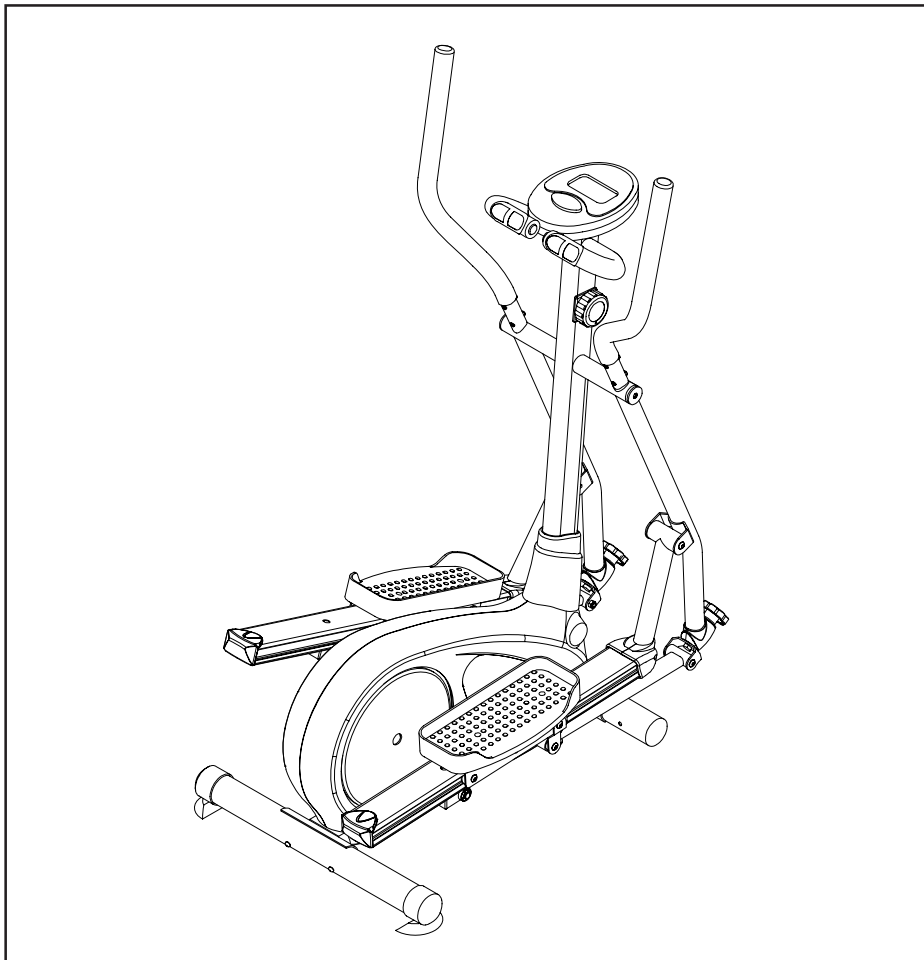


EXTENDED STRIDE **ELLIPTICAL** **STEPPER**

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.

55-2010
STAMINA PRODUCTS
MADE IN TAIWAN

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

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **Elliptical/Stepper**.

1. Read all warnings posted on the **Elliptical / Stepper**.
2. Read this Owner's Manual and follow it carefully before using the **Elliptical / Stepper**. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Elliptical / Stepper**. Do not allow children to use or play on the **Elliptical / Stepper**. Keep children and pets away from the **Elliptical / Stepper** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **Elliptical / Stepper** on a solid level surface. Do not position the **Elliptical / Stepper** on loose rugs or uneven surfaces.
7. Inspect the **Elliptical / Stepper** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **Elliptical / Stepper**.
9. Before exercising, securely tighten both Locking Knobs(56) which secure the Linkage Connectors(54).
10. 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.
11. Follow your physician's recommendations in developing your own personal fitness program.
12. 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.
13. Consult a physician before using the Pulse Recovery Function described on pages 13 and 14.
14. Do not wear loose or dangling clothing while using the **Elliptical / Stepper**.
15. 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.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Elliptical / Stepper**, loss of balance may result in a fall and serious bodily injury.
17. Keep both feet firmly and securely on the Foot Pedals while exercising.
18. The **Elliptical / Stepper** should not be used by persons weighing over 250 pounds.
19. The **Elliptical / Stepper** should be used by only one person at a time.
20. The **Elliptical / Stepper** 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



Customer Service Number

1(800) 375-7520

THANK YOU FOR PURCHASING THE Elliptical/Stepper

To help you get started, we have pre-assembled most of your Elliptical/Stepper 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
CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE
CUSTOMER SERVICE
parts@staminaproducts.com
cust-srvc@staminaproducts.com
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 **Elliptical/Stepper**. 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 **Elliptical/Stepper** 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.

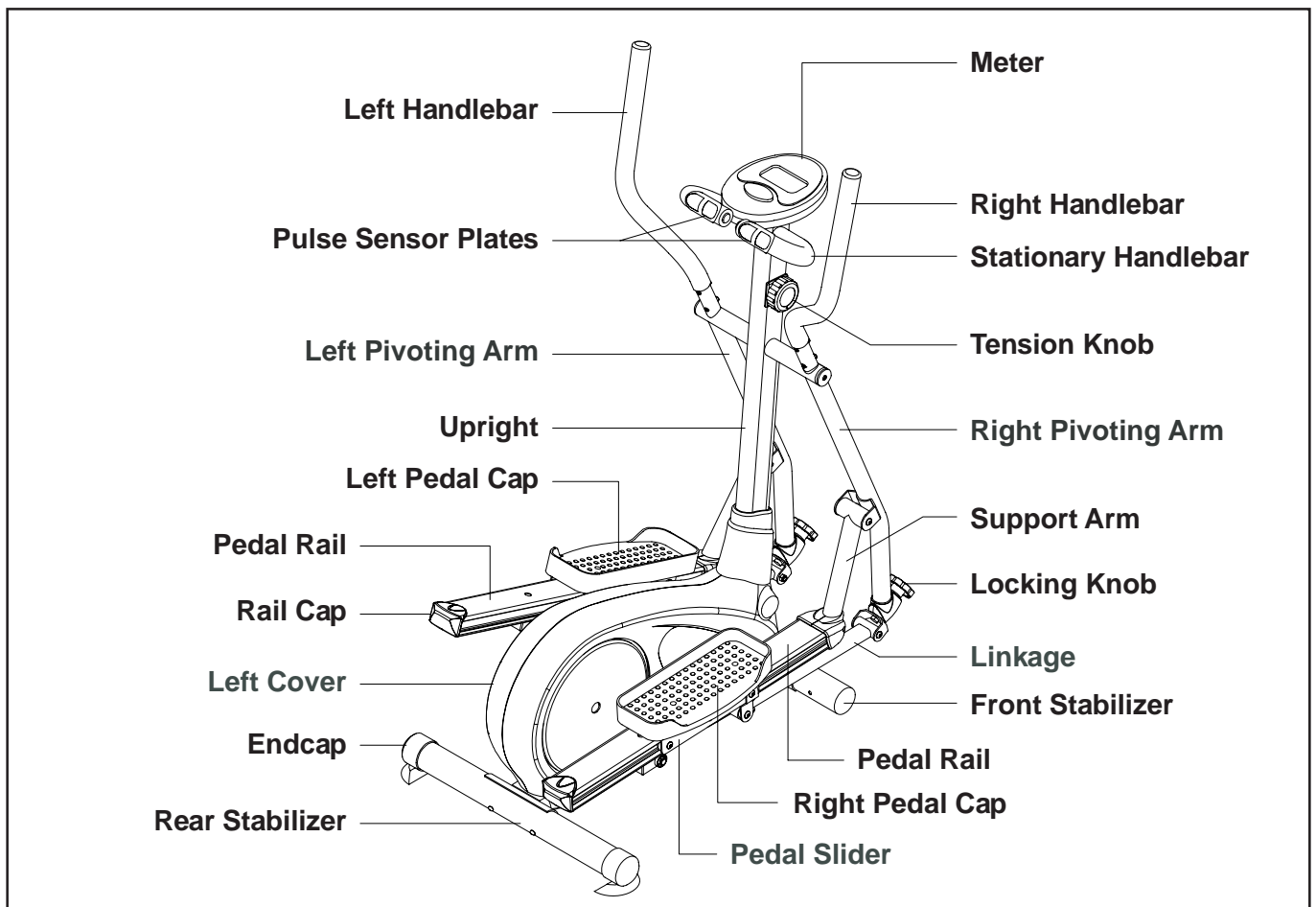
Read this manual carefully before using the **Elliptical/Stepper**.

