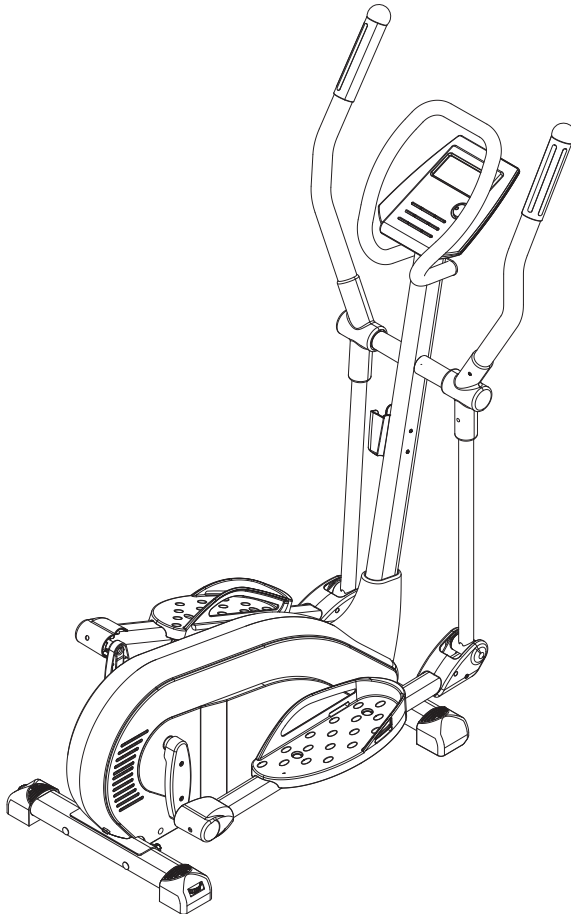# AVARI
FITNESS

Programmable Magnetic Elliptical

Owner's Manual

Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 250 lbs.

This Product is Distributed Exclusively by

Stamina®
PRODUCTS, INC.

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

⚠ 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 securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

Model#: A550-705

STAMINA PRODUCTS
MADE IN CHINA

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2012, 12

TABLE OF CONTENTS

SAFETY INSTRUCTIONS

⚠ **WARNING** **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

⚠ **WARNING** **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.**

⚠ **WARNING** **To reduce the risk of serious injury, read the following Safety Instructions before using the AVARI® Programmable Magnetic Elliptical.**

1. Read all warnings and cautions posted on the **AVARI® Programmable Magnetic Elliptical.**
2. The **AVARI® Programmable Magnetic Elliptical** should only be used after a thorough review of the Owner's Manual. 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 **AVARI® Programmable Magnetic Elliptical.** Do not allow children to use or play on the **AVARI® Programmable Magnetic Elliptical.** Keep children and pets away from the **AVARI® Programmable Magnetic Elliptical** 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 **AVARI® Programmable Magnetic Elliptical** on a solid level surface. Do not position the **AVARI® Programmable Magnetic Elliptical** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **AVARI® Programmable Magnetic Elliptical.**
8. Adjust the Adjustable Endcaps(81) on the Rear Stabilizer(2) so that the **AVARI® Programmable Magnetic Elliptical** sits on the floor without rocking.
9. Before using, inspect the **AVARI® Programmable Magnetic Elliptical** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
11. 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.
12. Do not wear loose or dangling clothing while using the **AVARI® Programmable Magnetic Elliptical.**
13. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AVARI® Programmable Magnetic Elliptical,** loss of balance may result in a fall and serious bodily injury. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
15. The **AVARI® Programmable Magnetic Elliptical** is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.
16. The **AVARI® Programmable Magnetic Elliptical** should not be used by persons weighing over 250 pounds.
17. The **AVARI® Programmable Magnetic Elliptical** should be used by only one person at a time.
18. The **AVARI® Programmable Magnetic Elliptical** is for consumer use only. It is not for use in public or semipublic facilities.

2

Call Us First

STAMINA®
PRODUCTS, INC.

Customer Service
1 (800) 375-7520
www.staminaproducts.com

THANK YOU FOR PURCHASING THE
AVARI® Programmable Magnetic Elliptical

**To enact your warranty, please register your product
by going to register.staminaproducts.com**

**To help you get started, we have pre-assembled most of your
AVARI® Programmable Magnetic Elliptical 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.**

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
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Tel: 1 (800) 375-7520

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CUSTOMER SERVICE
Fax: (417) 889-8064

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

BECOME A FAN!
STAMINA® PRODUCTS, INC.

