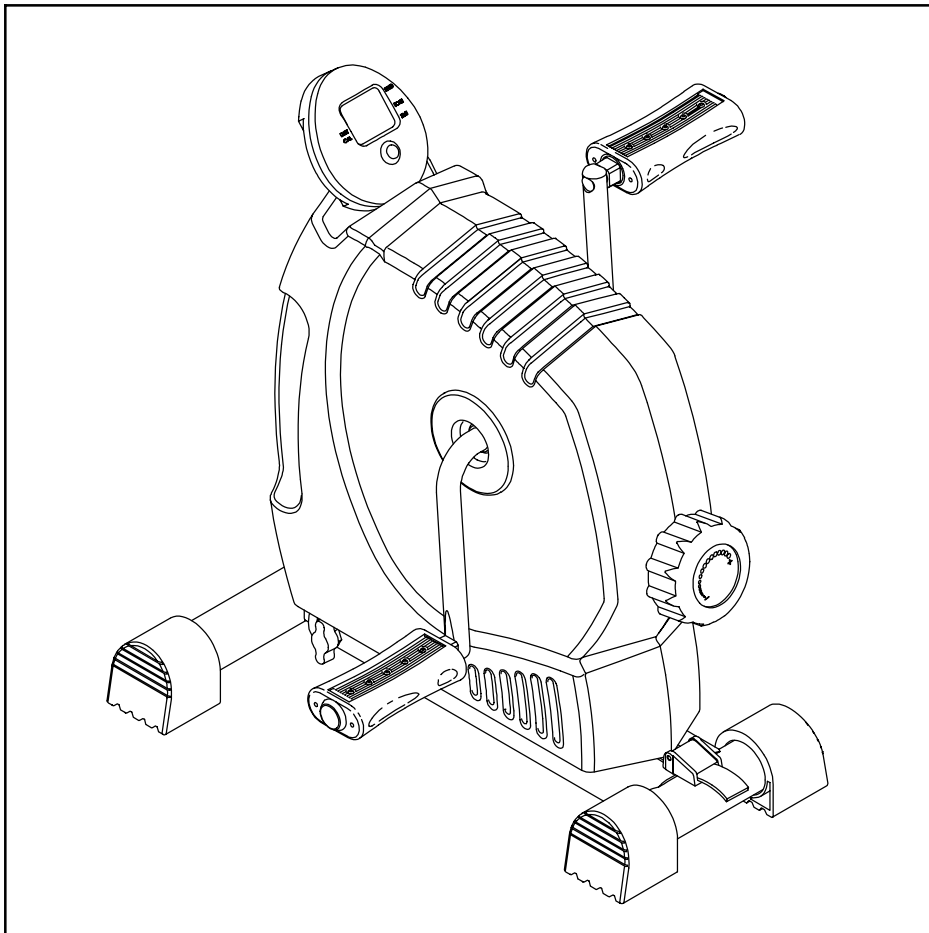


# hi-lo Cycle 100

## 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.

**15-0100**  
**STAMINA PRODUCTS**  
MADE IN TAIWAN

Product May Vary Slightly  
From Pictured.

This Product is Produced Exclusively by

**Stamina<sup>®</sup>**  
**PRODUCTS, INC.**

2757 S. Austin, Springfield, MO 65807

Customer Service Number

1 (800) 375-7520

[www.staminaproducts.com](http://www.staminaproducts.com)

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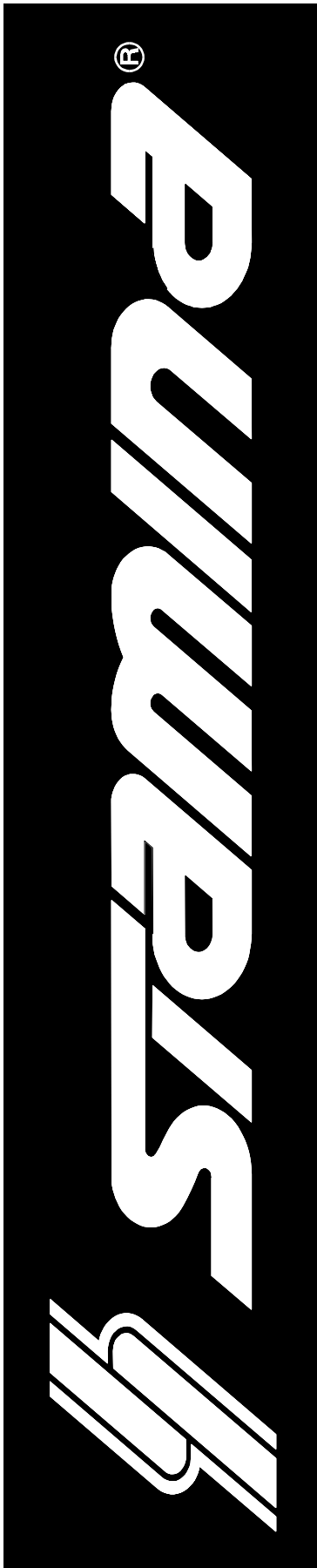
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### SAFETY INSTRUCTIONS

**WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the *hi-lo Cycle 100*.

1. Read all warnings posted on the *hi-lo Cycle 100*.
2. Read this Owner's Manual and follow it carefully before using the *hi-lo Cycle 100*. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the *hi-lo Cycle 100*. Do not allow children to use or play on the *hi-lo Cycle 100*. Keep children and pets away from the *hi-lo Cycle 100* when it is in use.
4. Set up and operate the *hi-lo Cycle 100* on a solid level surface or table. Do not position the *hi-lo Cycle 100* on loose rugs or uneven surfaces.
5. Inspect the *hi-lo Cycle 100* for worn or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the *hi-lo Cycle 100*.
7. 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.
8. Follow your physician's recommendations in developing your own personal fitness program.
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 *hi-lo Cycle 100*.
11. 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.
12. Be careful to maintain your balance while using or assembling the *hi-lo Cycle 100*, loss of balance may result in a fall and serious bodily injury.
13. The *hi-lo Cycle 100* should be used by only one person at a time.
14. Do not stand up on the *hi-lo Cycle 100*.
15. Pull the Front Stabilizer out and lock it in position before using the *hi-lo Cycle 100*.
16. The *hi-lo Cycle 100* 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  
**1 (800) 375-7520**

---

THANK YOU FOR PURCHASING THE *hi-lo Cycle 100*

To help you get started, we have pre-assembled most of your *hi-lo Cycle 100* at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. Within a few minutes you will be getting your body into shape and on your way to achieving a happier and healthier lifestyle.

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

## BEFORE YOU BEGIN

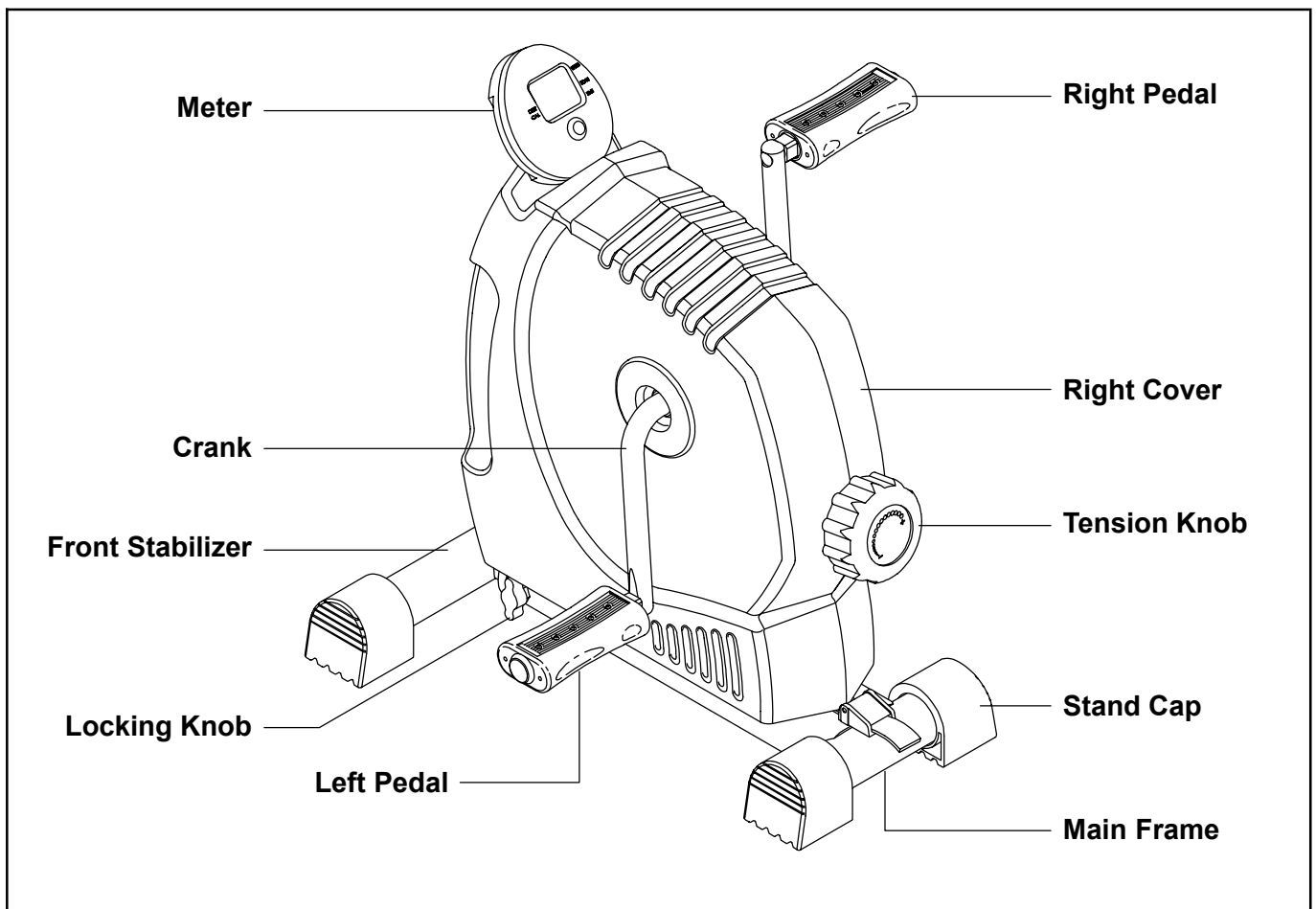
Thank you for choosing the **hi-lo Cycle 100**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