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 **Elliptical/Stepper**, please do not return the product. Contact us **FIRST!**

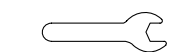
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us on-line, go to our website at www.staminaproducts.com and access the Customer Service section.

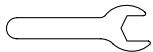
Be sure to have the name and model number of the product available when you contact us.



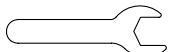
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



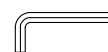
Wrench (10mm)



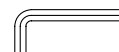
Wrench (13mm)



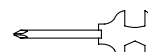
Wrench (17mm)



Allen Wrench (5mm)



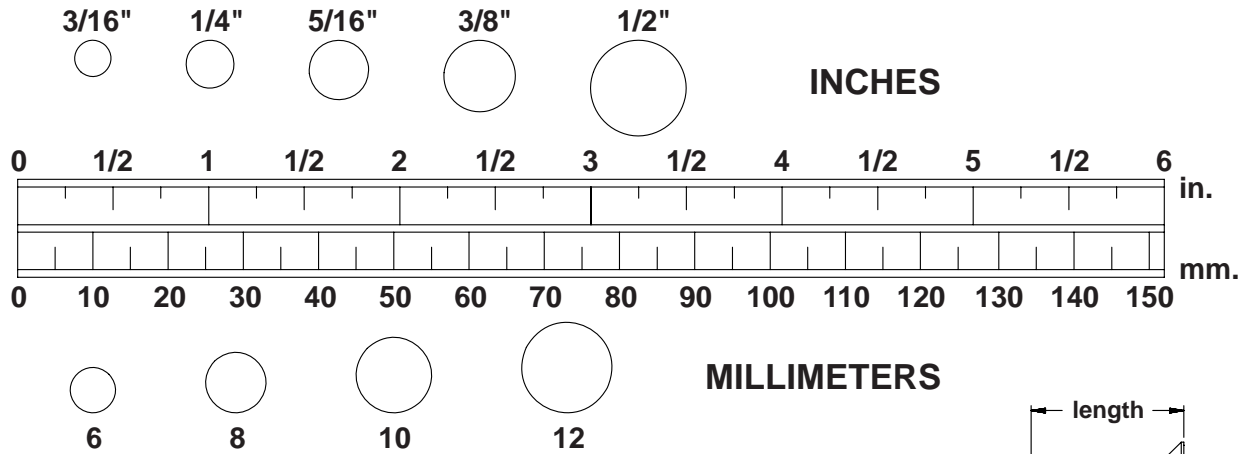
Allen Wrench (6mm)



Combination Wrench

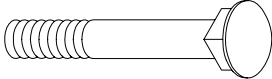
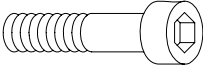
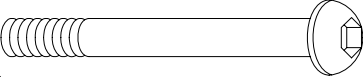
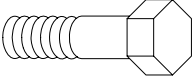
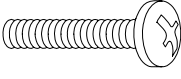
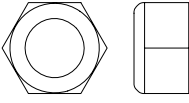
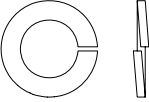
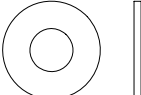
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. After unpacking the unit, open the hardware bag and make sure that you have the following items:



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.

NOTICE: The length of all kinds of screws and bolts are not included themselves head, except the flat head screws and bolts.

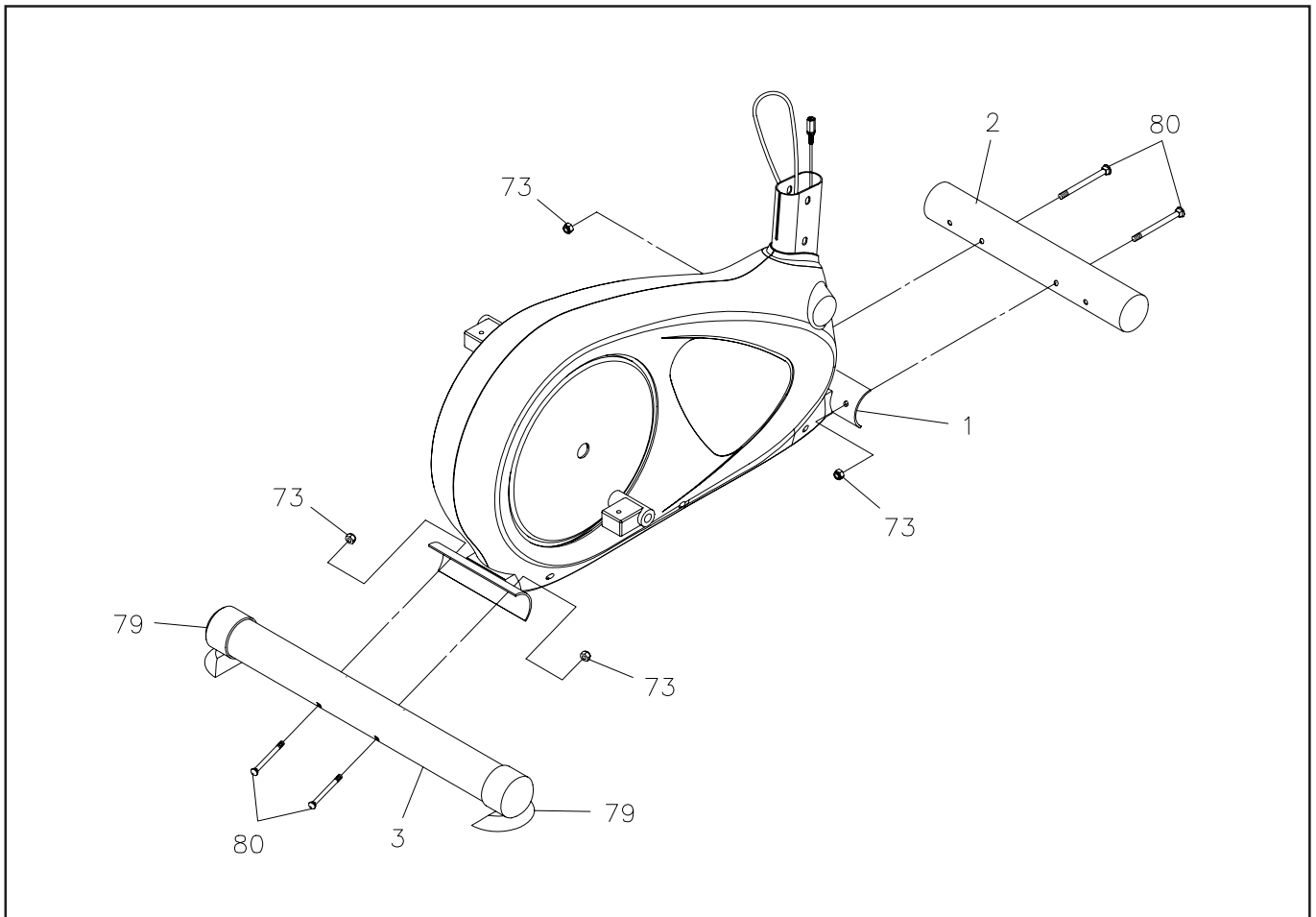
	Part No. and Description	Qty
	80 Carriage Bolt (M8 x 1.25 x 70mm)	4
	81 Bolt, Socket Head (M6 x 1 x 35mm)	4
	83 Bolt, Button Head (M8 x 1.25 x 90mm)	2
	91 Bolt, Button Head (M10 x 1.5 x 85mm)	2
	86 Bolt, Hex Head (M8 x 1.25 x 50mm)	2
	87 Bolt, Hex Head (M8 x 1.25 x 20mm)	1
	90 Bolt, Round Head (M8 x 1.25 x 20mm)	4
	92 Screw, Round Head (M5 x 0.8 x 30mm)	1
	70 Nylock Nut (M10 x 1.5)	2
	72 Nylock Nut (M6 x 1)	4
	73 Nylock Nut (M8 x 1.25 x 8mm thick)	8
	69 Lock Washer (M8)	1
	68 Washer (M10)	2
	93 Washer (M5)	1

NOTE: 1. Some of the hardware items listed may be attached to other parts.
2. Bolt length is measured from the bottom of the bolt head to the end of the bolt.