BECOME A FAN!
AeroPilates®

3

Thank you for choosing the **AVARI® Programmable Magnetic Elliptical.** 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 **AVARI® Programmable Magnetic Elliptical** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.
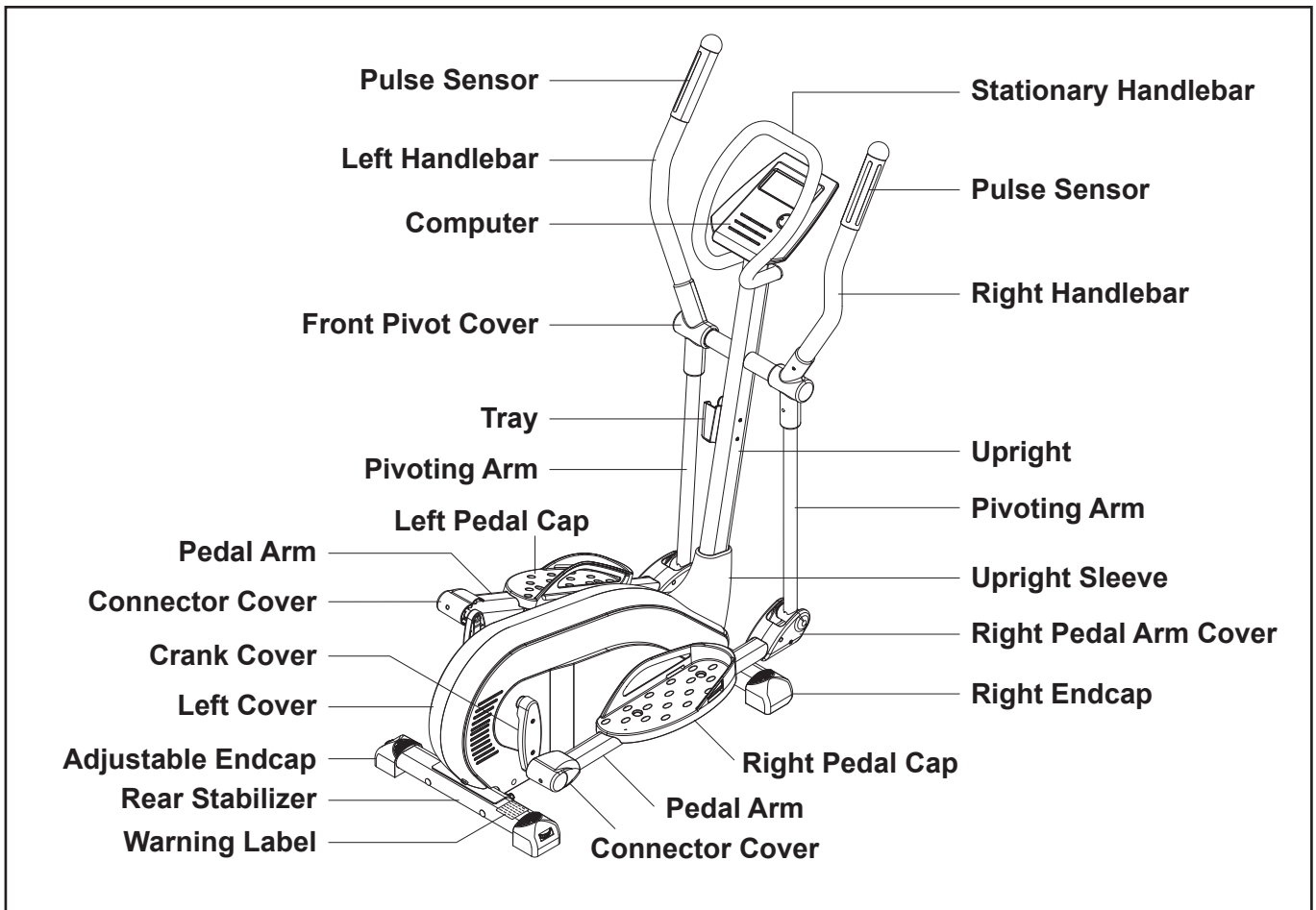
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **AVARI® Programmable Magnetic Elliptical.**

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 **AVARI® Programmable Magnetic Elliptical,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts.com under the Service section and order the part needed, or 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.

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

Pulse Sensor	Stationary Handlebar
Left Handlebar	Pulse Sensor
Computer	Right Handlebar
Front Pivot Cover	
Tray	Upright
Pivoting Arm	Pivoting Arm
Left Pedal Cap	Upright Sleeve
Pedal Arm	Right Pedal Arm Cover
Connector Cover	Right Endcap
Crank Cover	
Left Cover	Right Pedal Cap
Adjustable Endcap	Pedal Arm
Rear Stabilizer	Connector Cover
Warning Label	

THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

Allen Wrench (5mm)

Allen Wrench (6mm)

Socket Wrench

4

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **AVARI® Programmable Magnetic Elliptical.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.
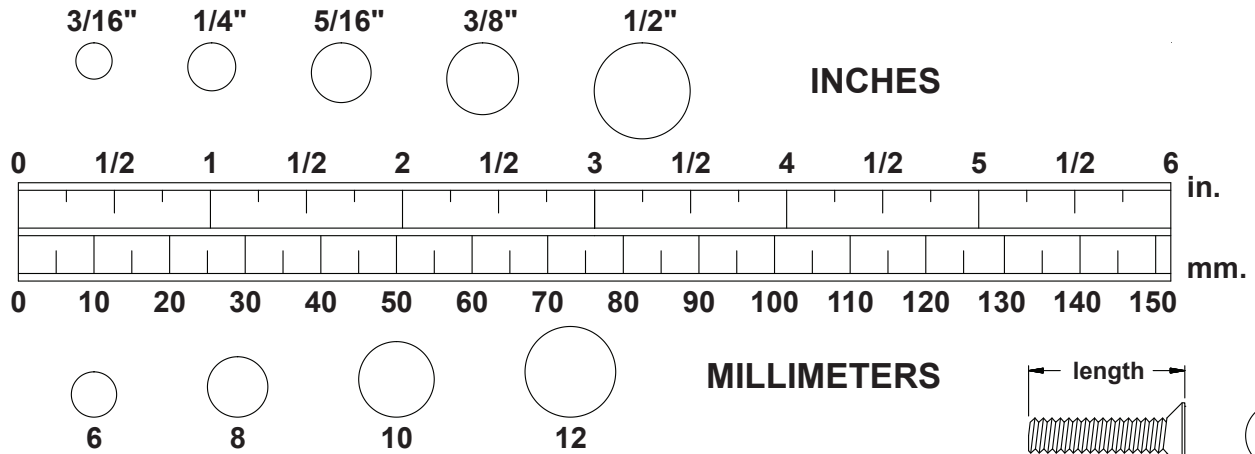
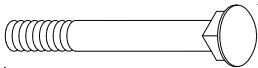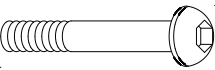**Label is larger than actual size**

W1   **WARNING LABEL(95)**

⚠**WARNING**

Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.