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 **hi-lo Cycle 100** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

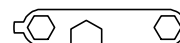
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **hi-lo Cycle 100**.

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



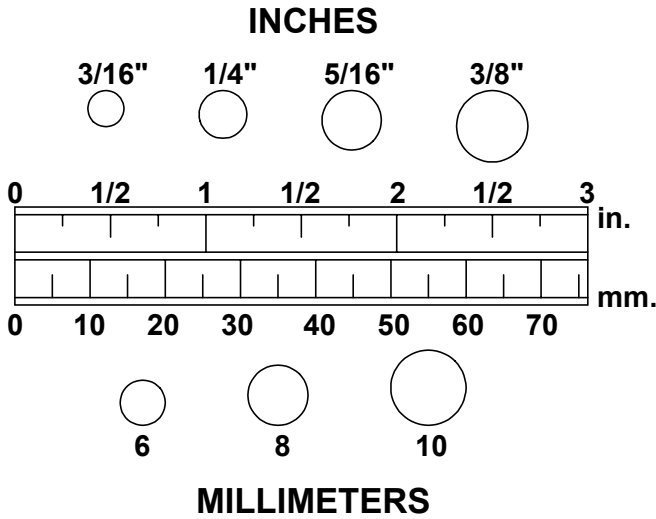
THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



