " buttons to verify that the Magnetic System provides different tensions. The Magnetic System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
3. 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.
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 **R360s RECUMBENT BIKE** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **R360s RECUMBENT BIKE**.
7. Keep your **R360s RECUMBENT 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, too, by monitoring your heart rate while you exercise.

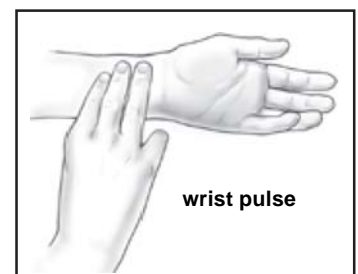
Remember to follow these essentials:

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

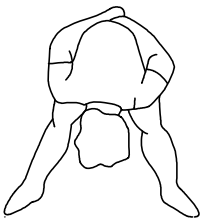
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## WARM-UP and COOL-DOWN

**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

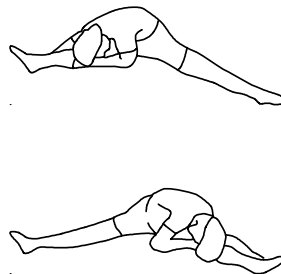
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



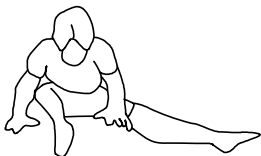
#### Lower Body Stretch

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 lessen, try a lower position gradually.



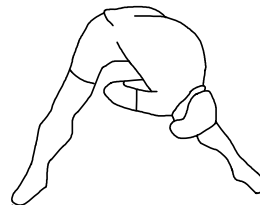
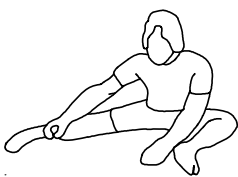
#### Floor Stretch

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 always to 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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## PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Front Frame	1
2	Front Stabilizer	1
3	Rear Frame	1
4	Rear Stabilizer	1
5	Left Seat Frame	1
6	Right Seat Frame	1
7	Left Handrail	1
8	Right Handrail	1
9	Crank	1
10	Bearing Housing	2
11	Ball Bearing	2
12	Inside Bearing Collar	1
13	Outside Bearing Collar	1
14	Bearing Washer	1
15	Bearing Snap Washer	1
16	Bearing Nut	2
17	Pulley	1
18	V-Ribbed Belt	1
19	Idler Arm	1
20	Idler Wheel	1
21	Idler Wheel Spacer	1
22	Tension Spring	1
23	Magnetic Unit	1
24	Eyebolt	2
25	Tension Bracket	2
26	Tension Cable	1
27	Magnet	1
28	Meter Post	1
29	Motor Control Wire /w Motor	1
30	Meter	1
31	Sensor Wire	1
32	Front Extension Wire	1
33	Rear Extension Wire	1
34	Left Pulse Sensor Wire	1
35	Right Pulse Sensor Wire	1
36	Pulse Sensor Plate	2
37	Up Button Cap / Right Side	1
38	Down Button Cap / Left Side	1
39	Grommet Plug	2
40	Left Cover	1
41	Right Cover	1
42	Left Pedal	1
43	Right Pedal	1
44	Endcap (50mm)	2
45	Adjustment Knob	1
46	Press Plate	1
47	Bushing	1

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## PARTS LIST

DIAGRAM#	PART NAME	QTY
48	End Stopper	2
49	Levelling Cap (50mm)	2
50	Square Plug (25.4mm x 25.4mm)	5
51	Rectangular Plug (30mm x 60mm)	1
52	Foam Grip	2
53	Seat Cushion	1
54	Back Cushion	1
55	Washer (M17 x 32mm x 0.5mm thick)	1
56	Carriage Bolt (M8 x 1.25 x 65mm)	2
57	Bolt, Button Head (M8 x 1.25 x 55mm)	2
58	Bolt, Button Head (M10 x 1.5 x 125mm)	2
59	Bolt, Round Head (M6 x 1 x 15mm)	3
60	Bolt, Round Head (M6 x 1 x 35mm)	8
61	Bolt, Flat Head (M8 x 1.25 x 20mm)	1
62	Bolt, Flat Head (M10 x 1.5 x 40mm)	1
63	Bolt, Hex Head (M6 x 1 x 35mm)	4
64	Screw, Round Head (M5 x 0.8 x 10mm)	4
65	Screw, Round Head (M4 x 8mm)	2
66	Screw, Round Head (M4 x 10mm)	2
67	Screw, Round Head (M4 x 15mm)	2
68	Screw, Round Head (M4 x 25mm)	6
69	Screw, Round Head (M5 x 12mm)	5
70	Screw, Round Head (M5 x 15mm)	4
71	Nylock Nut (M8 x 1.25)	1
72	Nylock Nut (M10 x 1.5)	3
73	Acorn Nut (M6 x 1)	4
74	Acorn Nut (M8 x 1.25)	2
75	Thin Nut (3/8" - 26 x 5/32" thick)	1
76	Nut (3/8" - 26 x 9/32" thick)	3
77	Nut (M6 x 1)	2
78	Arc Washer (M6)	7
79	Arc Washer (M8)	2
80	Lock Washer (M6)	7
81	Lock Washer (M8)	2
82	Washer (M10)	2
83	Warning Label	1
84	Wrench	1
85	Allen Wrench (6mm)	1
86	Manual	1

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## NOTES

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