Keep others including children & pets away from equipment when in use.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

This chart is provided to help identify the hardware used in the assembly process. Place the washers or 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.

3/16" **1/4"** **5/16"** **3/8"** **1/2"**

INCHES

0	1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6

in.

mm.

0	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150

MILLIMETERS

6   **8**   **10**   **12**

length

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.

length

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
44	Carriage Bolt (M10 x 1.5 x 94mm)	4
45	Carriage Bolt (M10 x 1.5 x 50mm)	4
48	Bolt, Button Head (M8 x 1.25 x 88mm)	2
49	Bolt, Button Head (M10 x 1.5 x 76mm)	2
50	Bolt, Button Head (M8 x 1.25 x 36mm)	4
52	Bolt, Button Head (M8 x 1.25 x 20mm)	4
53	Bolt, Button Head (M8 x 1.25 x 25mm)	2
56	Screw, Small Round Head (M5 x 0.8 x 10mm)	2
94	Screw, Round Head (M5 x 0.8 x 10mm)	4
57	Screw, Small Round Head (M4 x 35mm)	4
58	Screw, Small Round Head (M4 x 20mm)	6
59	Screw, Round Head (M4 x 30mm)	2
61	Arc Washer (M10)	4
62	Arc Washer (M8)	2
63	Washer (M10)	6
65	Washer (M8)	6
67	Lock Washer (M10)	4
68	Lock Washer (M8)	8
69	Nylock Nut (M10 x 1.5)	6
70	Nylock Nut (M8 x 1.25 x 8mm thick)	2
71	Thin Nylock Nut (M8 x 1.25 x 6.35mm thick)	4

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 go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or 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.

STEP 1
Refer to detail view **A.** Attach the **FRONT STABILIZER(3),** the shorter stabilizer with the non-adjustable **ENDCAPS(103, 104),** to the front of the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M10x1.5x94mm)(44), ARC WASHERS(M10)(61), LOCK WASHERS(M10)(67),** and **NYLOCK NUTS(M10x1.5)(69).**

STEP 2
Attach the **REAR STABILIZER(2)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M10x1.5x94mm)(44), ARC WASHERS(M10)(61), LOCK WASHERS(M10)(67),** and **NYLOCK NUTS(M10x1.5)(69).**
NOTE: You can turn the dials in the **ADJUSTABLE ENDCAPS(81)** which are attached to the **REAR STABILIZER(2)** to keep the **AVARI® Programmable Magnetic Elliptical** stable.