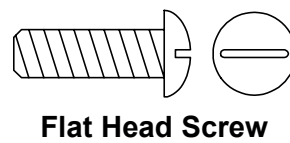
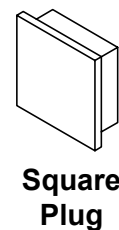
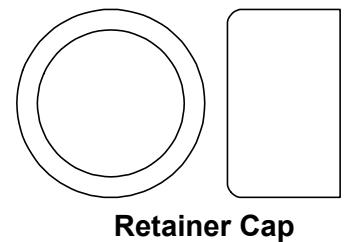
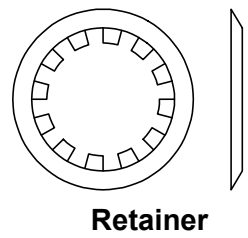
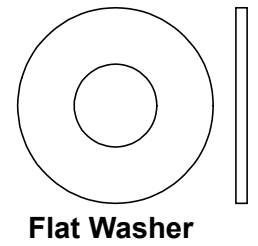
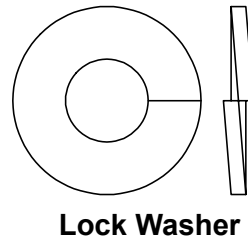
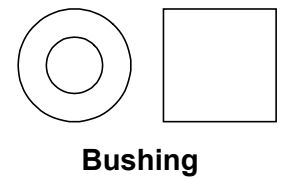
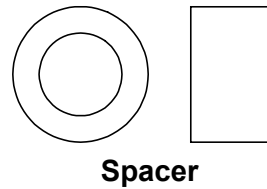
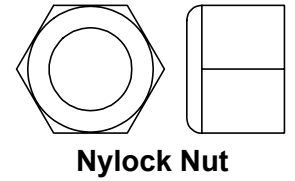
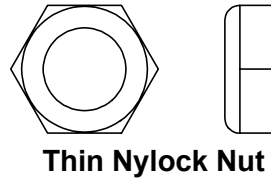
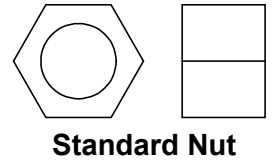
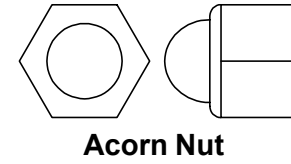
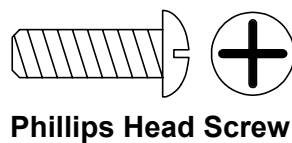
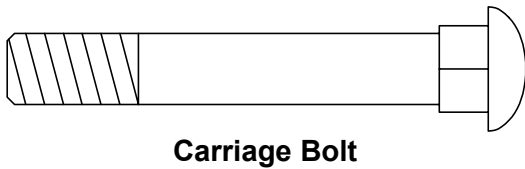
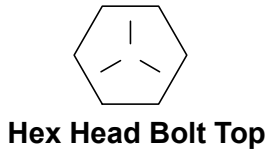
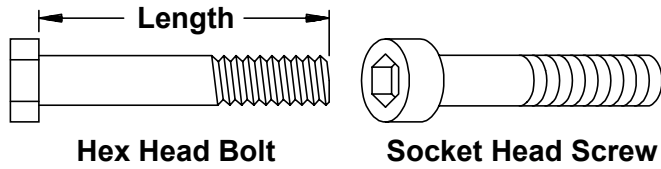
Wrench

# HARDWARE ILLUSTRATIONS

This chart is provided to help identify some of the small parts used in the assembly of this product. This sheet may not include all the hardware needed to assemble your product. It is intended to be used as a guide to help simplify your assembly process.