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



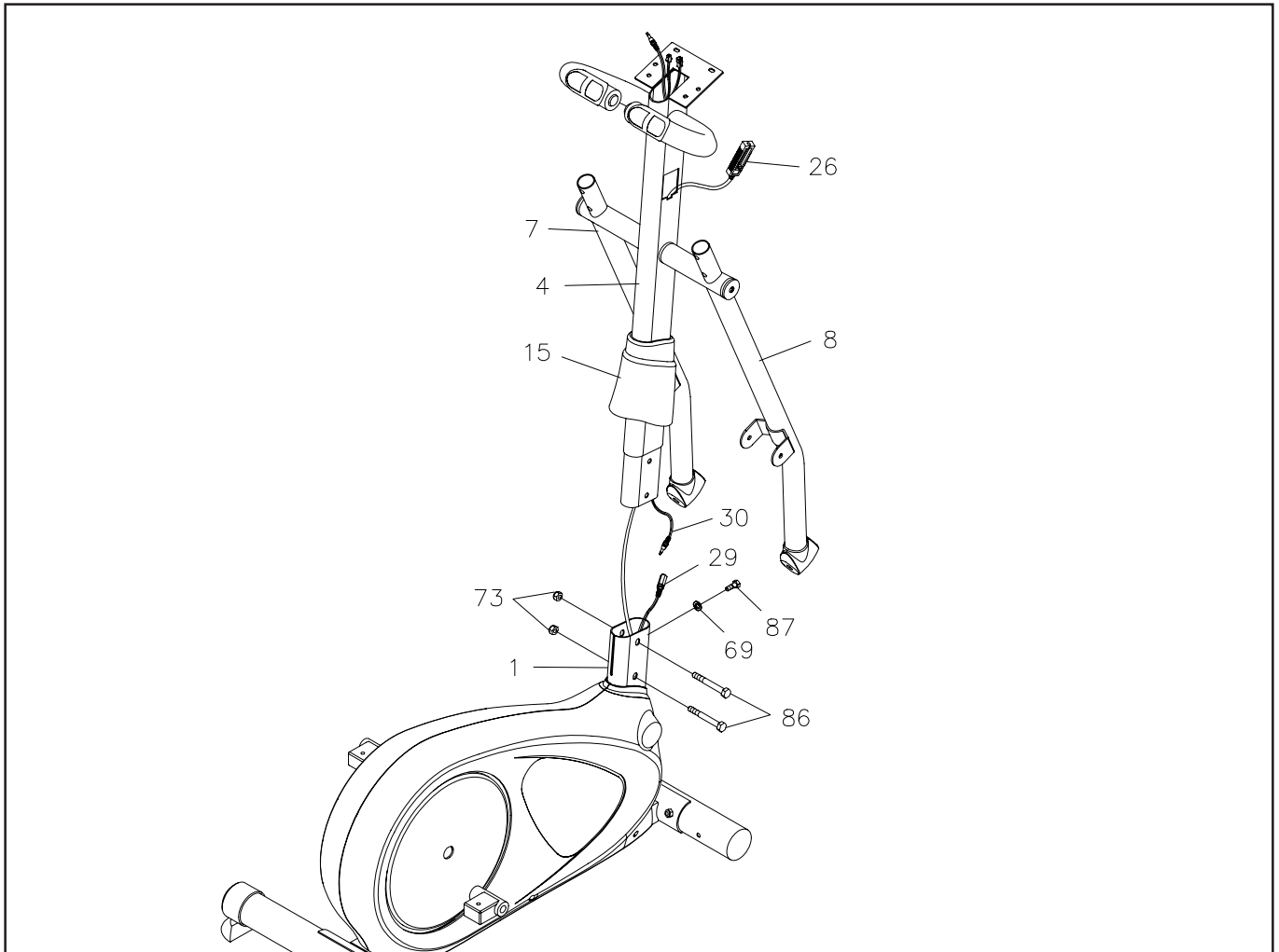
STEP 1

Attach the **REAR STABILIZER(3)**, the one with **ENDCAPS(79)**, onto the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8 x 70mm)(80)** and **NYLOCK NUTS(M8)(73)**.

STEP 2

Attach the **FRONT STABILIZER(2)** onto the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8 x 70mm)(80)** and **NYLOCK NUTS(M8)(73)**.

