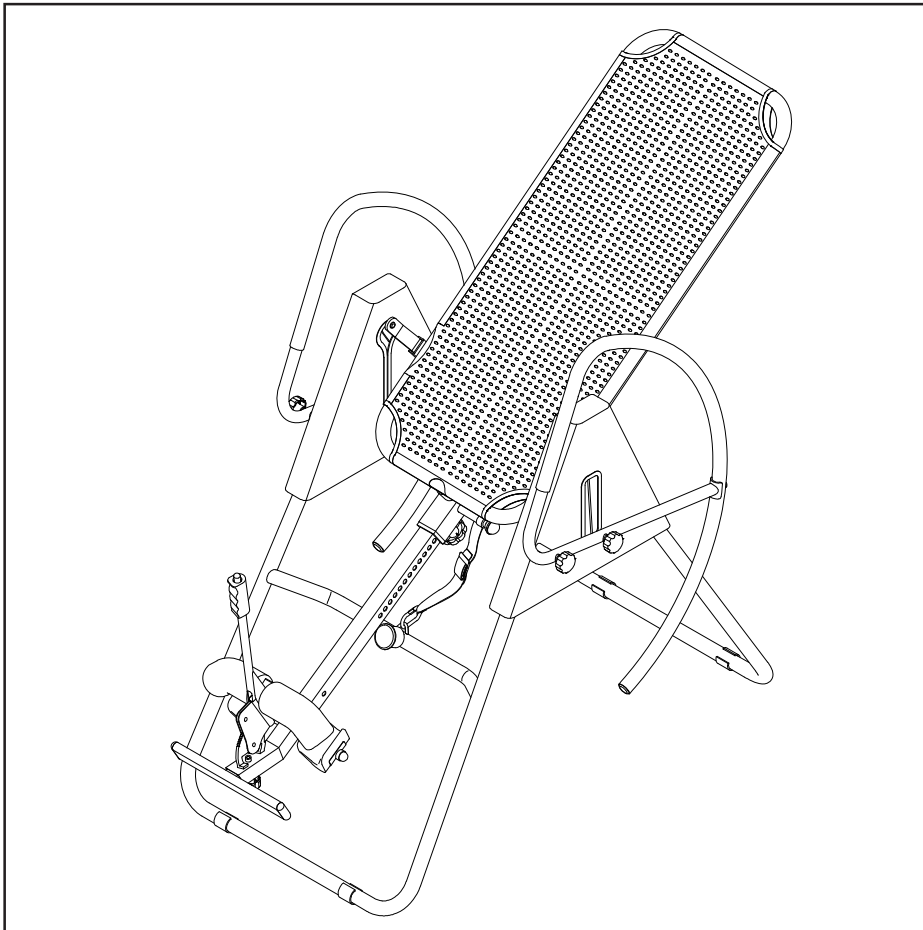


# Therapy Inversion System

## Owner's Manual



**CAUTION:** 1. Weight on this product should not exceed 300 lbs.  
2. Class H equipment: This equipment is for home use only. It is not for commercial use.

### ! 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.

**55-1539A**  
**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  
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 Therapy Inversion System.

1. Do not use the **Therapy Inversion System** alone. Always have a helper available in case assistance is needed in recovering from the decline position.
2. Make sure that the **Therapy Inversion System** is properly assembled before use. Pay close attention to Step 13 on page 10.
3. Make sure that the Pad Tubes as assembled with the ends pointed down as directed in STEP 6 on page 8. The ends must be pointed downward to properly secure the users feet in place during inversion. Improper assembly will allow the users feet to come loose allowing the user to fall from the inversion table.
4. Do not use the **Therapy Inversion System** until you have verified your height setting. Failure to use the proper height setting can result in difficulty recovering from the decline position. See **HEIGHT ADJUSTMENT** instructions on page 11.
5. Always make sure that Heel Holder mechanism is properly locked when using the **Therapy Inversion System**.
6. Adjust the Nylon Straps to an angle of 15 to 20 degrees and use this setting until you have verified your height setting and become familiar with the **Therapy Inversion System**.
7. You must understand how to recover from the fully inverted position before using the fully inverted position. Read the **RECOVERY FROM LOCKED POSITION** section at the bottom of page 13 **BEFORE** using the fully inverted position.
8. Do not allow children to use or play on the **Therapy Inversion System**.
9. Keep small children and pets away from the **Therapy Inversion System** at all times.
10. The **Therapy Inversion System** should not be used by persons weighing more than 300 lbs.
11. The **Therapy Inversion System** should not be used by persons over 6 feet 6 inches tall.
12. Use the **Therapy Inversion System** only on a level surface.
13. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **Therapy Inversion System**.
14. Be sure that there is enough room for the bed to rotate completely.
15. Use the **Therapy Inversion System** only as described in the manual.
16. The safety level of the **Therapy Inversion System** can be maintained only if it is examined regularly for damage and wear.
17. This equipment is for home use only. It is not for commercial use.

**WARNING:** Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. **Do not use this equipment without your physician's approval.** Do not use this equipment if you have any of the following conditions or ailments:

- **Extreme obesity**
- **Glaucoma, retinal detachment or conjunctivitis**
- **Pregnancy**
- **Spinal injury, Cerebral Sclerosis, or acutely swollen joints**
- **Middle ear infection**
- **High blood pressure, Hypertension, Recent stroke or Transient ischemic attack**
- **Heart or circulatory disorders for which you are being treated**
- **Hiatus hernia or Ventral hernia**
- **Bone weaknesses including Osteoporosis, Unhealed fractures, Medullary pins, or Surgically implanted orthopedic supports.**
- **Use of anti-coagulants including Aspirin in high doses.**

# CALL US FIRST



Customer Service

1 (800) 375-7520

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

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## THANK YOU FOR PURCHASING THE Therapy Inversion System

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

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



**TELEPHONE**

CUSTOMER SERVICE  
Tel: 1 (800) 375-7520



**FAX**

CUSTOMER SERVICE  
Fax: (417) 889-8064



**ONLINE**

CUSTOMER SERVICE  
[parts@staminaproducts.com](mailto:parts@staminaproducts.com)  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



**MAIL**

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

## BEFORE YOU BEGIN

Thank you for choosing the **Therapy Inversion System**. 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 **Therapy Inversion System** 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.