7
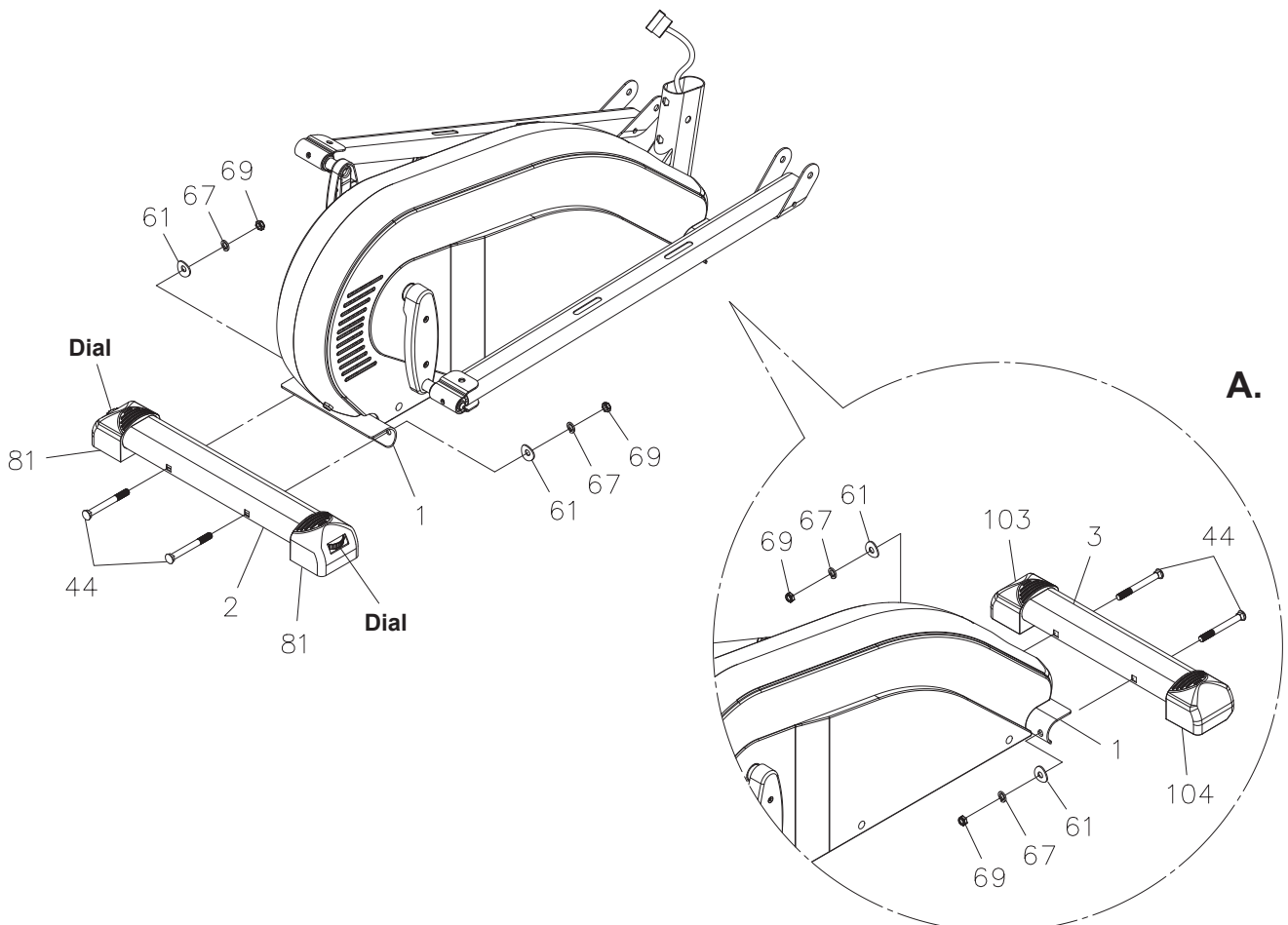
STEP 3

Slide the **UPRIGHT SLEEVE(88)** over the **UPRIGHT(4).** Connect the **EXTENSION CONTROL WIRE(28)** to the **CONTROL WIRE(96).** Insert the **UPRIGHT(4)** into the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x88mm)(48), BUTTON HEAD BOLTS(M8x1.25x20mm)(52), LOCK WASHERS(M8) (68), WASHERS(M8)(65), ARC WASHERS(M8)(62),** and **NYLOCK NUTS(M8x1.25)(70).** Slide down the **UPRIGHT SLEEVE(88)** to cover the bolt heads.

STEP 4

Attach the **TRAY(87)** to the **UPRIGHT(4)** with **ROUND HEAD SCREWS(M4x30mm)(59).**
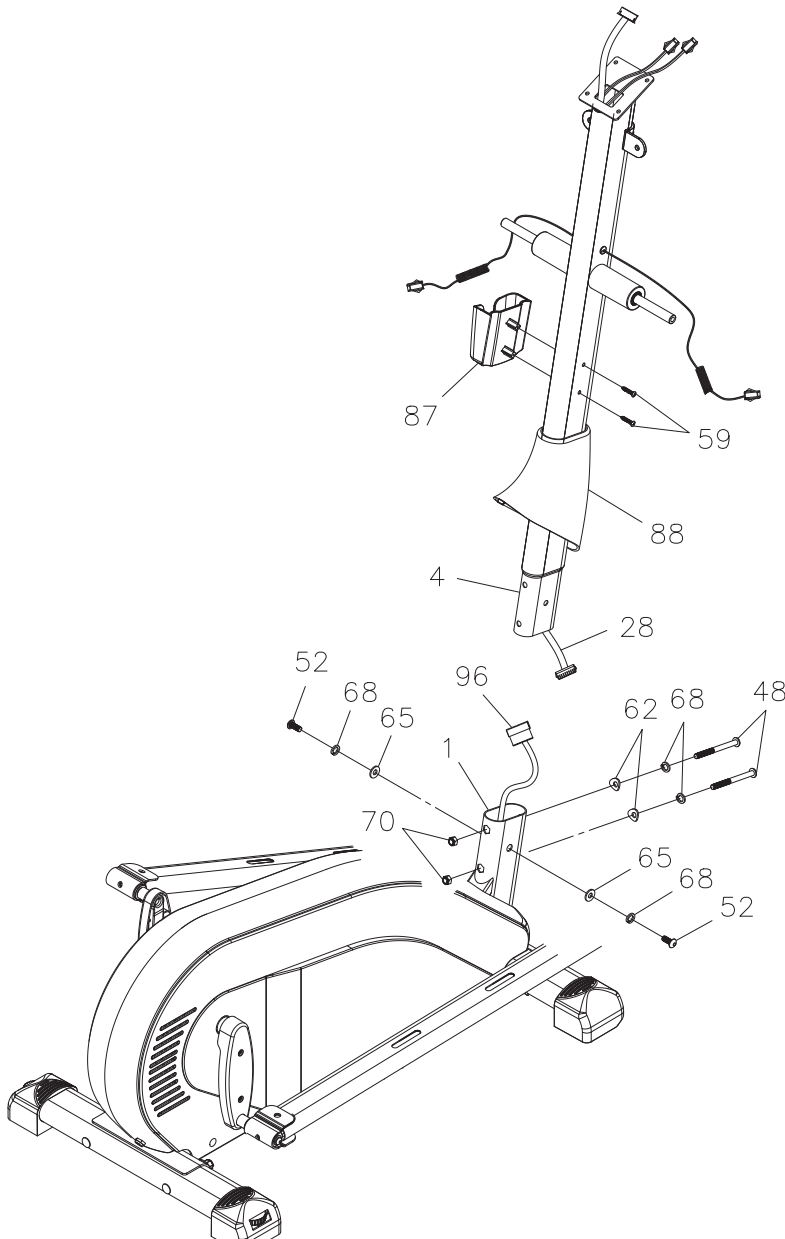
STEP 5

Slide the **PIVOTING ARMS(6)** onto the **SHAFT** on the **UPRIGHT(4)** on both sides and secure with **WASHERS(M8)(65), LOCK WASHERS(M8)(68),** and **BUTTON HEAD BOLTS(M8x1.25x20mm)(52).**