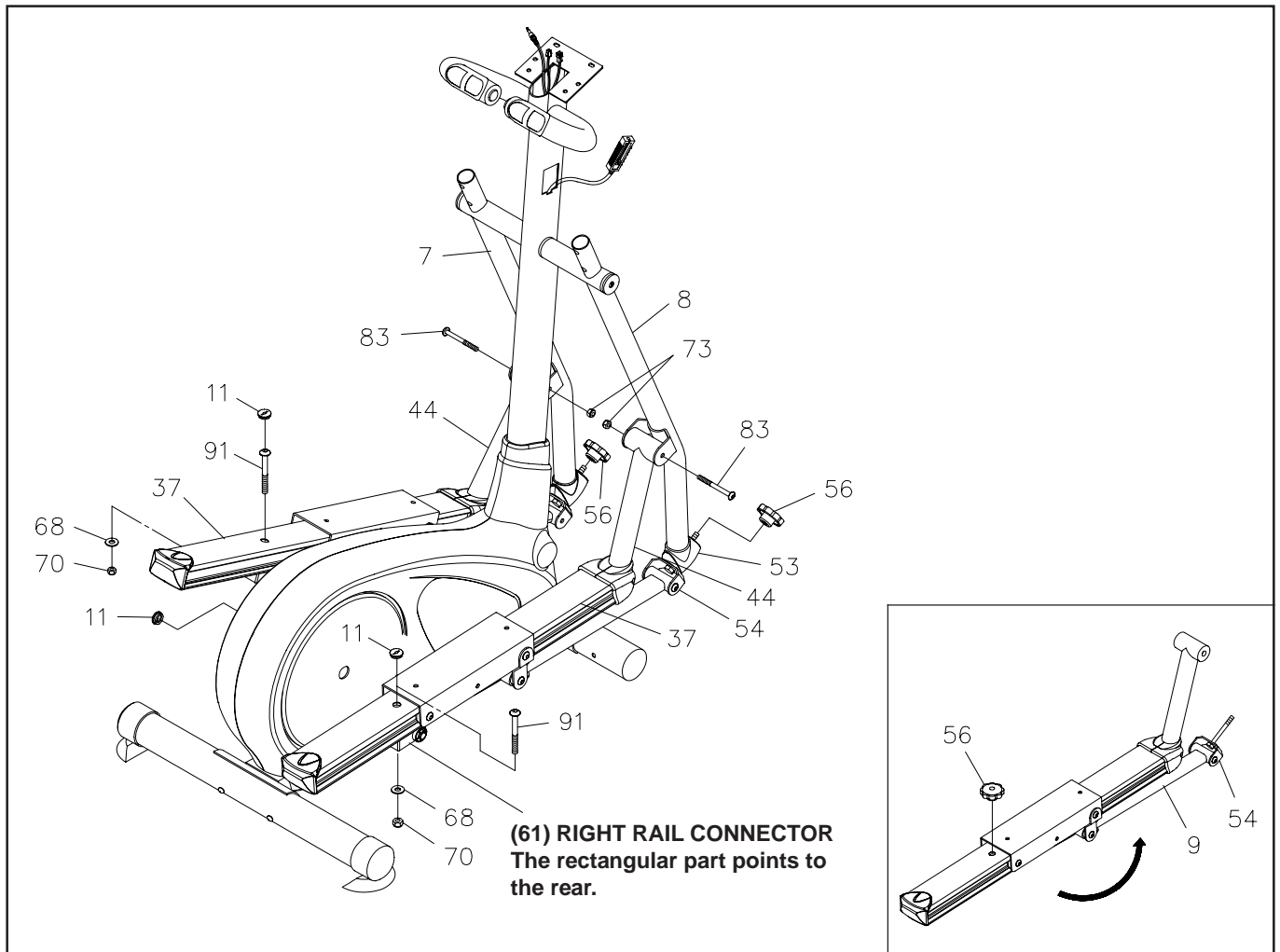
ASSEMBLY INSTRUCTIONS



STEP 3

Slide the **UPRIGHT SLEEVE(15)** onto the **UPRIGHT(4)**. Slide the **TENSION CABLE(26)** into the bottom end of the **UPRIGHT(4)**. Pull the end of the **TENSION CABLE(26)** through the square hole in the **UPRIGHT(4)**. **CAUTION:** Be careful not to damage the **CONNECTION WIRE(30)**. Connect the **CONNECTION WIRE(30)** to the **SENSOR WIRE(29)**. Insert the **UPRIGHT(4)** into the **MAIN FRAME(1)** and secure with **HEX BOLTS(M8 x 20mm)(87)**, **LOCK WASHER(M8)(69)**, **HEX BOLTS(M8 x 50mm)(86)**, and **NYLOCK NUTS(M8)(73)**. Slide the **UPRIGHT SLEEVE(15)** down to cover the bolts on the **UPRIGHT(4)**.

ASSEMBLY INSTRUCTIONS



STEP 4

Connect the **SUPPORT ARM(44)** to the **RIGHT PIVOTING ARM(8)** with **BUTTON HEAD BOLT (M8x85mm)(83)** and **NYLOCK NUT(M8)(73)**.

STEP 5

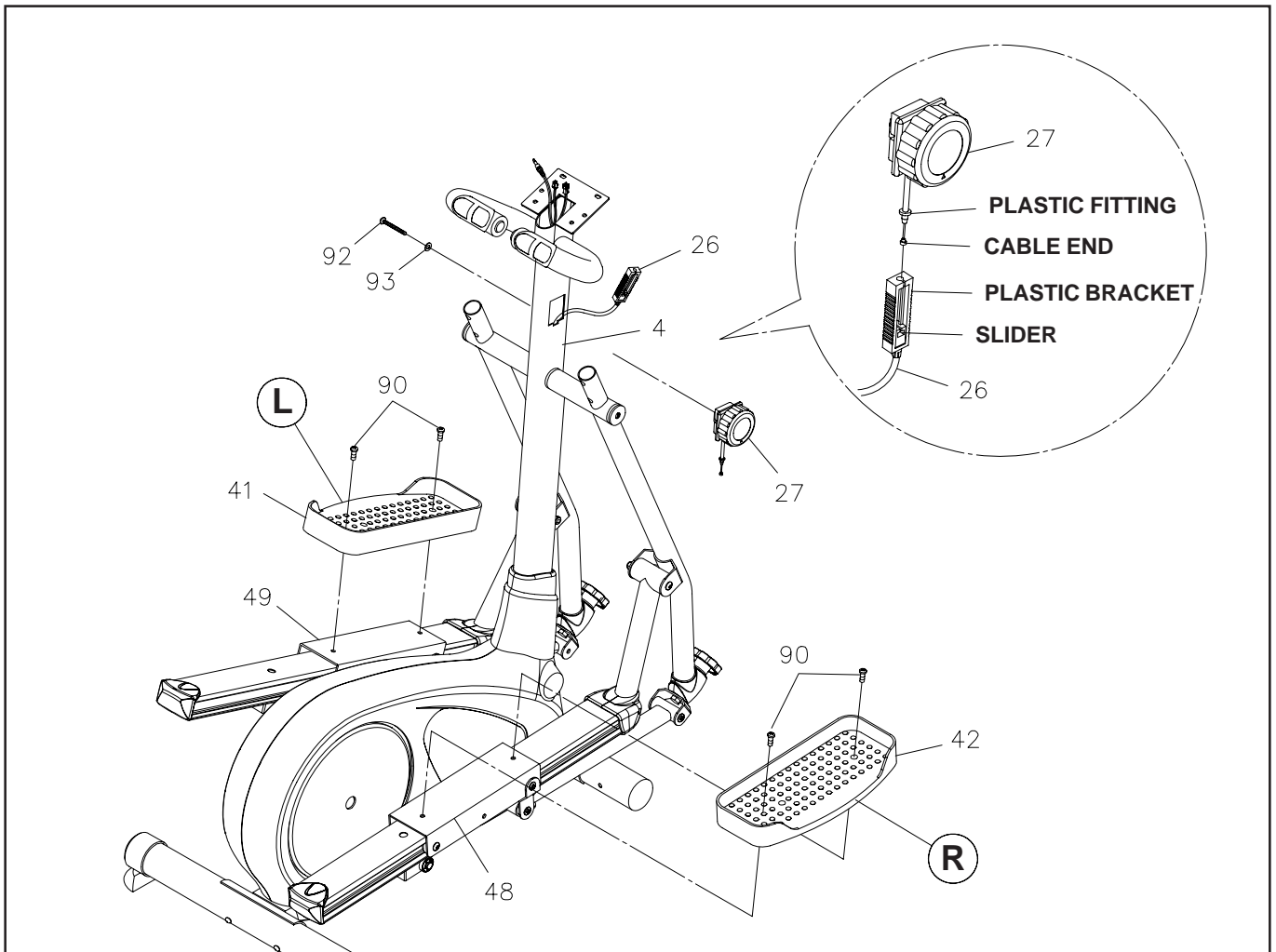
Refer to the inset drawing. Remove the **LOCKING KNOB(56)** from the **LINKAGE CONNECTOR(54)**. Then swing the **LINKAGE(9)** toward the front. Insert the the **LINKAGE CONNECTOR(54)** through the **CONNECTOR(53)** and secure with the **LOCKING KNOB(56)**. Press the **CRANK CAP(11)** into the hole on the **PEDAL RAIL(37)**.

STEP 6

Attach the **PEDAL RAIL(37)** to the **RIGHT RAIL CONNECTOR(61)** with **BUTTON HEAD BOLT (M10 x 85mm)(91)**, **WASHER(M10)(68)**, and **NYLOCK NUT(M10)(70)**.

Repeat the above steps on the left side.