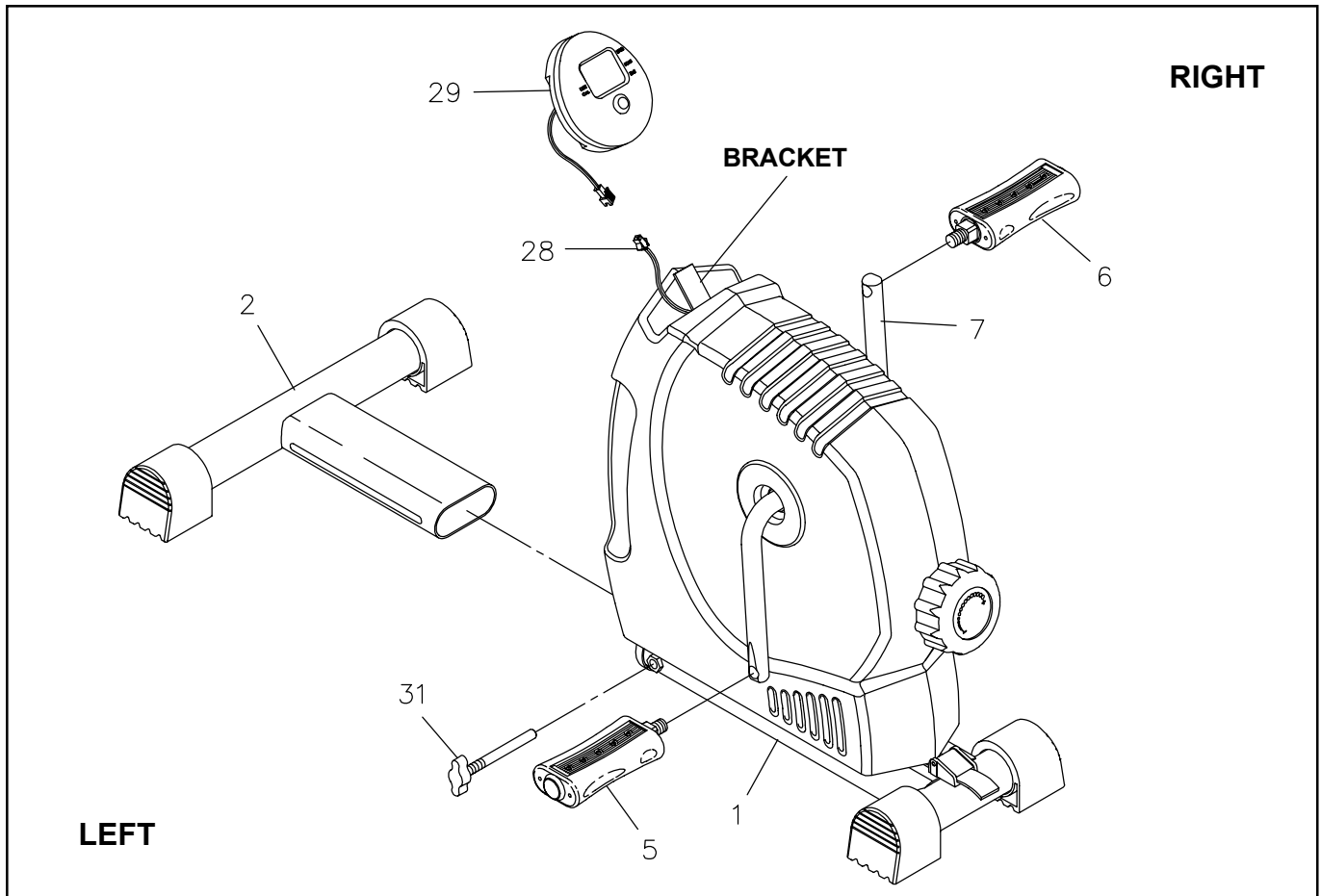


Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.



## 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:** Insert the **FRONT STABILIZER(2)** into the **MAIN FRAME(1)** and lock in position with the **LOCKING KNOB(31)**.

**NOTE:** Pull the **FRONT STABILIZER(2)** out for use. Push the **FRONT STABILIZER(2)** in for storage. Adjust the **FRONT STABILIZER(2)** by loosening the **LOCKING KNOB(31)**, then slide the **FRONT STABILIZER(2)** to adjust the position. Tighten the **LOCKING KNOB(31)**.

### STEP 2

**NOTE:** The **RIGHT PEDAL(6)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(6)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(5)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(5)** has left hand threads and is tightened by turning counter clockwise.

Thread the **RIGHT PEDAL(6)** onto the right side of the **CRANK(7)** as shown. Tighten the pedal securely. Do the same to attach the **LEFT PEDAL(5)** onto the left side of the **CRANK(7)**.

**STEP 3:** Install two "AA" batteries into the back of the **METER(29)**. Plug the **SENSOR WIRE(28)** to the **METER(29)**, then slide the **METER(29)** onto the Bracket on the **MAIN FRAME(1)**.

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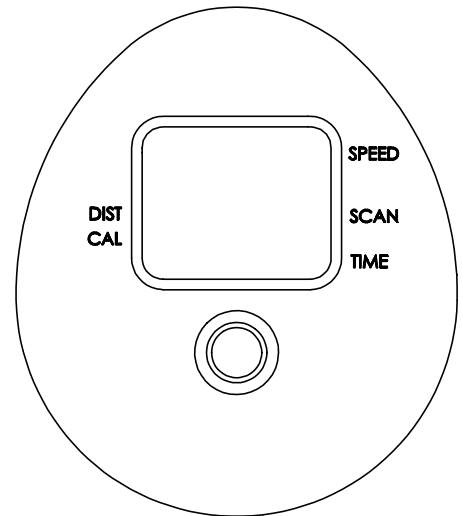
## USING THE ELECTRONICS METER

**POWER ON :** Pedal movement or push the **BUTTON**.

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

### FUNCTION BUTTON:

Press the button to select functions. Reset all functions to zero by pressing the button and holding it down for four seconds.



### FUNCTIONS:

**SCAN:** The lower display automatically scans **TIME**, **DISTANCE**, and **CALORIES** in sequence every 6 seconds.

**SPEED:** The upper display displays current speed from 0.0 to 999.9 MPH.

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

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

**CALORIE:** Displays the calorie consumption, from zero to 999.9 cal.

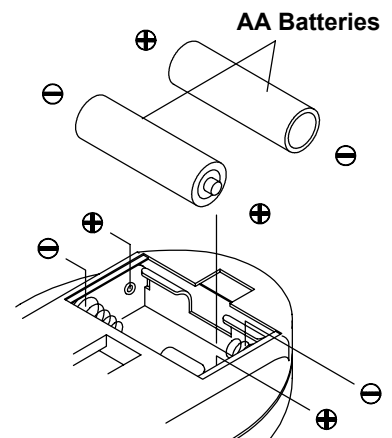
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit. The Calorie display is not affected by the load adjustment.