STEP 6

There is a tie on the lower end of the **PIVOTING ARM(6)** at right side to keep the parts in place during shipping. Use scissors to cut the tie. Slide the lower end of the **PIVOTING ARM(6)** into the bracket on the **PEDAL ARM(5),** and secure with **BUTTON HEAD BOLT(M10x1.5x76mm)(49), WASHER(M10)(63),** and **NYLOCK NUT(M10x1.5)(69).** Repeat to attach the opposite side.
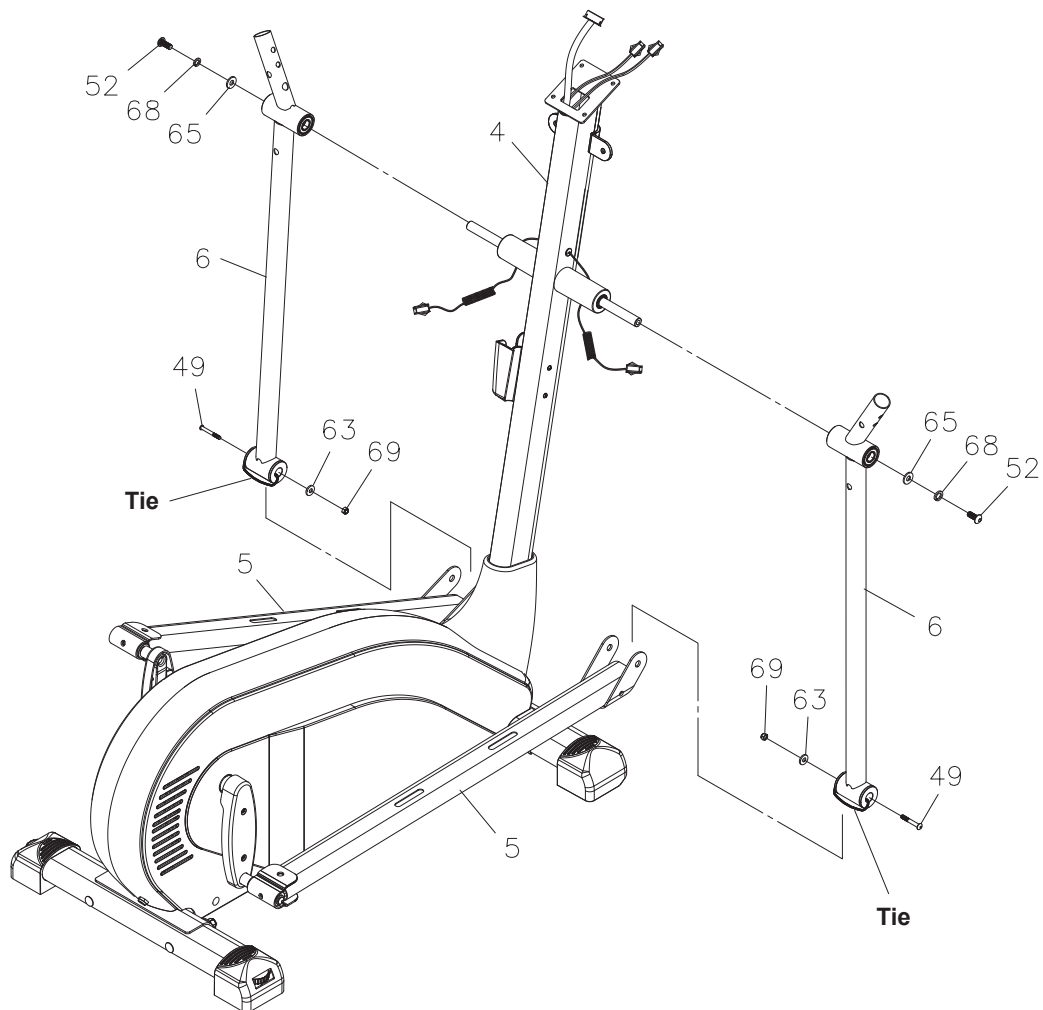
STEP 7
There is a **"R"** decal on the **RIGHT HANDLEBAR(9),** and a **"L"** decal on the **LEFT HANDLEBAR(10).** Refer to detail view **B.** Feed the plug end of the **PULSE SENSOR WIRE(30)** through the tube on the top of the **PIVOTING ARM(6).** Insert the **LEFT HANDLEBAR(10)** into the **PIVOTING ARM(6)** and secure with **BUTTON HEAD BOLTS(M8x1.25x36mm)(50)** and **THIN NYLOCK NUTS(M8x1.25)(71).** Connect the **PULSE SENSOR WIRE(30)** to the **PULSE CONNECTION WIRE(29)** and push the plugs into the **PIVOTING ARM(6).** Clip a **GROMMET PLUG(32)** onto the **PULSE CONNECTION WIRE(29)** and press the **GROMMET PLUG(32)** into the hole in the **PIVOTING ARM(6).** Repeat on the right side.

STEP 8
Attach the **STATIONARY HANDLEBAR(11)** to the **UPRIGHT(4)** with **BUTTON HEAD BOLTS(M8x1.25x25mm) (53), LOCK WASHERS(M8)(68),** and **WASHERS(M8)(65).**