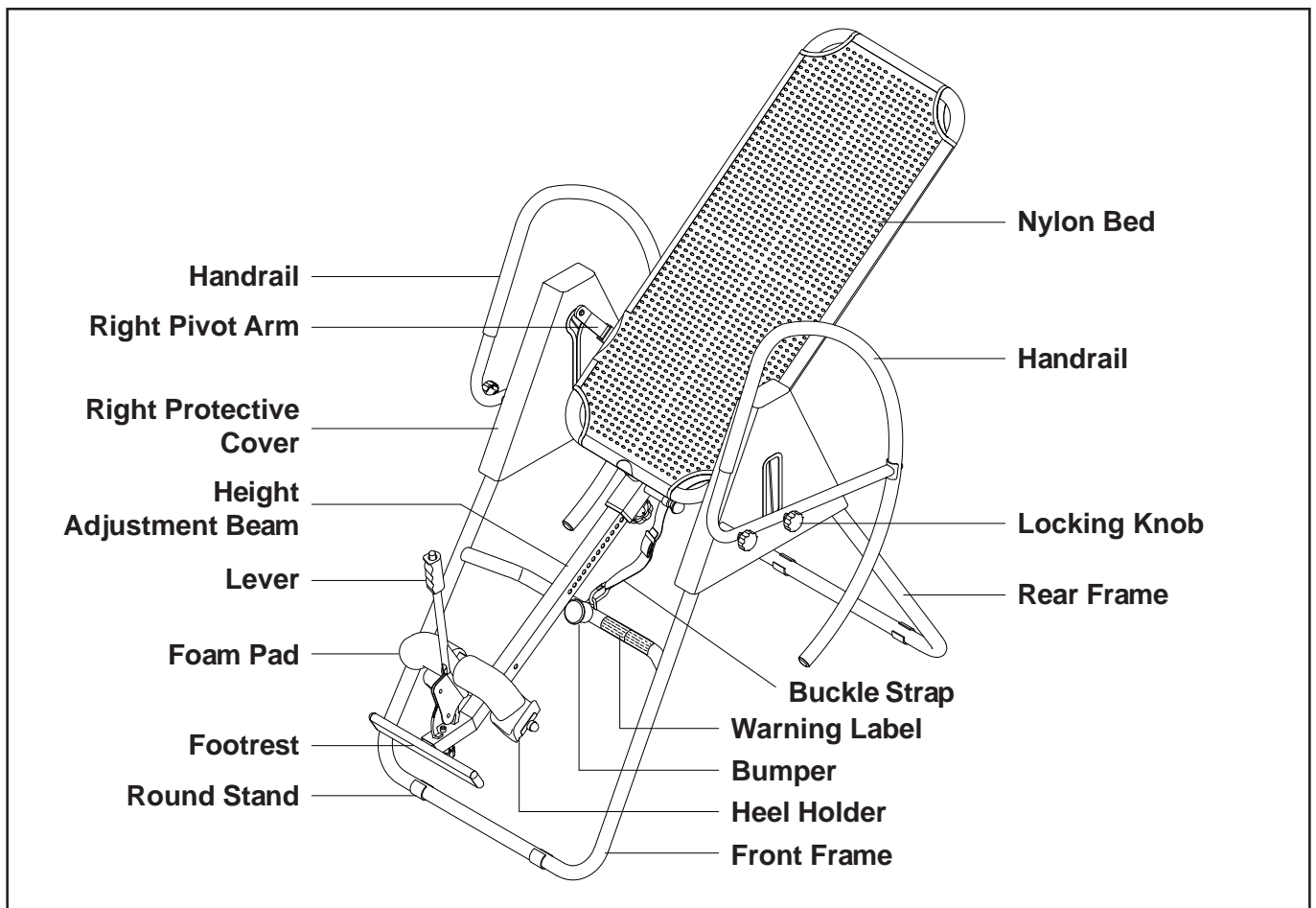
Read this manual carefully before using the **Therapy Inversion System**.

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 **Therapy Inversion System**, please do not return the product. Contact us **FIRST!**

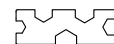
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

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.

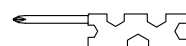
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Wrench




Combination Wrench

# EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **Therapy Inversion System**. Please take a moment to familiarize yourself with all of the warning & notice labels.

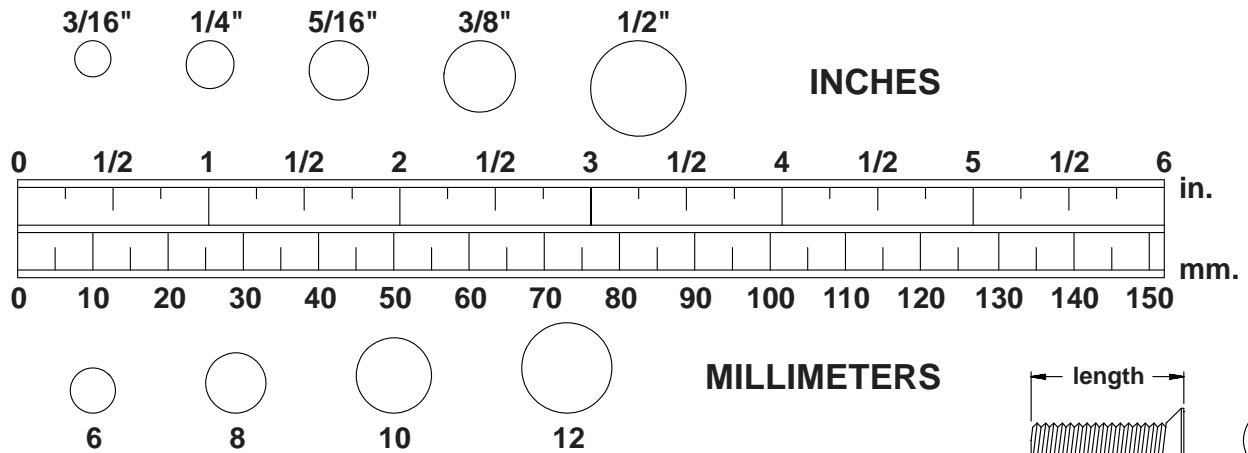
Label is larger than actual size

## **W1** WARNING LABEL(61)

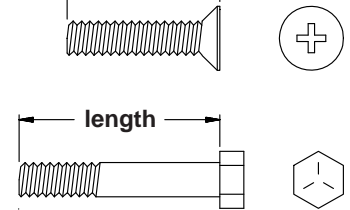
|  |  |
|--|--|
|  <b>WARNING</b>   | <p><b>Keep others including children &amp; pets away from equipment when in use.</b><br/>BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PERSONS OVER THE AGE OF THIRTY-FIVE OR WITH PREEXISTING HEALTH PROBLEMS. STAMINA® ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. Make sure all nuts and bolts are tightened, and follow all safety tips and instructions set forth herein. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in the front of your manual.</p> |
| <p>Failure to comply with these warnings could result in serious injury or death. All warnings and instructions are to be read prior to use. Replace this warning label if damaged, illegible, or removed.</p> |  |

# HARDWARE IDENTIFICATION CHART

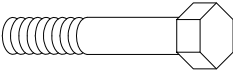
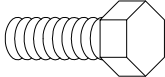

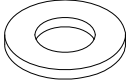
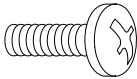

This chart is provided to help identify the hardware used in the assembly process. Place the washers, the ends of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**NOTICE:** The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