ASSEMBLY INSTRUCTIONS



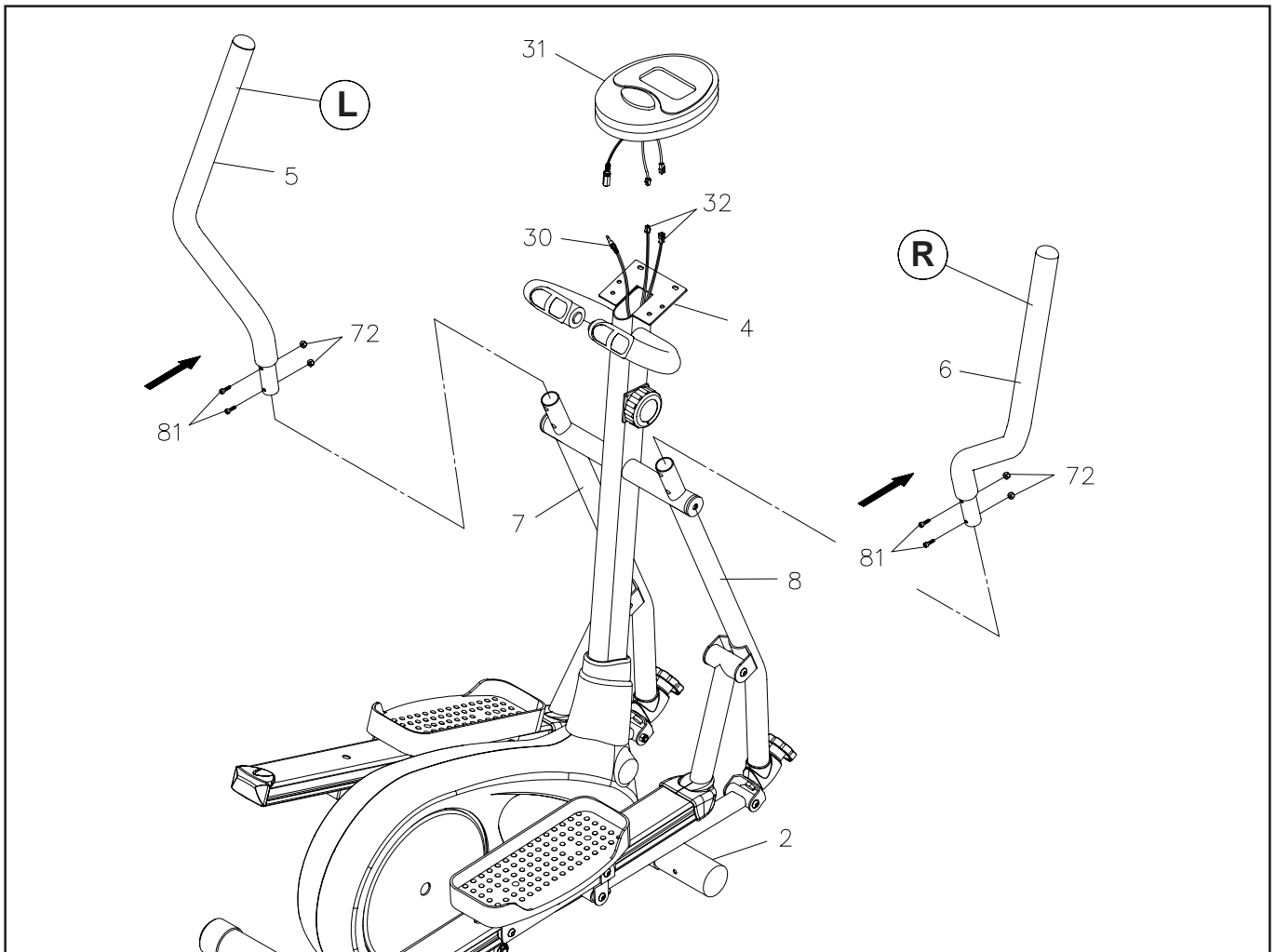
STEP 7

Set the **TENSION KNOB(27)** at position "8". Connect the **CABLE END** of the **TENSION KNOB(27)** into the **SLIDER** in the **PLASTIC BRACKET**. Pull on the **TENSION KNOB(27)** firmly so that enough cable is available to insert the cable through the slot in the top of the **PLASTIC BRACKET**. Then insert the plastic fitting on the **TENSION KNOB(27)** into the hole in the **PLASTIC BRACKET**. Install the **TENSION KNOB(27)** into the square hole on the **UPRIGHT(4)** and secure with **SCREW(M5 x 30mm)(92)** and **WASHER(M5)(93)**.

STEP 8

There is a "L" mark on the **LEFT PEDAL CAP(41)**, and a "R" mark on the **RIGHT PEDAL CAP(42)**. Attach the **RIGHT PEDAL CAP(42)** to the **RIGHT PEDAL SLIDER(48)** with **BUTTON HEAD BOLTS (M8 x 20mm)(90)**. Repeat on the left side.

ASSEMBLY INSTRUCTIONS



STEP 9

There is a "L" decal on the **LEFT HANDLEBAR(5)**, and a "R" decal on the **RIGHT HANDLEBAR(6)**. Attach the **LEFT** and **RIGHT HANDLEBARS(5, 6)** onto the **LEFT** and **RIGHT PIVOTING ARMS(7, 8)** with **SOCKET HEAD BOLTS(M6 x 35mm)(81)** and **NYLOCK NUTS(M6)(72)**.

NOTE: Assemble the **SOCKET HEAD BOLTS(M6 x 35mm)(81)** following the direction as shown by the arrows. The Bolt Heads must go through the holes on the **PIVOTING ARMS(7, 8)** to attach the **HANDLEBARS(5, 6)**.

STEP 10

Install two "AA" batteries into the **METER(31)**, two batteries included. Plug the **CONNECTION WIRE(30)** and the **PULSE SENSOR WIRES(32)** into the **METER(31)**. Slide the **METER(31)** onto the plate on the **UPRIGHT(4)**.

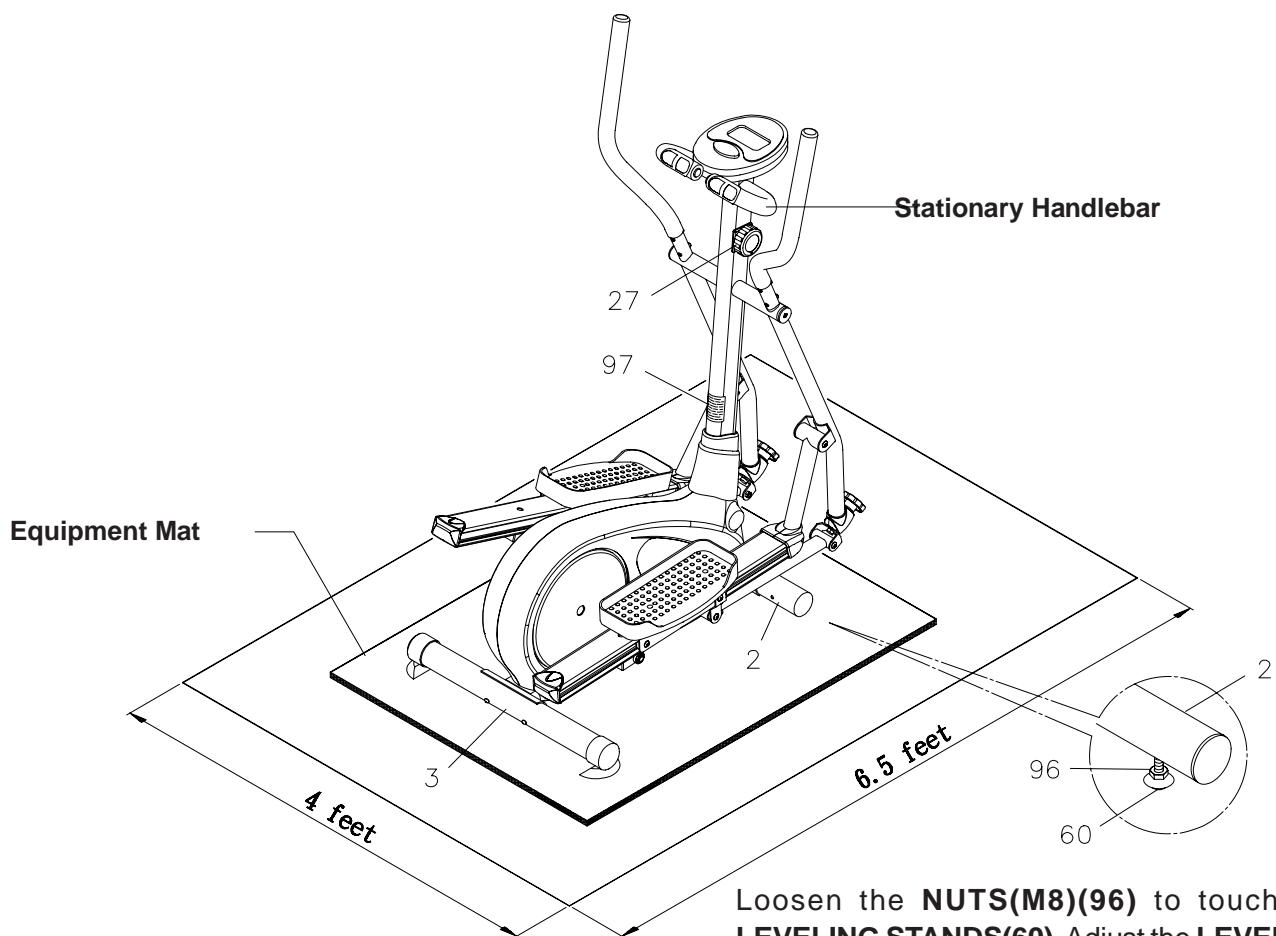
NOTE: 1. Be careful not to damage the wires when attaching the **METER(31)**.
2. See page 15 for detailed battery installation instructions.