10
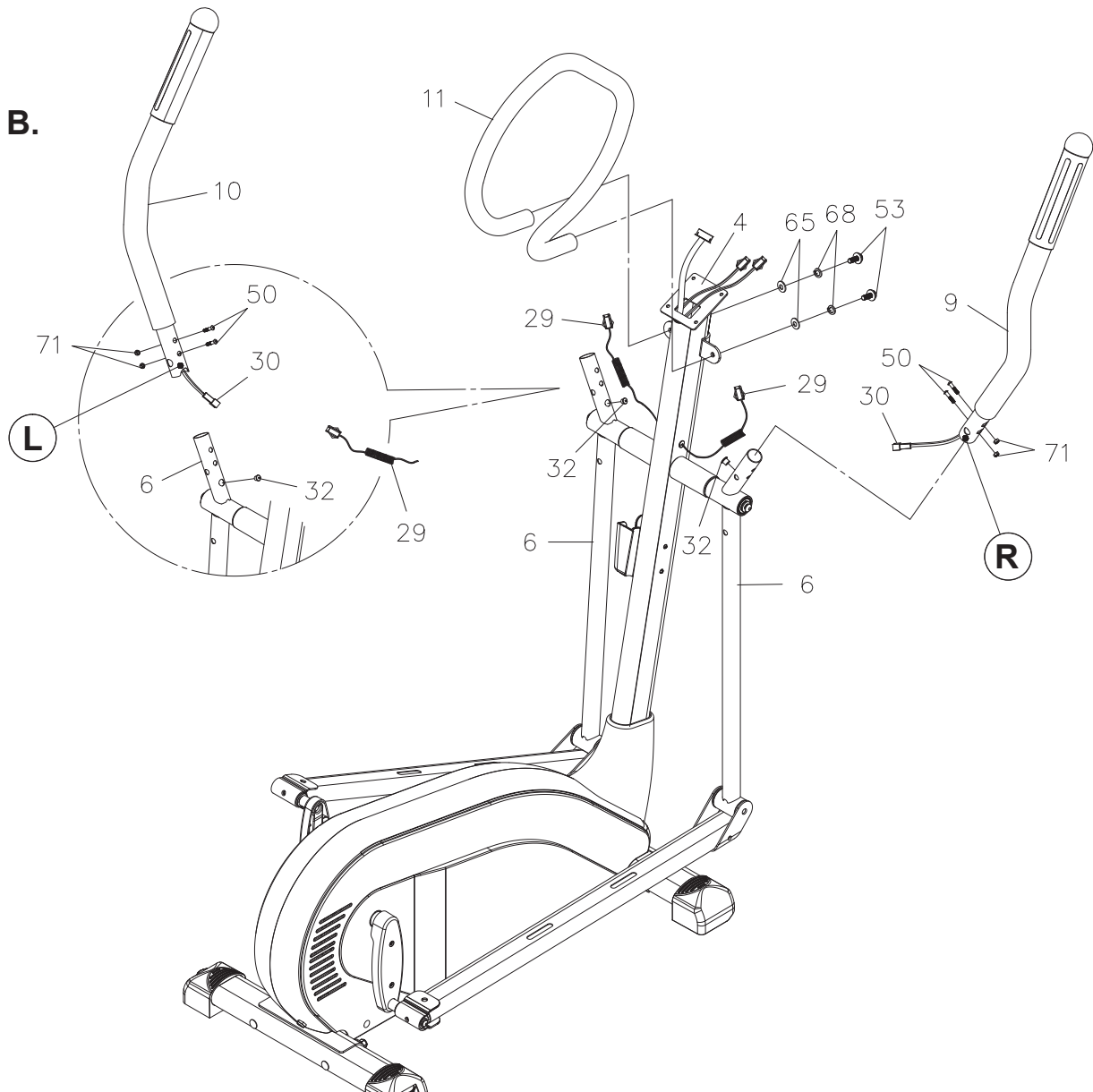
STEP 9

There is a **"R"** decal on the **RIGHT PEDAL CAP(78),** and a **"L"** decal on the **LEFT PEDAL CAP(79).** Attach the **RIGHT PEDAL CAP(78)** to the **PEDAL ARM(5)** on the right side with the **LOCKING KNOBS(77), WASHERS(M10)(63),** and **CARRIAGE BOLTS(M10x1.5x50mm)(45).** Repeat on the left side.

NOTE: You can loosen the **LOCKING KNOBS(77)** to adjust the **PEDAL CAPS(78, 79)** to the front or back. Securely tighten the **LOCKING KNOBS(77)** after adjustment. Always set the **PEDAL CAPS (78, 79)** at the same position on both sides.

STEP 10

Plug the **EXTENSION CONTROL WIRE(28)** and **PULSE CONNECTION WIRES(29)** into the **COMPUTER(25),** and push the excess wires back into the **UPRIGHT(4).** Attach the **COMPUTER(25)** to the plate on the **UPRIGHT(4)** with **ROUND HEAD SCREWS(M5x0.8x10mm)(94).**