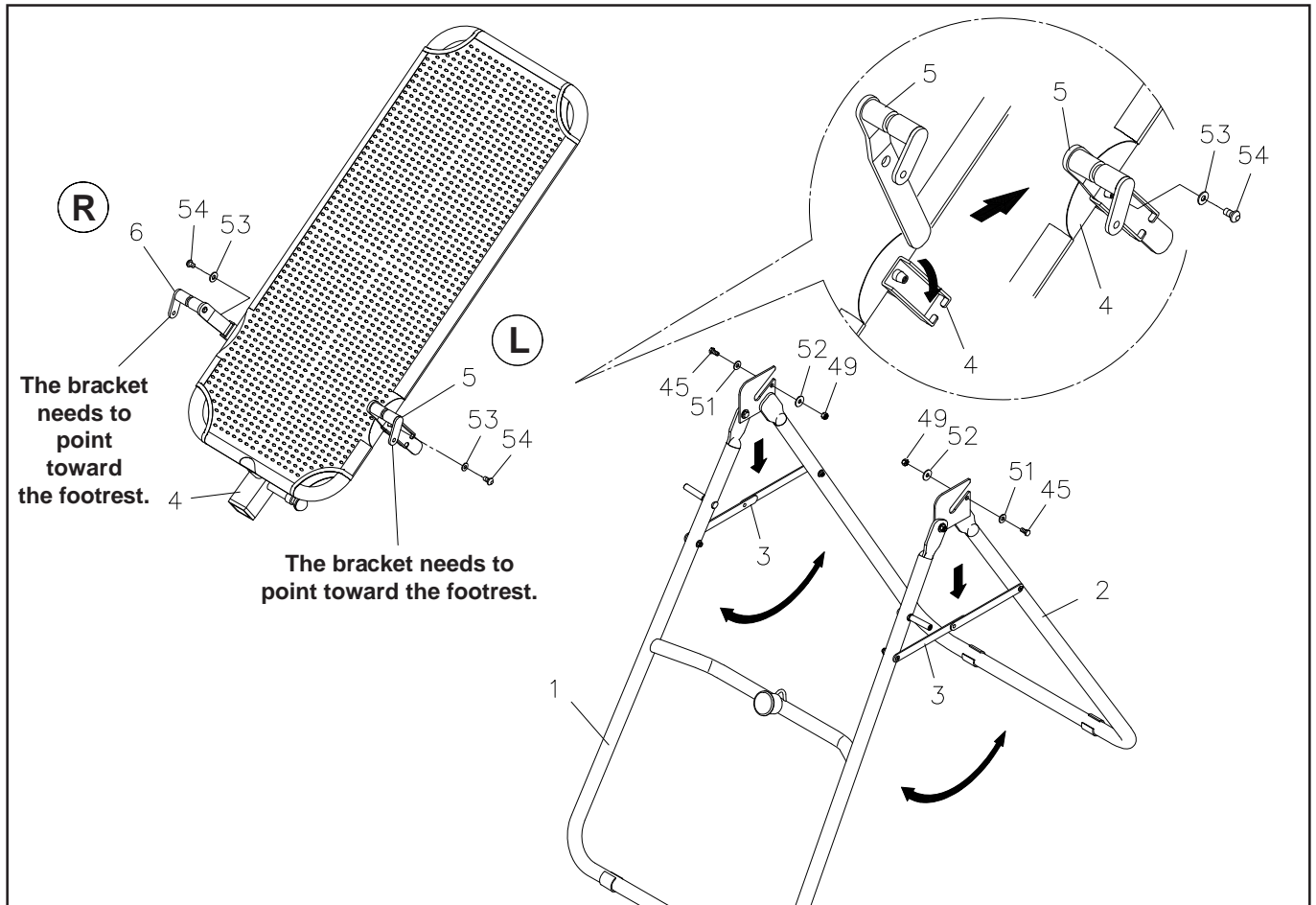


After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

|   | Part No. and Description             | Qty |
|---|--------------------------------------|-----|
|  | 43 Bolt, Hex Head (M6 x 1 x 42mm)    | 1   |
|   | 44 Bolt, Hex Head (M6 x 1 x 47mm)    | 1   |
|  | 45 Bolt, Hex Head (M8 x 1.25 x 15mm) | 2   |
|   | 46 Bolt, Hex Head (M8 x 1.25 x 25mm) | 2   |
|  | 48 Nylock Nut (M6 x 1)               | 1   |
|   | 49 Nylock Nut (M8 x 1.25)            | 4   |
|  | 50 Washer (M6)                       | 3   |
|   | 51 Washer (M8)                       | 6   |
|   | 52 Large Washer (M8)                 | 2   |
|   | 53 Large Washer (M6)                 | 2   |
|  | 54 Bolt, Round Head (M6 x 1 x 10mm)  | 2   |
|  | 67 Lock Washer (M6)                  | 1   |

## 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

Unfold the **BASE ASSEMBLY** to an upright position by moving the **FRONT FRAME(1)** away from **REAR FRAME(2)**. Then push down on the middle of the two **FOLDING LINKAGES(3)** until they are fully locked down.