SET UP INSTRUCTIONS

Place the **Elliptical/Stepper** in the area where it will be used. It is recommended that the **Elliptical/Stepper** be placed on an equipment mat. The max. operation dimensions of **Elliptical/Stepper** are approximately 53 1/2" long x 28" wide x 61 3/8" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 6.5 feet long is required for safe operation of the **Elliptical/Stepper**. Make sure that adequate space is available for access to and passage around the **Elliptical/Stepper**.

LEVELING: Adjust the **LEVELING STANDS(60)** under the **FRONT STABILIZER(2)** so that the **Elliptical/Stepper** sets on the floor without rocking. Refer the instructions below the illustration.

MOVING: Grasp the **REAR STABILIZER(3)** and **STATIONARY HANDLEBAR** to lift the **Elliptical/Stepper** to move. Two people are required.



Loosen the **NUTS(M8)(96)** to touch the **LEVELING STANDS(60)**. Adjust the **LEVELING STANDS(60)** for leveling. Tighten the **NUTS(M8)(96)** securely against the **FRONT STABILIZER(2)** to lock the stand in position.

FUNCTION INSPECTION:

Visually inspect the **Elliptical/Stepper** to verify that assembly is as shown in the above illustration. Check the function of the **Elliptical/Stepper**. Stand on the foot pedals and place your hands at a comfortable position on the handlebars. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(27)** and verify that it functions properly.

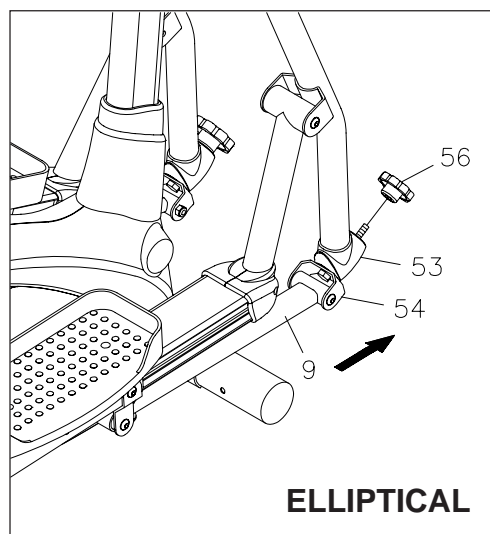
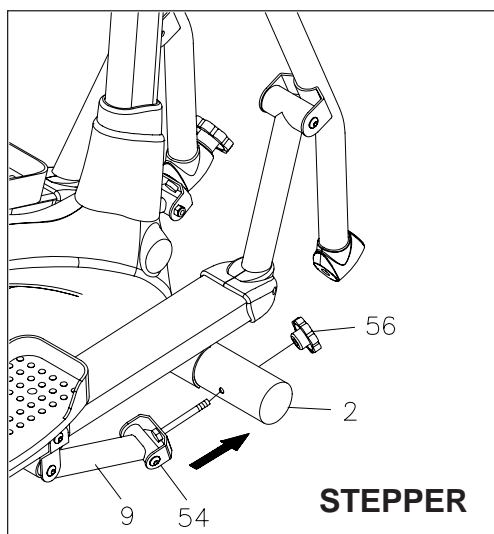
CAUTION: Locate and read the **WARNING LABEL(97)** on the **Elliptical/Stepper**. Make sure that all users read the **WARNING LABEL(97)**.

OPERATIONAL INSTRUCTIONS

ELLIPTICAL MODE AND STEPPER MODE

Your **Elliptical/Stepper** can be used in the **ELLIPTICAL** mode or the **STEPPER** mode. When the **LINKAGE CONNECTORS(54)** are attached to the **FRONT STABILIZER(2)**, your **Elliptical/Stepper** is in the **STEPPER** mode. When the **LINKAGE CONNECTORS(54)** are attached to the **CONNECTORS(53)** which on the pivot Arms, your **Elliptical/Stepper** is in the **ELLIPTICAL** mode. Refer to the illustrations below to setup the **STEPPER** mode or the **ELLIPTICAL** mode.

CAUTION: Securely tighten both **LOCKING KNOBS(56)** before exercising.



EXERCISE WORKOUT

To start using the **Elliptical/Stepper** in the **ELLIPTICAL** mode, stand on the foot pedals, grasp the handlebars, move your highest foot forward and follow the natural path of the machine. To start using the **Elliptical/Stepper** in the **STEPPER** mode, stand on the foot pedals, grasp the handlebars, move your highest foot downward and follow the natural path of the machine.

NOTE: In the **STEPPER** mode, the **Elliptical/Stepper** works best with the crank rotating in reverse.

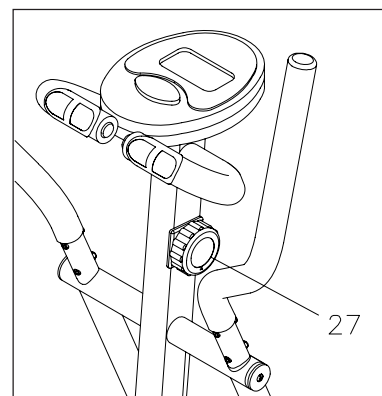
Start at a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable start adjusting the load level to achieve the workout desired.

Load Level Adjustment

The load level of **Elliptical/Stepper** can be changed at any time during your workout. Adjusting the load level will allow you to increase or decrease your intensity level.

To increase the load, turn the **TENSION KNOB(27)** clockwise.

To decrease the load, turn the **TENSION KNOB(27)** counterclockwise.



Forward and Reverse

Under the Elliptical Mode, the **Elliptical/Stepper** can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

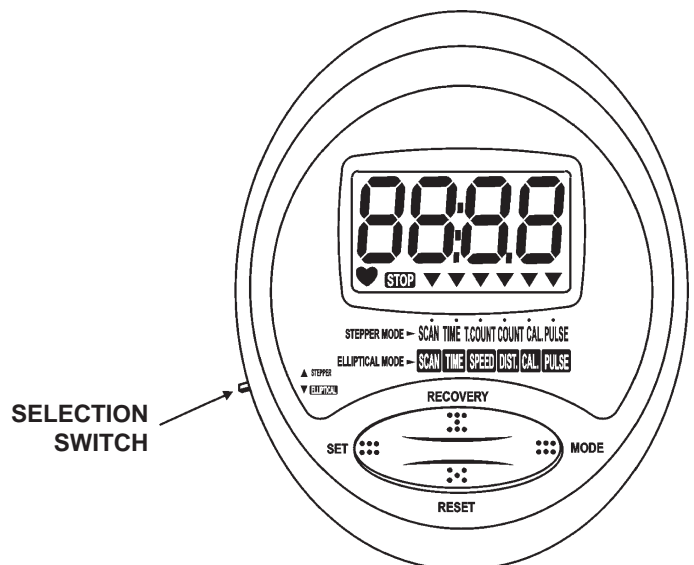
USING THE ELECTRONIC METER

POWER ON:

Pedal movement or push any BUTTON.