### HOW TO INSTALL AND REPLACE BATTERY:

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

### 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.



## OPERATIONAL INSTRUCTIONS

### FRONT STABILIZER ADJUSTMENT

Pull the **FRONT STABILIZER(2)** out for use. Push the **FRONT STABILIZER(2)** in for storage. Adjust the **FRONT STABILIZER(2)** by loosening the **LOCKING KNOB(31)**, then slide the **FRONT STABILIZER(2)** to adjust the position. Tighten the **LOCKING KNOB(31)**.

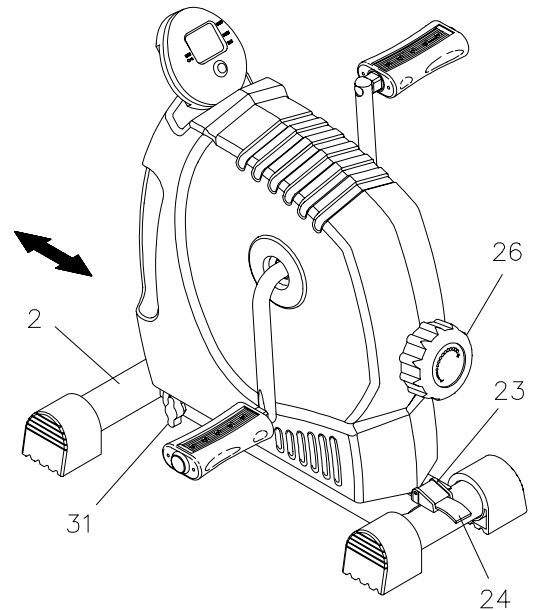
### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(26)** clockwise. To decrease the load, turn the **TENSION KNOB(26)** counterclockwise.

### TENSION BELT ADJUSTMENT

Should the tension system not fulfill your needs it can be readjusted following this procedure:

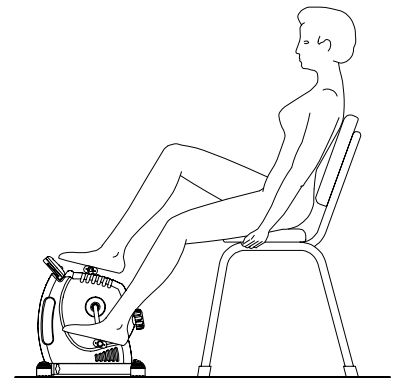
1. Turn the **TENSION KNOB(26)** to the loosest setting (counter-clockwise).
2. Lift the tab on the **BUCKLE(23)** to release the grip on the **TENSION BELT(24)**.
3. If the tension is too loose, tighten the **TENSION BELT(24)** 1/4" and reset the **BUCKLE(23)**.  
If the tension is too tight, loosen the **TENSION BELT(24)** 1/4" and reset the **BUCKLE(23)**.
4. Pedal to test the tension. If it is still not adequate continue to adjust the **TENSION BELT(24)** 1/4" at a time until it is right for you.



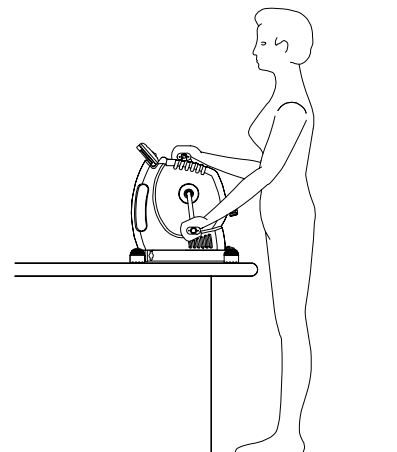
### EXERCISE WORKOUT

**Lower Body:** Place the bike on the floor in front of a chair. Sit in the chair and pedal the bike with your feet.

**Caution:** Do not stand up on the *hi-lo Cycle 100*.



**Upper Body:** Place the bike on a table or desk. Grasp the pedals firmly with your hands and pedal the bike. This exercise can be performed while seated or standing.