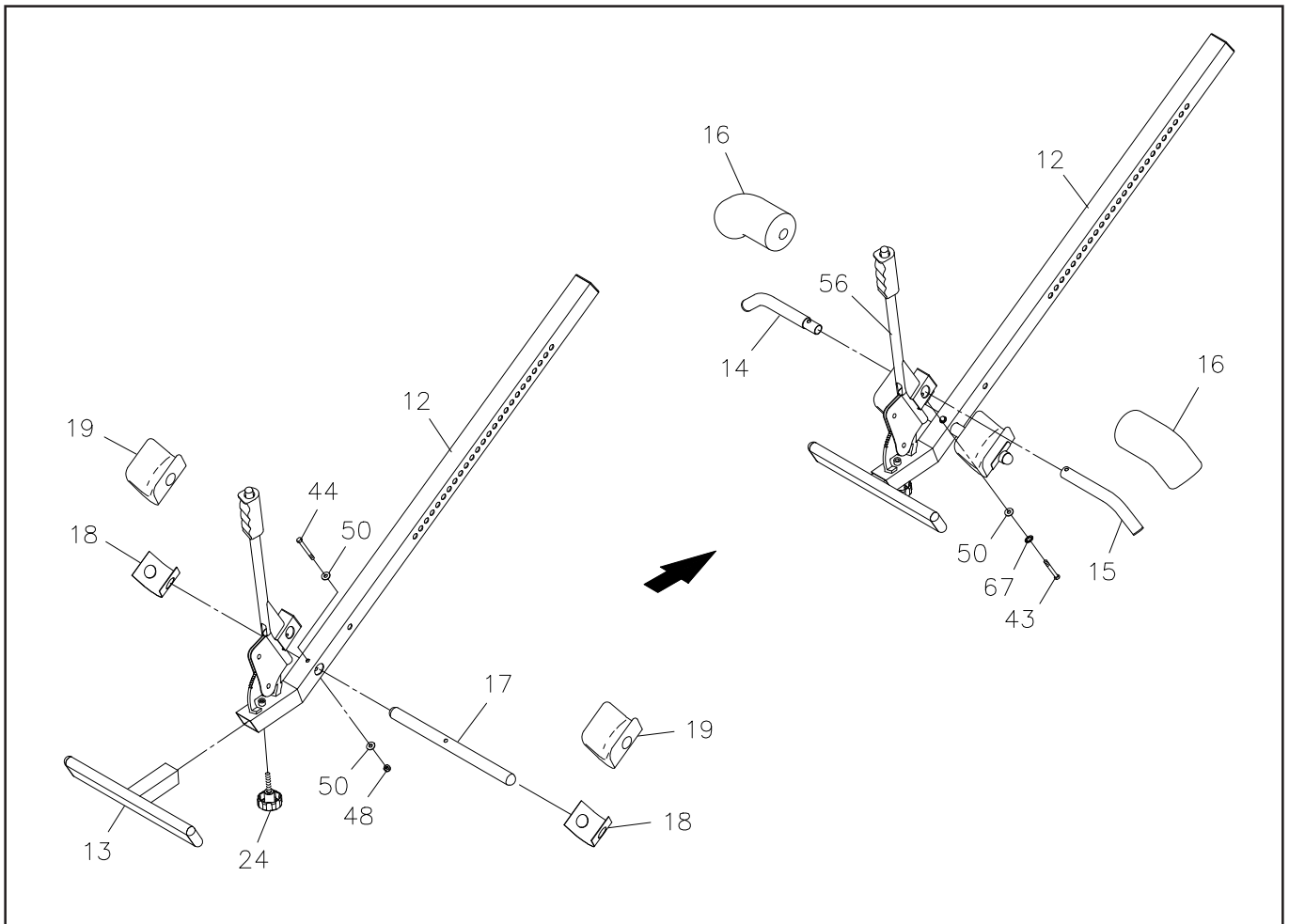
### STEP 2

There is a "L" decal on the **LEFT PIVOT ARM(5)**, and a "R" decal on the **RIGHT PIVOT ARM(6)**. Slide the bottom of the **LEFT and RIGHT PIVOT ARMS(5, 6)** into the brackets located at each side of the **MAIN FRAME(4)**. Align the hole on the arm with the peg on the bracket, and insert the peg into the hole to lock the **PIVOT ARMS(5, 6)** in position. Then secure the **PIVOT ARMS(5, 6)** on the pegs with **ROUND HEAD BOLTS(M6x1x10mm)(54)** and **LARGE WASHERS(M6)(53)**.

### STEP 3

Attach the **MAIN FRAME(4)** onto the **REAR FRAME(2)** by sliding the slots in the ends of the **PIVOT ARMS(5, 6)** into the slots on the **REAR FRAME(2)**. Secure the **PIVOT ARMS(5, 6)** in the slots by screwing the **HEX BOLTS(M8x1.25x15mm)(45)**, **WASHERS(M8)(51)**, **LARGE WASHERS(M8)(52)**, and **NYLOCK NUTS(M8x1.25)(49)** onto the brackets on the **REAR FRAME(2)**.

## ASSEMBLY INSTRUCTIONS



### STEP 4

Attach the **FOOTREST(13)** onto the **HEIGHT ADJUSTMENT BEAM(12)** with the **ADJUSTMENT KNOB(24)**.

**NOTE:** The four adjustment holes in the **FOOTREST(13)** allow the **FOOTREST(13)** to be attached in four different positions. Start with one of the center positions and adjust if necessary. Use the outer position if users are taller than average. Use the inner position if users are shorter than average.

### STEP 5

Insert the **HEEL HOLDER TUBE(17)** through the hole on the **HEIGHT ADJUSTMENT BEAM(12)** and secure with **HEX BOLT(M6x1x47mm)(44)**, **WASHERS(M6)(50)**, and **NYLOCK NUT(M6x1)(48)**. Place a **HEEL HOLDER BRACKET(18)** onto a **HEEL HOLDER(19)**, then slide them onto **HEEL HOLDER TUBE(17)** together. Repeat on other side.

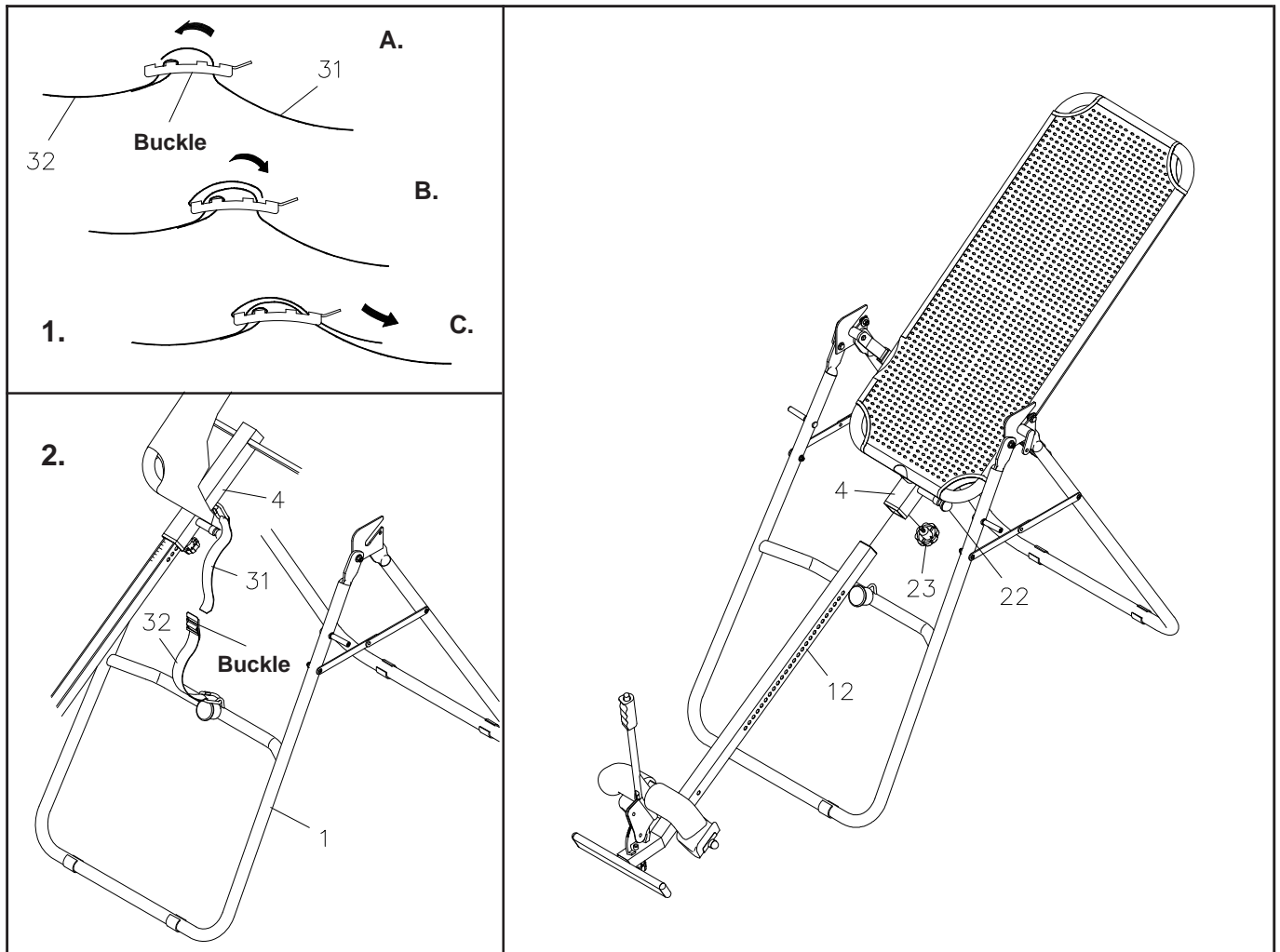
### STEP 6

Insert the **OUTER PAD TUBE(15)** through the hole on the **LEVER(56)**. Insert the **INNER PAD TUBE(14)** into the **OUTER PAD TUBE(15)**. Align the holes on the **INNER PAD TUBE(14)**, **OUTER PAD TUBE(15)**, and **LEVER(56)**, then bolt them together with **HEX BOLT(M6x1x42mm)(43)**, **LOCK WASHER(M6)(67)**, and **WASHER(M6)(50)**. Slide the **FOAM PADS(16)** onto the **INNER** and **OUTER PAD TUBES(14, 15)**.