NOTE: Be careful not to damage the wires when attaching the **COMPUTER(25)** to the **UPRIGHT(4).**
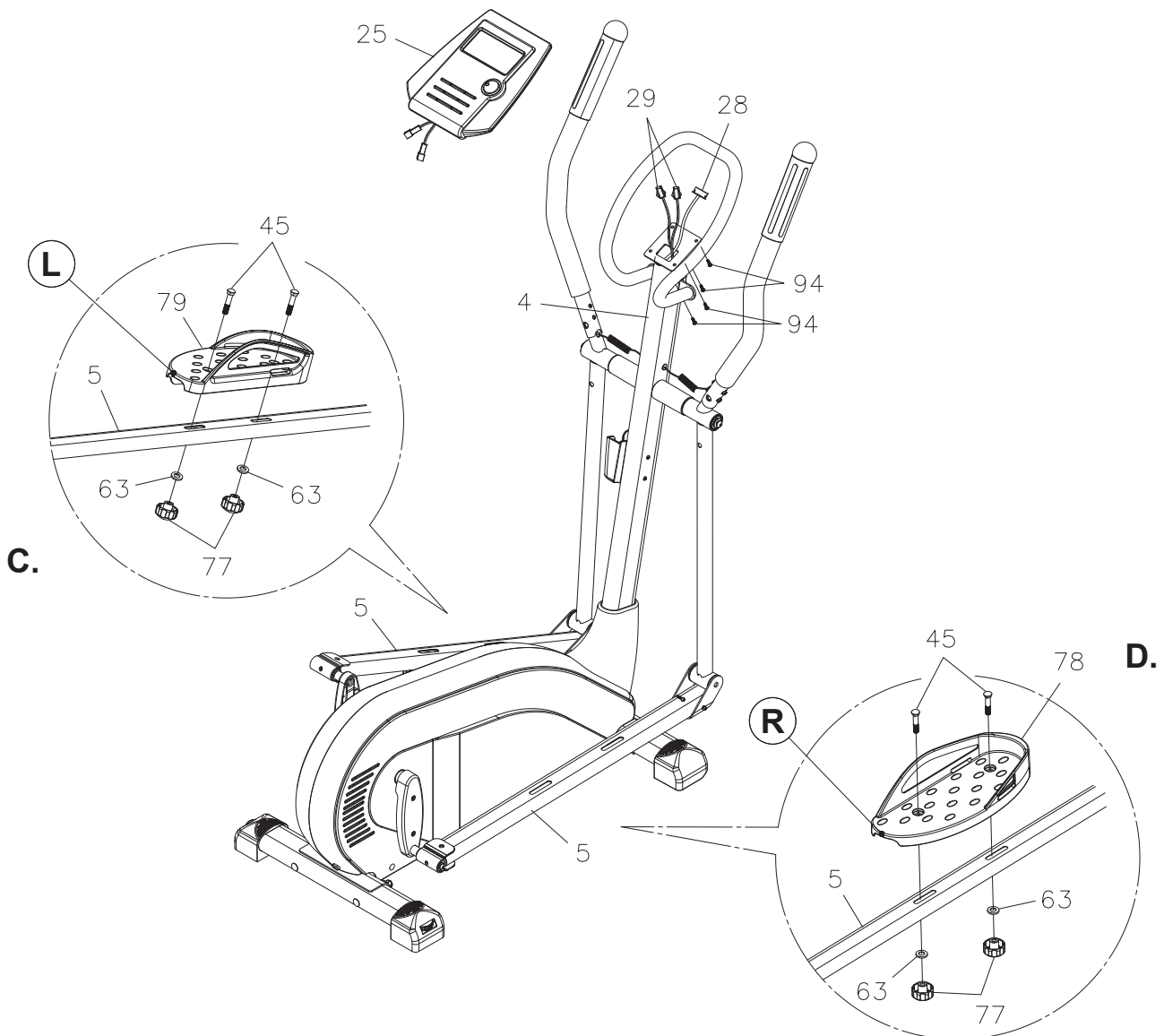
STEP 11
Attach the **FRONT** and **BACK PIVOT COVER(7, 8)** to the **LEFT HANDLEBAR(10)** and **PIVOTING ARM(6)** with **SMALL ROUND HEAD SCREWS(M4x35mm)(57).** Repeat on the right side.

STEP 12
Refer to detail views **E** and **F.** Attach the **RIGHT** and **LEFT PEDAL ARM COVERS(91, 92)** to the **PEDAL ARMS(5)** on both sides with **SMALL ROUND HEAD SCREWS(M4x20mm)(58).**

STEP 13
Attach the **CONNECTOR COVERS(89)** to the **PEDAL ARM CONNECTORS(14)** on both sides with **SMALL ROUND HEAD SCREWS(M5x0.8x10mm)(56).**

STEP 14
Plug the **ADAPTER(98)** into the **SOCKET** of the **POWER WIRE(74)** located on the back of the unit. Plug the **ADAPTER(98)** into an electrical outlet.