POWER OFF:

Automatic shut off after 4 minutes of inactivity.



FUNCTION BUTTONS:

MODE : Press and release to select each function for preset target values.
Press the button and hold it down for two seconds to reset all functions to zero.

SET : Press to set target values, only upward, for **TIME, COUNT (or DISTANCE), CALORIES,** and target **HI PULSE** in the **STOP** mode. Press and hold the button down to change the value faster.

RESET : Press the button to reset all functions to zero and skip to **STOP** mode.

RECOVERY: To activate the pulse recovery function after training.

FUNCTIONS:

The meter has both **ELLIPTICAL** and **STEPPER** base functions. You may switch the function base with the selection switch located on the side of the meter. When you use this switch to change the current function base from **ELLIPTICAL** to **STEPPER**, or from **STEPPER** to **ELLIPTICAL**, press **RESET** button after switching. The meter will reset all functions to zero. Then you may start training again.

Some of the functions described below are different for the **ELLIPTICAL** mode and the **STEPPER** mode as determined by the position of the **SELECTION SWITCH**.

SCAN: Automatically scans **TIME, T. COUNT (SPEED), COUNT (DISTANCE), CALORIES,** and **PULSE** in sequence with a change every six seconds. Press and release the **MODE** button until the ▼ points to **SCAN**.

TIME: Counts upward to 99:59 in one second increments. Counts down from preset value.

TOTAL COUNT : Displays the total number of steps you have walked for **STEPPER** mode, up to 9999 steps.

(SPEED): Displays the current pedaling speed for **ELLIPTICAL** mode, from zero to 99.9 mph.

COUNT : Displays the number of steps you have walked for **STEPPER** mode, from zero to 9999 steps. Counts down from preset value.

(DISTANCE): Displays the distance you are traveling for **ELLIPTICAL** mode, up to 99.99 mile. Counts down from preset value.

CALORIES: Displays the calories consumption, from zero to 9999 cal. Counts down from preset value. The calories readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

USING THE ELECTRONIC METER

FUNCTIONS: (Continue)

PULSE: Displays the pulse rate, from 30 to 240 beats per minute.

You can preset a desired HI PULSE, from 30 to 240 beats per minute. If your pulse exceeds the set value, the computer will warn you with an audible alarm. Stop exercising until your pulse is in the target zone.

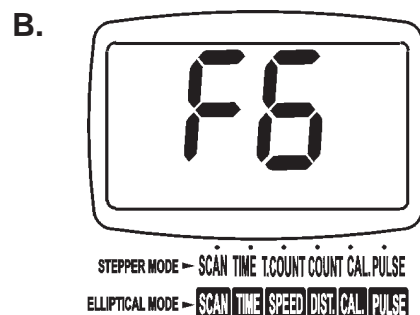
To display pulse, grasp the Pulse Sensors on the Stationary Handlebar, one in each hand. The heart symbol "♥" will begin blinking when the Electronic Meter senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart symbol is displayed. If you do not place your hands correctly, the Meter will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the pulse readout will appear again.

PULSE RECOVERY FUNCTION

The **PULSE RECOVERY** function measures how quickly you return to a resting pulse rate after exercising. You can use this function to measure improvement as you get into shape. The ELECTRONIC METER will monitor your pulse for 60 seconds and calculate a Pulse Recovery value from **F1** to **F6**. **F1** is best. The readout should only be used as a comparison between workouts. It can be used right after any aerobic exercise. Stop exercising before starting this function.

To start the pulse recovery function, grasp the Pulse Sensors on the Stationary Handlebar, one in each hand. Your pulse will be displayed approximately five (5) seconds after the heart symbol is displayed. Then press the **RECOVERY** button and continue to grasp the Pulse Sensors correctly. During the pulse recovery function, only **PULSE** and **TIME** are working and the display will be as shown in illustration A. **TIME** will count down from 0:60 and the heart symbol will be blinking. When the **TIME** reaches 0, the Meter will show your pulse recovery condition from **F1** to **F6**. See illustration B. Press any button to exit the pulse recovery function.

- NOTE:**
1. You can quit the pulse recovery function at any time by pressing the **RECOVERY** button.
 2. Once the pulse recovery function starts, the **TIME** will count down from 60 seconds to zero even if you remove your hands from the Pulse Sensors. If no pulse signal is available, F6 will displayed as the pulse recovery condition.



OPERATION DESCRIPTIONS

1. When "**STOP**" is shown on the display, the meter is in the **STOP** mode. You can only preset function values in the **STOP** mode.
2. During workouts, the meter will switch into **STOP** mode after 4 seconds of inactivity. All function values will be kept. Restart the meter by moving the pedals.
3. A continuous beep will sound for 6 seconds when any of the preset values is reached.
4. The meter will shut off automatically after 4 minutes of inactivity. All function values will be kept. Push the **RESET** button to reset the functions to zero.

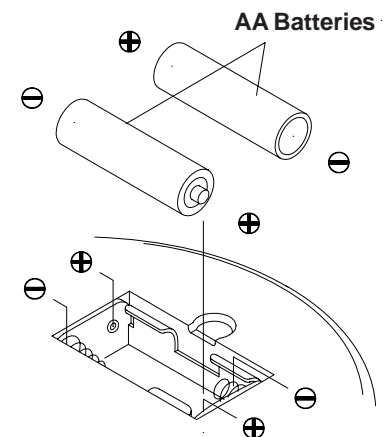
USING THE ELECTRONIC METER

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, two batteries included. Refer to the illustration to install or replace the batteries.

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.



STORAGE

1. To store the **Elliptical/Stepper** simply keep it in a clean dry place.
2. The minimum rest dimensions of the **Elliptical/Stepper** are approximately 40 3/8" long x 28" wide x 60 5/8" tall. These dimensions may vary. Please measure your **Elliptical/Stepper** if exact dimensions are needed.
3. Grasp the **REAR STABILIZER(3)** and **STATIONARY HANDLEBAR** to lift the **Elliptical/Stepper** to move. Two people are required.
4. To avoid damage to the electronics, remove the batteries before storing the **Elliptical/Stepper** for one year or more.

MAINTENANCE

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

1. Adjust the **TENSION KNOB(27)** and verify that the Magnetic System provides tension. The Magnetic System should provide many years of use.
2. 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.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the **Elliptical/Stepper** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **Elliptical/Stepper**.
6. Keep your **Elliptical/Stepper** 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.

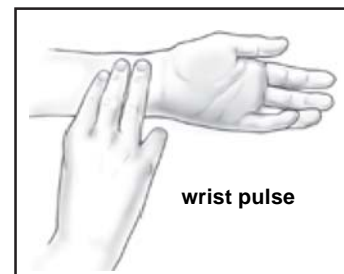
Remember to follow these essentials:

- 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

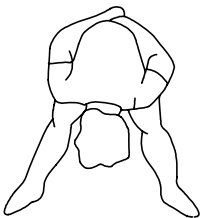
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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



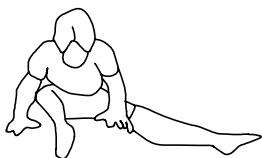
Lower Body Stretch

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.



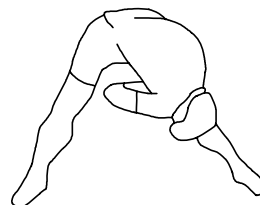
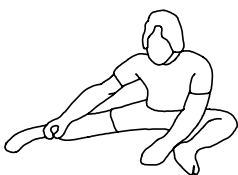
Floor Stretch

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.