**WARNING:** The **PAD TUBES(14, 15)** must be assembled with the ends pointed downward as shown. The ends must be pointed downward to properly secure the users feet in place during inversion. Improper assembly will allow the user's feet to come loose and the user will fall from the inversion table.



## ASSEMBLY INSTRUCTIONS



### STEP 7

Install the **HEIGHT ADJUSTMENT BEAM(12)** into **MAIN FRAME(4)** by pulling the **SPRING PIN(22)** on the **MAIN FRAME(4)** and inserting the **HEIGHT ADJUSTMENT BEAM(12)** as shown. For added safety, thread the **SECURING KNOB(23)** into the back side of the **MAIN FRAME(4)**.

**WARNING:** Do not use the **Therapy Inversion System** until you have verified your height setting. Failure to use the proper height setting can result in difficulty recovering from the decline position. See **HEIGHT ADJUSTMENT** instructions on page 11.

### STEP 8

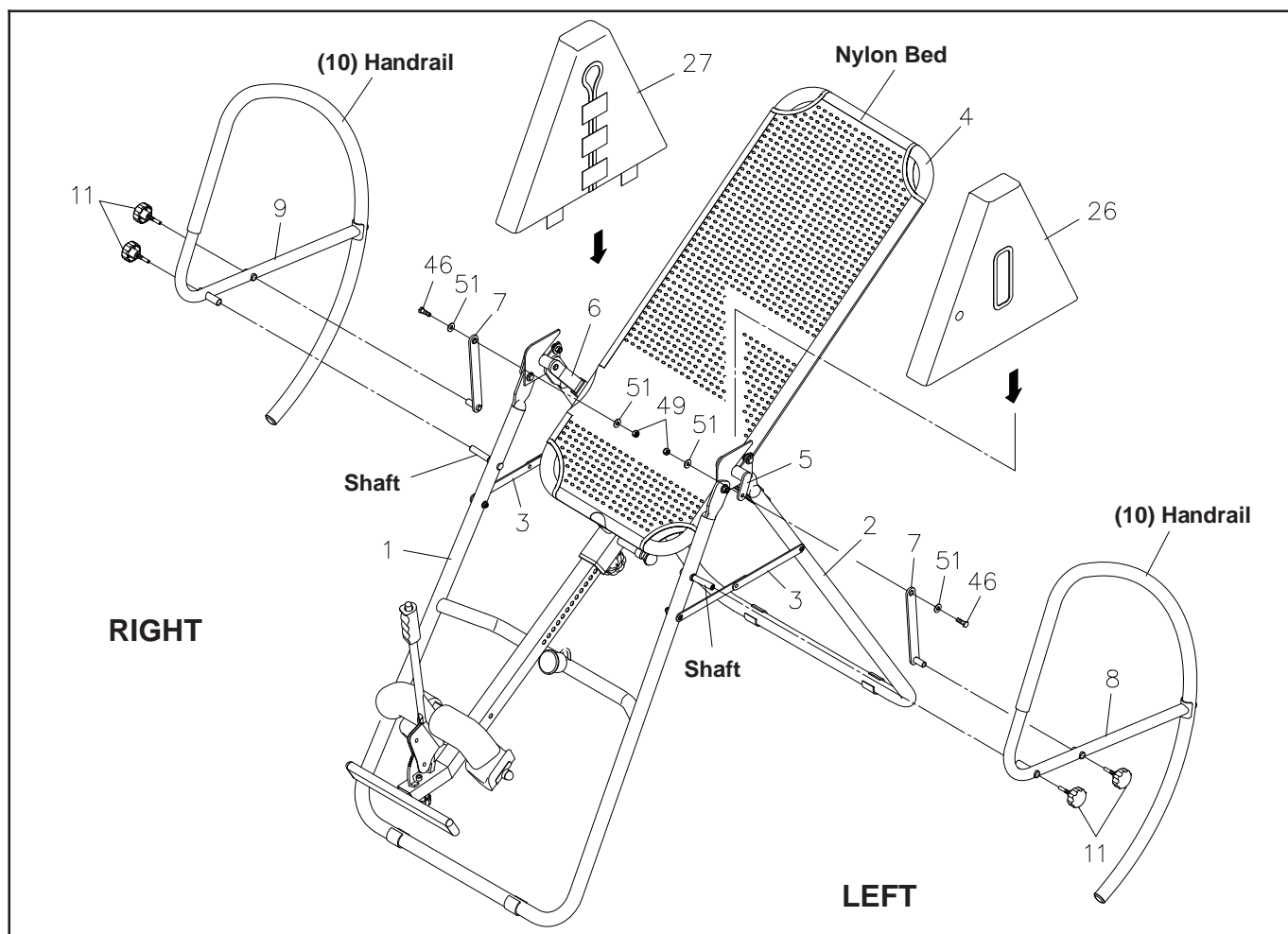
Attach the **NYLON STRAP(31)** onto the **BUCKLE** on the end of the **BUCKLE STRAP(32)** by inserting the end of the strap up through the bottom of the buckle, as shown in the illustration 1.

### STEP 9

Hook the end of the **NYLON STRAP(31)** onto the loop on the back of the **MAIN FRAME(4)**. Hook the end of the **BUCKLE STRAP(32)** onto the loop on the **FRONT FRAME(1)**.

**NOTE:** The **NYLON STRAPS** are used to control the decline angle of the **Therapy Inversion System**. For a steeper decline angle, lengthen the straps. For a lessor decline angle, shorten the straps. Make sure these **NYLON STRAPS** are tight in the buckle and check the decline angle before using the **Therapy Inversion System**.

## ASSEMBLY INSTRUCTIONS



**STEP 10:** Slide the **LEFT** and **RIGHT PROTECTIVE COVERS(26, 27)** onto each side of the **BASE ASSEMBLY**. Make sure the **SHAFTS** on the **FRONT FRAME(1)** poke out through the hole on the **PROTECTIVE COVERS(26, 27)**.

**NOTE:** Do not secure the **PROTECTIVE COVERS(26, 27)** to the **FOLDING LINKAGES(3)** with the **SECURING STRAPS** on the covers until **STEP 12**.

**STEP 11:** Attach the **LINKAGE(7)** onto the **LEFT HANDRAIL ASSEMBLY(8)** with the **LOCKING KNOB(11)**. Slide the **LEFT HANDRAIL ASSEMBLY(8)** onto the **SHAFT** in the **FRONT FRAME(1)** and secure in position with the **LOCKING KNOB(11)**. Repeat on other side.