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## STORAGE

1. To store the **hi-lo Cycle 100** simply keep it in a clean dry place.
2. The **hi-lo Cycle 100** is 16 1/8" long (min.) x 16" wide x 17 3/4" tall.
3. Grasp the Front and Rear Stabilizer to move the **hi-lo Cycle 100**. Do not use the Pedals to move the **hi-lo Cycle 100**. The Pedals will move and the Crank may pinch your hand or fingers.
4. To avoid damage to the electronics, remove the batteries before storing the **hi-lo Cycle 100** for one year or more.

## MAINTENANCE

The safety and integrity designed into the **hi-lo Cycle 100** can only be maintained when the **hi-lo Cycle 100** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(26)** and verify that the **TENSION BELT(24)** provides tension. The **TENSION BELT(24)** should provide many years of use.
2. 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. Do not step on any portion of the plastic cover when using the **hi-lo Cycle 100**. This can cause the plastic cover to crack.
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 **hi-lo Cycle 100** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **hi-lo Cycle 100**.
7. Keep your **hi-lo Cycle 100** 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, you must start slowly and increase your time on the **hi-lo Cycle 100** gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your **hi-lo Cycle 100** on a flat, even surface at least 3 feet from walls and furniture.

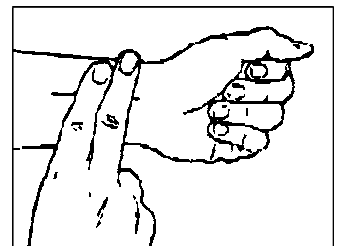
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
20	138~167	133~162
25	136~166	132~160
30	135~164	130~158
35	134~162	129~156
40	132~161	127~155
45	131~159	125~153
50	129~156	124~150
55	127~155	122~149
60	126~153	121~147
65	125~151	119~145
70	123~150	118~144
75	122~147	117~142
80	120~146	115~140
85	118~144	114~139

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 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.



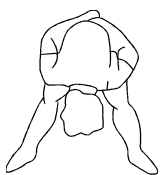
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## WARM-UP and COOL-DOWN

**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

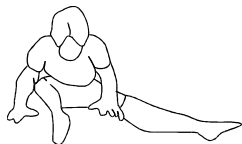
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!**

When the pull on the back of the legs lessens, try a lower position gradually.



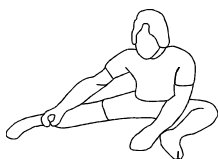
#### Floor Stretch

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

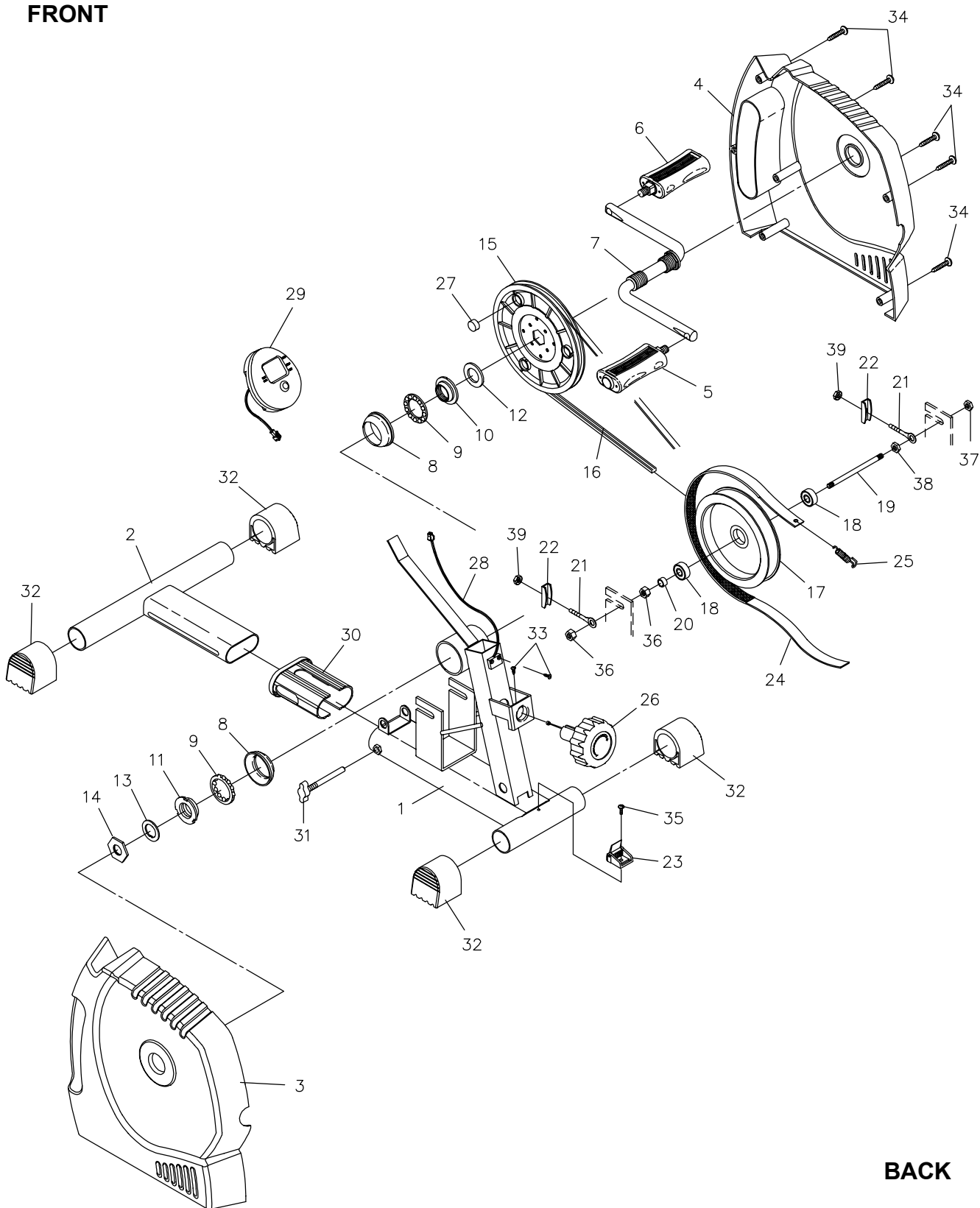
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**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.