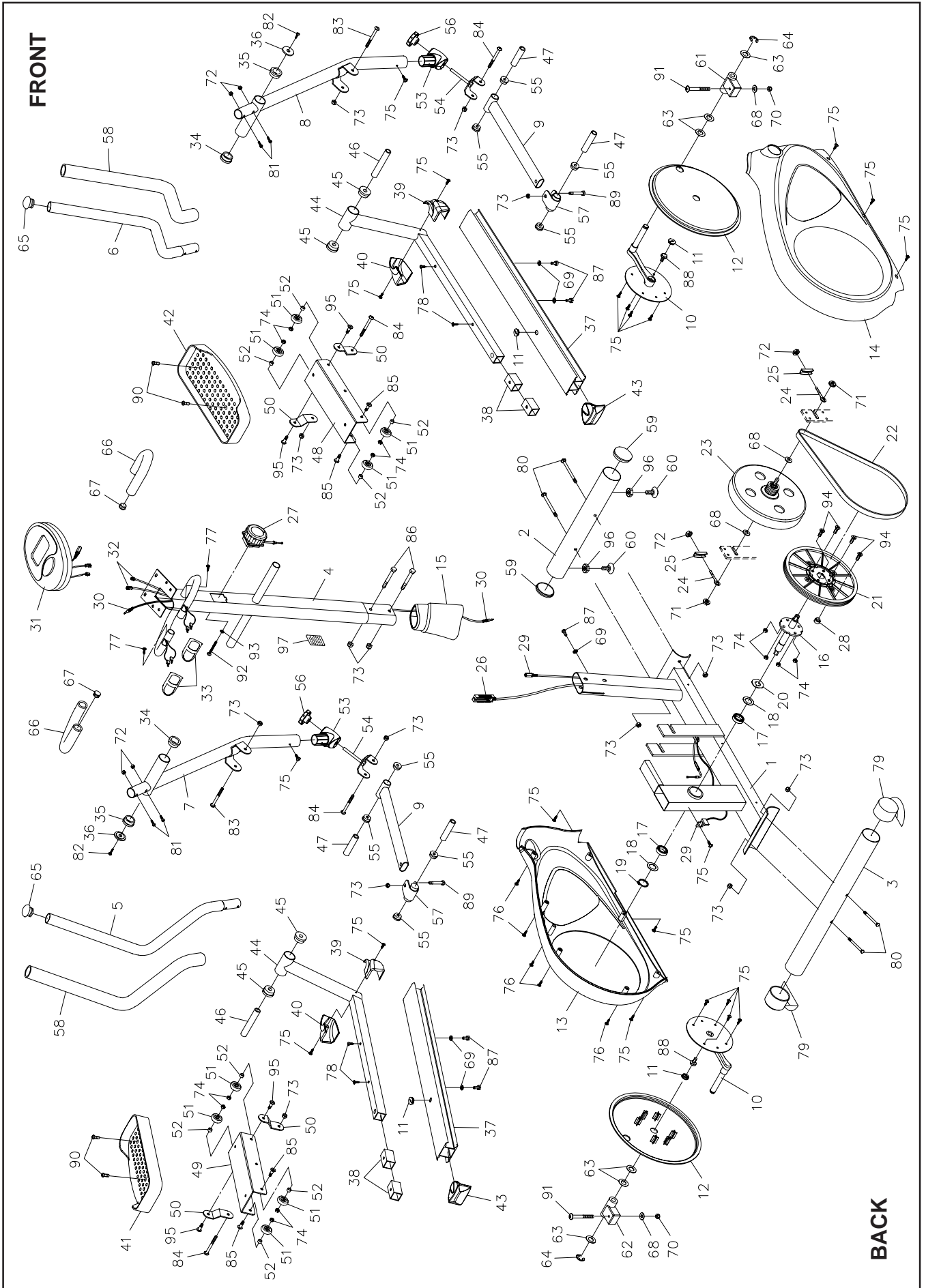
Bent Over Leg Stretch

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.

PRODUCT PARTS DRAWING



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Upright	1
5	Left Handlebar	1
6	Right Handlebar	1
7	Left Pivoting Arm	1
8	Right Pivoting Arm	1
9	Linkage	2
10	Crank	2
11	Crank Cap	4
12	Cover Disk	2
13	Left Cover	1
14	Right Cover	1
15	Upright Sleeve	1
16	Shaft	1
17	Bearing (6004z)	2
18	Washer (M20)	2
19	C Ring (20mm)	1
20	Wavy Washer (M20)	1
21	Pulley	1
22	V-Ribbed Belt	1
23	Magnetic System	1
24	Eye Bolt (M6 x 1 x 35mm)	2
25	Tension Bracket	2
26	Tension Cable	1
27	Tension Knob	1
28	Magnet	1
29	Sensor Wire	1
30	Connection Wire	1
31	Meter	1
32	Pulse Sensor Wire	2
33	Pulse Sensor Plate	2
34	Bushing /w chamfer (26mm)	2
35	Bushing (26mm)	2
36	Securing Cap	2
37	Pedal Rail	2
38	Sleeve	4
39	Right Rail Cover	2
40	Left Rail Cover	2
41	Left Pedal Cap	1
42	Right Pedal Cap	1
43	Rail Cap	2
44	Support Arm	2
45	Support Bushing	4
46	Long Shaft Sleeve (length 74mm)	2
47	Shaft Sleeve (length 59mm)	4
48	Right Pedal Slider	1
49	Left Pedal Slider	1
50	Pedal Connection Plate	4
51	Roller	8
52	Roller Spacer (Length 7.5mm)	8

PARTS LIST

DIAGRAM#	PART NAME	QTY
53	Connector	2
54	Linkage Connector	2
55	Linkage Bushing	8
56	Locking Knob	2
57	Carriage Connector	2
58	Long Foam Grip	2
59	Round Plug (60mm)	2
60	Adjustable Stand	2
61	Right Rail Connector	1
62	Left Rail Connector	1
63	Washer (M17)	6
64	E Ring (17mm)	2
65	Dome Plug (31.8mm)	2
66	Foam Grip	2
67	Round Plug (22.2mm)	2
68	Washer (M10)	4
69	Lock Washer (M8)	5
70	Nylock Nut (M10 x 1.5)	2
71	Nut (M10 x 1.25)	2
72	Nylock Nut (M6 x 1)	6
73	Nylock Nut (M8 x 1.25 x 8mm thick)	14
74	Nylock Nut (M8 x 1.25 x 6mm thick)	12
75	Screw, Round Head (M5 x 18mm)	21
76	Screw, Round Head (M4 x 20mm)	5
77	Screw, Round Head (M4 x 25mm)	2
78	Screw, Round Head (M4 x 20mm)	4
79	Endcap (60mm)	2
80	Carriage Bolt (M8 x 1.25 x 70mm)	4
81	Bolt, Socket Head (M6 x 1 x 35mm)	4
82	Bolt, Round Head (M6 x 1 x 25mm)	2
83	Bolt, Button Head (M8 x 1.25 x 90mm)	2
84	Bolt, Button Head (M8 x 1.25 x 75mm)	4
85	Bolt, Button Head (M8 x 1.25 x 25mm)	4
86	Bolt, Hex Head (M8 x 1.25 x 50mm)	2
87	Bolt, Hex Head (M8 x 1.25 x 20mm)	5
88	Bolt, Hex Head (M8 x 1.25 x 25mm)	2
89	Bolt, Hex Head (M8 x 1.25 x 40mm)	2
90	Bolt, Round Head (M8 x 1.25 x 20mm)	4
91	Bolt, Button Head (M10 x 1.5 x 85mm)	2
92	Bolt, Button Head (M5 x 0.8 x 30mm)	1
93	Washer (M5)	1
94	Bolt, Flat Head (M8 x 1.25 x 16mm)	4
95	Bolt, Button Head (M8 x 1.25 x 30mm)	4
96	Nut (M8)	2
97	Warning Label	1
98	Allen Wrench (5mm)	1
99	Allen Wrench (6mm)	1
100	Combination Wrench	1
101	Wrench (10mm)	1
102	Wrench (13mm)	1
103	Wrench (17mm)	1
104	Manual	1

WARRANTY

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