**STEP 12:** Attach the **LINKAGES(7)** onto the **LEFT** and **RIGHT PIVOT ARMS(5, 6)** with **BOLTS (M8x1.25x25mm)(46)**, **WASHERS(M8)(51)**, and **NYLOCK NUTS(M8x1.25)(49)**. **DO NOT OVER TIGHTEN THE BOLTS**. Pull the **PROTECTIVE COVERS(26, 27)** down until the bottom of the covers are slightly lower than the **FOLDING LINKAGES(3)**. Secure the **PROTECTIVE COVERS(26, 27)** to the **FOLDING LINKAGES** with the **SECURING STRAPS** on the covers.

**NOTE:** When the **PROTECTIVE COVERS(26, 27)** are assembled correctly the **FOLDING LINKAGES(3)** should not be visible.

**STEP 13:** Verify that the handlebars function correctly before using the **Therapy Inversion System**. Move the **Nylon Bed** on the **MAIN FRAME(4)** backward toward the inverted position. The **HANDRAILS(10)** must move forward as the **MAIN FRAME(4)** moves backward. If the **HANDRAILS(10)** do not move forward check **ASSEMBLY STEPS 2, 11, and 12**.

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## OPERATIONAL INSTRUCTIONS

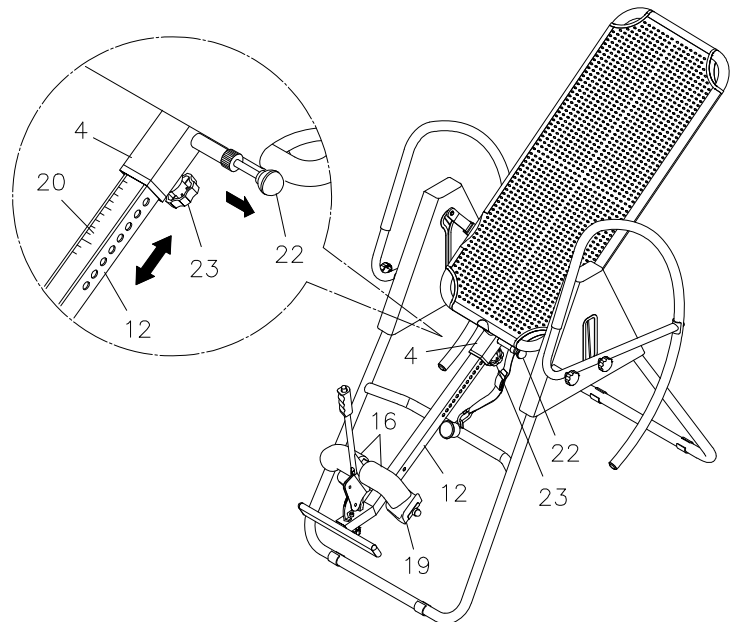
### GENERAL PRECAUTIONS

1. Do not use the **Therapy Inversion System** alone. Always have a helper available in case assistance is needed in recovering from the decline position.
2. Make sure that the **FOAM PADS(16)** and **HEEL HOLDERS(19)** are holding your feet securely.
3. Make sure that the **HEIGHT ADJUSTMENT BEAM(12)** is properly set for your height.
4. Make sure that the **HEIGHT ADJUSTMENT BEAM(12)** is held securely by both the **SPRING PIN(22)** and the **SECURING KNOB(23)**.
5. Make sure that there is enough room for the bed to rotate completely.

### HEIGHT ADJUSTMENT

The **Therapy Inversion System** is a very sensitive balance device. It responds to very slight changes in weight distribution. It is very important to make sure that the height adjustment is adjusted properly. Use the following procedure to set the height adjustment and balance the **Therapy Inversion System**.

1. Adjust the **NYLON STRAPS** to restrict movement to approximately 15 degrees beyond the horizontal position. The nylon straps should not allow the **Therapy Inversion System** to go into the full inversion position while you are setting the height adjustment.
2. Loosen the **SECURING KNOB(23)** under the **MAIN FRAME(4)**.
3. Pull the **SPRING PIN(22)** and use the **SCALE DECAL(20)** to set the **HEIGHT ADJUSTMENT BEAM(12)**.
4. Tighten the **SECURING KNOB(23)**.
5. Mount the machine.
6. Lock your ankles into the **FOAM PADS(16)** and **HEEL HOLDERS(19)**.
7. Lie back with your hands at your sides.
8. Slowly raise your hands to your chest.
9. If your feet are higher than your head, dismount and try a taller setting. If you do not rotate to a position close to level, dismount and try a shorter setting.



**NOTE:** The **Therapy Inversion System** should return to the upright position when your hands are below your waist. If it does not, use a taller setting.

### HANDRAILS

The **Therapy Inversion System** features a set of Handrails for added convenience and safety. The Handrails are connected to the bed with linkages so that pulling on the Handrails will move the bed away from the inverted position toward the upright position.

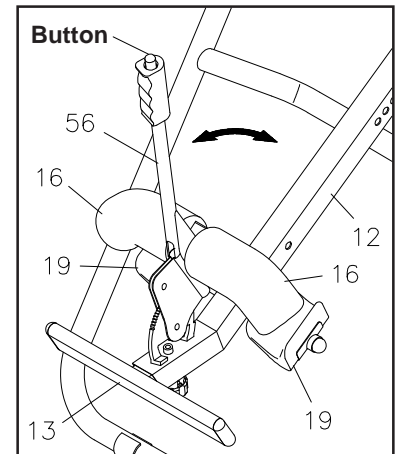
1. Pull the Handrails to pull yourself to the upright position from any degree of inversion. If you wish to return to the upright position and the bed is not moving or moving too slowly, grasp and pull the Handrails until you return to the upright position.
2. Grasp the Handrails to control the speed of inversion or stop the inversion.