# PRODUCT PARTS DRAWING

FRONT



BACK

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## PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Left Cover	1
4	Right Cover	1
5	Left Pedal	1
6	Right Pedal	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	1
15	Pulley	1
16	V-Ribbed Belt	1
17	Flywheel	1
18	Bearing (6000 zz)	2
19	Shaft (3/8"-26 x 3 1/2")	1
20	Spacer	1
21	Eye Bolt (M6 x 1 x 45mm)	2
22	Tension Bracket	2
23	Buckle	1
24	Tension Belt	1
25	Spring	1
26	Tension Knob	1
27	Magnet	1
28	Sensor Wire	1
29	Meter	1
30	Sleeve	1
31	Locking Knob	1
32	Stand Cap (38mm)	4
33	Screw, Round Head (M3 x 12mm)	2
34	Screw, Round Head (M4 x 20mm)	5
35	Screw, Flat Head (M5 x 0.8 x 10mm)	1
36	Nut (3/8" - 26 x 1/4" thick)	2
37	Nut (3/8" - 26 x 5/32" thick)	1
38	Nut (3/8" - 26 x 1/8" thick)	1
39	Nylock Nut (M6 x 1)	2
40	Wrench	1
41	Manual	1

## WARRANTY

Stamina Products, Inc. (the "Warrantor") warrants to the original purchaser only, 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 5 years on the frame from the date of the purchase by the original purchaser. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071** or call us at **1 (800) 375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

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## FAX/MAIL ORDERING FORM

Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. Should a part be missing or a defective part found, please call 1 (800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday or fill out the fax sheet ordering form below and fax it to (417) 889-8064. Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.



**TELEPHONE**  
CUSTOMER SERVICE  
Tel: 1 (800) 375-7520



**FAX**  
CUSTOMER SERVICE  
Fax: (417) 889-8064



**ONLINE**  
CUSTOMER SERVICE  
parts@staminaproducts.com  
www.staminaproducts.com



**MAIL**  
STAMINA PRODUCTS, INC.  
ATTN: Customer Service  
P.O. Box 1071  
Springfield, MO. 65801-1071



Detach and Mail or Fax the Form Below



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

Mr./Ms.: \_\_\_\_\_  
Address: \_\_\_\_\_ Apt. #: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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

Phone #: ( ) \_\_\_\_\_ Work Phone #: ( ) \_\_\_\_\_  
Date Purchased: \_\_\_\_\_  
Model #: \_\_\_\_\_  
Purchased From: \_\_\_\_\_

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

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1

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