**WARNING:** Make sure that the Handrails are functioning properly before going into full inversion.

## OPERATIONAL INSTRUCTIONS

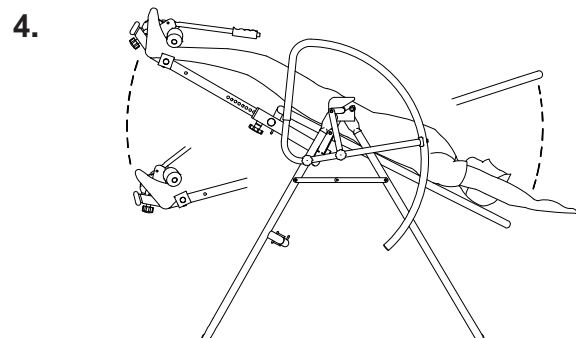
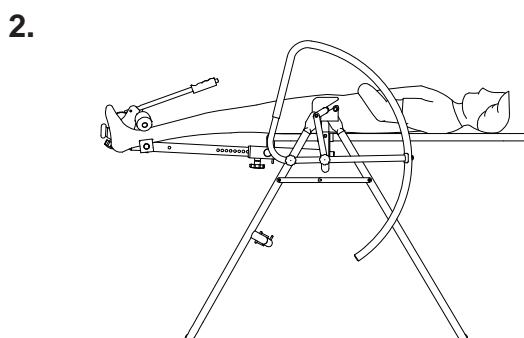
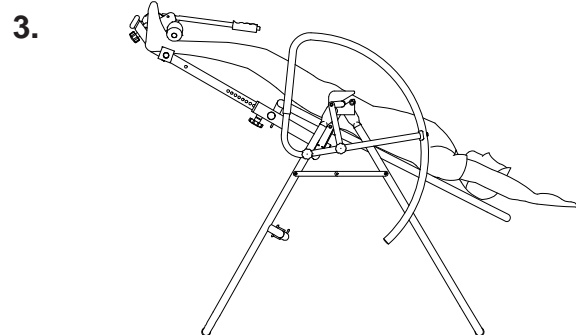
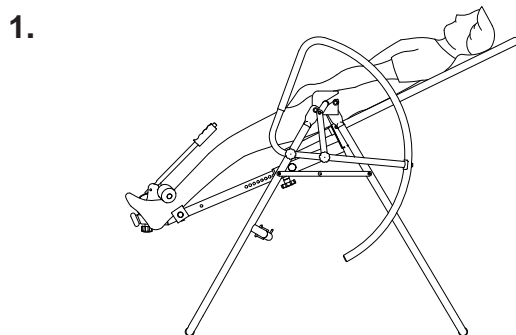
### HEEL HOLDER USE AND ADJUSTMENT

1. Place your feet on the **FOOTREST(13)** with your ankles between the **HEEL HOLDERS(19)** and **FOAM PADS(16)**.
2. The **HEIGHT ADJUSTMENT BEAM(12)** includes a **LEVER(56)** to grip and release your feet. Pull the **LEVER(56)** toward you until your ankles are securely held between the **HEEL HOLDERS(19)** and **FOAM PADS(16)**.
3. To release your feet or relax the grip, pull the lever toward you slightly and press the button on the end of the lever.



### USING THE INVERSION TABLE

1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
3. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.
4. As you get more comfortable with the use, rock the bed slowly by moving your arms up and down slowly.
5. A gentle swinging motion will alternately put your spine in traction and compression. This rhythmic type of traction is used by many hospitals and doctors to treat certain back problems.
6. It is recommended that the inversion table be used for five or ten minutes each morning, and again each evening.
7. Return to the upright position by slowly moving your hands back down to your thighs.

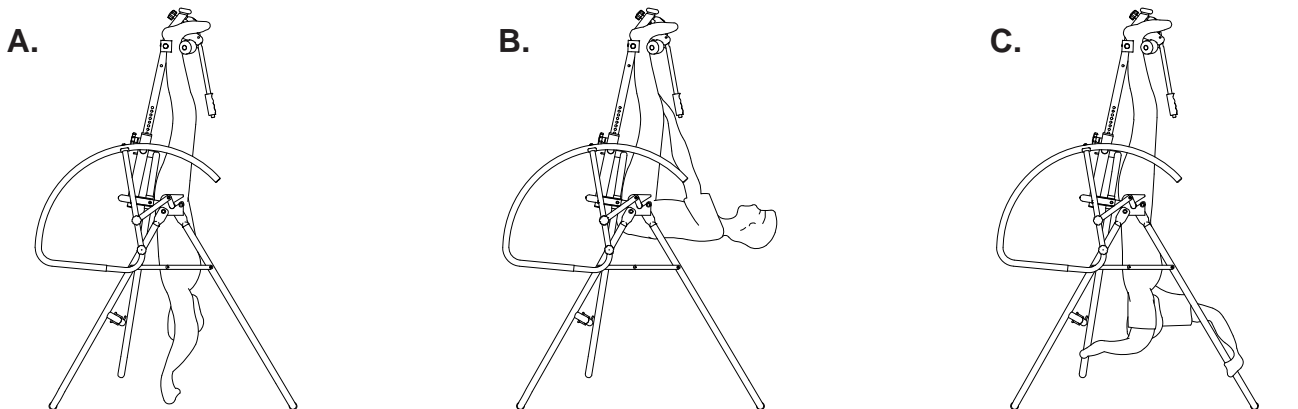


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## OPERATIONAL INSTRUCTIONS

### SUGGESTIONS FOR USE

1. Begin slowly; invert only 15-20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
2. Make gradual changes: increase the angle only if it is comfortable. Increase the angle only a few degrees at a time. Increase the time of use 1-2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using table. If you get nauseous, do not fight it, come up as soon as you feel queasy.
4. Keep moving: movement while inverted encourages blood, lymph, and spinal fluid circulation and aids in alignment of bones and organs. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted. Limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. Invert regularly: we recommend two or three times a day depending upon your current condition. Try to schedule it for the same times each day.



### LOCKING THE BED

When the inversion table rotates past the vertical inverted position the bed becomes locked, and will not return to the upright position in the usual way. The locked position allows you to hang straight upside-down completely free of the bed. This position allows you to enjoy all of the benefits of a handstand, with none of the discomforts, as shown in illustration A. It also allows you to do exercises such as the waistband, as shown in illustration B.

To get into the locked position, if necessary, adjust the **HEIGHT ADJUSTMENT BEAM(12)** shorter, and then mount and use normally. When your arms are completely extended above your head, the bed will rotate all the way to the locked position.

**CAUTION:** You must understand how to recover from the fully inverted position before using the fully inverted position. Read the **RECOVERY FROM LOCKED POSITION** section below **BEFORE** using the fully inverted position.

### RECOVERY FROM LOCKED POSITION

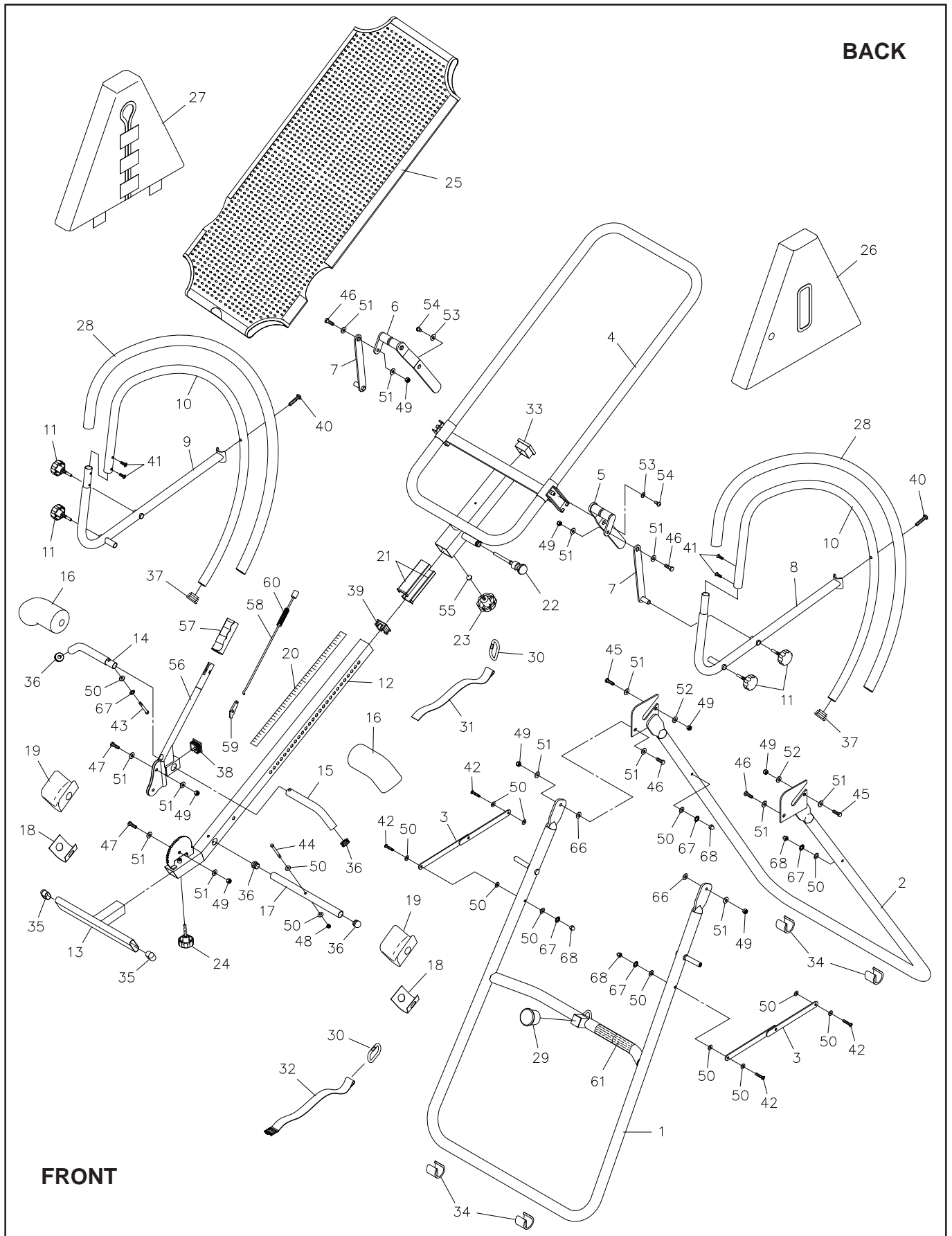
To recover from the locked position, simply grab the **HANDRAILS** and pull on them while pushing back on the **HEEL HOLDERS(19)** with your legs. If you can not reach the **HANDRAILS**, then you can still recover by grabbing the back of the bed with one hand, the **REAR FRAME(2)** with the other, and pulling your hands together, as shown in illustration C.

### MAINTENANCE INSTRUCTIONS

The safety level of the **Therapy Inversion System** can be maintained only if it is examined regularly for damage and wear.

1. Check the warning label, nylon strap, strap buckle, pivot arms, nylon bed, heel holders, foam pads, and spring pin for damage and wear.
2. Replace damaged and worn components immediately and/or keep the equipment out of use until repairs are complete.

# PRODUCT PARTS DRAWING



## PARTS LIST

| DIAGRAM# | PART NAME                         | QTY |
|----------|-----------------------------------|-----|
| 1        | Front Frame                       | 1   |
| 2        | Rear Frame                        | 1   |
| 3        | Folding Linkage                   | 2   |
| 4        | Main Frame                        | 1   |
| 5        | Left Pivot Arm                    | 1   |
| 6        | Right Pivot Arm                   | 1   |
| 7        | Linkage                           | 2   |
| 8        | Left Handrail Support             | 1   |
| 9        | Right Handrail Support            | 1   |
| 10       | Handrail                          | 2   |
| 11       | Locking Knob                      | 4   |
| 12       | Height Adjustment Beam            | 1   |
| 13       | Footrest                          | 1   |
| 14       | Inner Pad Tube                    | 1   |
| 15       | Outer Pad Tube                    | 1   |
| 16       | Foam Pad                          | 2   |
| 17       | Heel Holder Tube                  | 1   |
| 18       | Heel Holder Bracket               | 2   |
| 19       | Heel Holder                       | 2   |
| 20       | Scale Decal                       | 1   |
| 21       | Bushing                           | 2   |
| 22       | Spring Pin                        | 1   |
| 23       | Securing Knob                     | 1   |
| 24       | Adjustment Knob                   | 1   |
| 25       | Nylon Bed                         | 1   |
| 26       | Left Protective Cover             | 1   |
| 27       | Right Protective Cover            | 1   |
| 28       | Foam Grip                         | 2   |
| 29       | Bumper                            | 1   |
| 30       | Hook                              | 2   |
| 31       | Nylon Strap                       | 1   |
| 32       | Buckle Strap                      | 1   |
| 33       | Hollow Cap                        | 1   |
| 34       | Round Stand                       | 4   |
| 35       | Oval Plug (20mm x 60mm)           | 2   |
| 36       | Dome Plug (7/8")                  | 4   |
| 37       | Round Plug (1")                   | 2   |
| 38       | Square Plug (1 5/16" x 1 5/16")   | 1   |
| 39       | Square Plug (1 1/2" x 1 1/2")     | 1   |
| 40       | Bolt, Button Head (M6 x 1 x 40mm) | 2   |
| 41       | Bolt, Button Head (M6 x 1 x 8mm)  | 4   |
| 42       | Bolt, Round Head (M6 x 1 x 50mm)  | 4   |
| 43       | Bolt, Hex Head (M6 x 1 x 42mm)    | 1   |
| 44       | Bolt, Hex Head (M6 x 1 x 47mm)    | 1   |
| 45       | Bolt, Hex Head (M8 x 1.25 x 15mm) | 2   |
| 46       | Bolt, Hex Head (M8 x 1.25 x 25mm) | 4   |

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## PARTS LIST

| DIAGRAM# | PART NAME                         | QTY |
|----------|-----------------------------------|-----|
| 47       | Bolt, Hex Head (M8 x 1.25 x 20mm) | 2   |
| 48       | Nylock Nut (M6 x 1)               | 1   |
| 49       | Nylock Nut (M8 x 1.25)            | 8   |
| 50       | Washer (M6)                       | 15  |
| 51       | Washer (M8)                       | 14  |
| 52       | Large Washer (M8)                 | 2   |
| 53       | Large Washer (M6)                 | 2   |
| 54       | Bolt, Round Head (M6 x 1 x 10mm)  | 2   |
| 55       | Support Washer                    | 1   |
| 56       | Lever                             | 1   |
| 57       | Hand Grip                         | 1   |
| 58       | Pressing Bar                      | 1   |
| 59       | Claw                              | 1   |
| 60       | Spring                            | 1   |
| 61       | Warning Label                     | 1   |
| 62       | Wrench                            | 1   |
| 63       | Combination Wrench                | 1   |
| 64       | Manual                            | 1   |
| 65       | Instruction Video (DVD)           | 1   |
| 66       | Plastic Washer (M8)               | 2   |
| 67       | Lock Washer (M6)                  | 5   |
| 68       | Acorn Nut (M6 x 1)                | 4   |



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## NOTES

## FAX/MAIL ORDERING FORM

Please do not return the product. For your convenience, Stamina's Customer Service Department can be reached by email at [parts@staminaproducts.com](mailto:parts@staminaproducts.com) or toll free at 1-800-375-7520 (in the U.S.). Should a part be missing or a defective part found, please call us 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. on 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.



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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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