12
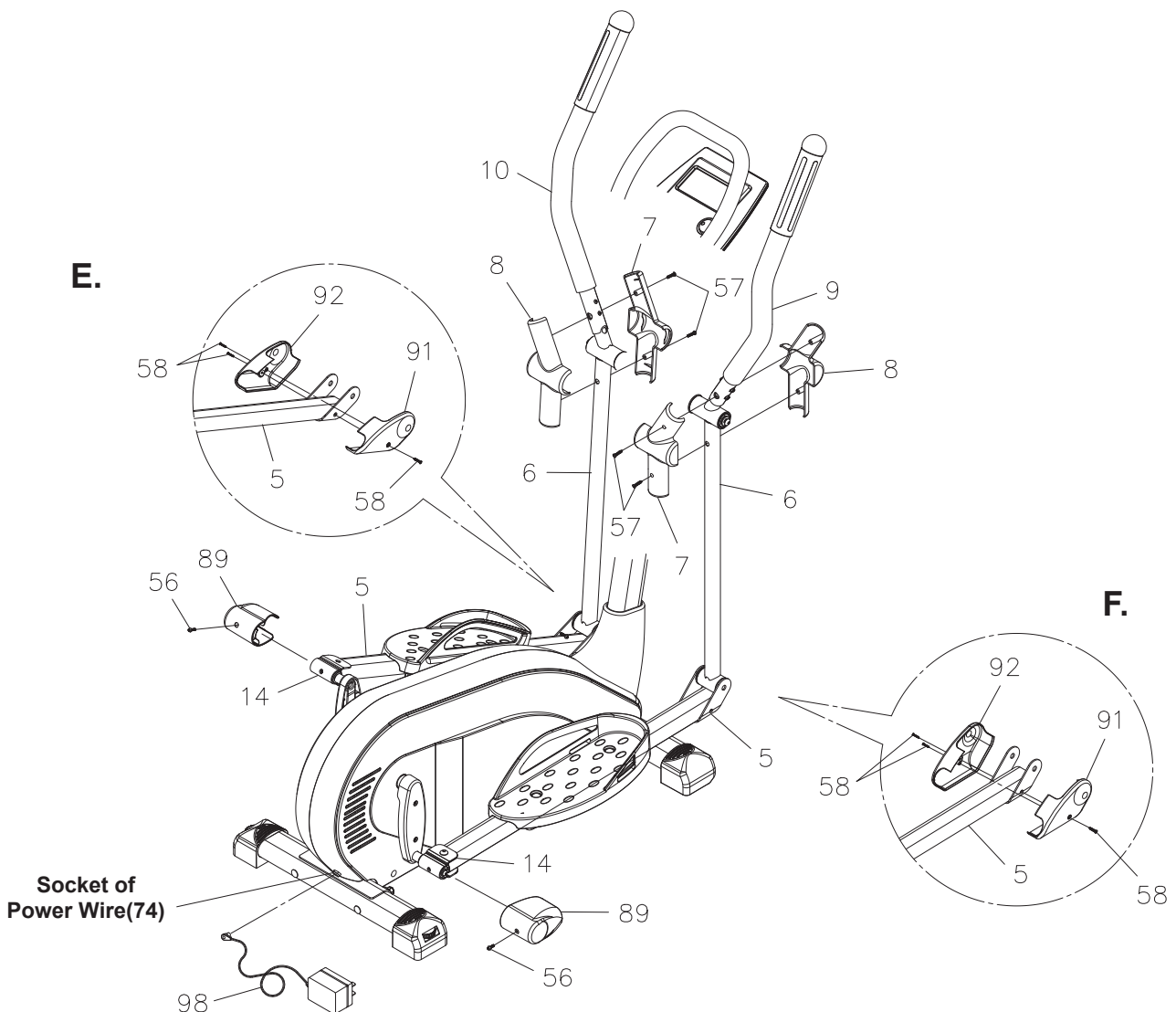
Place the **AVARI® Programmable Magnetic Elliptical** in the area where it will be used. It is recommended that the **AVARI® Programmable Magnetic Elliptical** be placed on an equipment mat. The maximum operation dimensions of the **AVARI® Programmable Magnetic Elliptical** are approximately 52.6 inches long x 25.4 inches wide x 57 inches tall. (These dimensions may vary up to one inch.) Make sure that adequate space is available for access to passage around and emergency dismount from the **AVARI® Programmable Magnetic Elliptical.** A minimum of 20 inches on at least one side and 20 inches either behind or in front of the **AVARI® Programmable Magnetic Elliptical** is required for safe operation.

LEVELING: Turn the dials in the **ADJUSTABLE ENDCAPS(81)** which are attached to the **REAR STABILIZER(2)** so that the **AVARI® Programmable Magnetic Elliptical** sits on the floor without rocking.

MOVING: The **AVARI® Programmable Magnetic Elliptical** has a pair of wheels built into the **LEFT** and **RIGHT ENDCAPS(103, 104)** at the front. Grasp the **STATIONARY HANDLEBAR(11)** and tip the **AVARI® Programmable Magnetic Elliptical** forward to move.
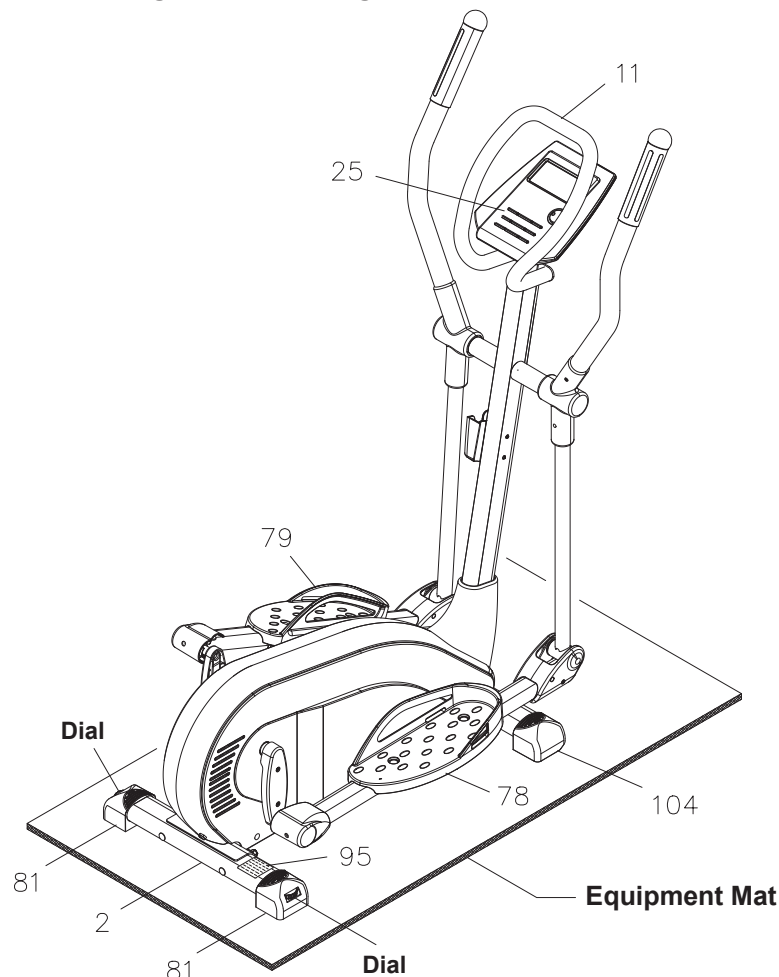
FUNCTION INSPECTION:

Visually inspect the **AVARI® Programmable Magnetic Elliptical** to verify that assembly is as shown in the above illustration. Check the function of the **AVARI® Programmable Magnetic Elliptical,** stand on the **PEDAL CAPS(78, 79)** and place your hands at a comfortable position on the **HANDLEBARS(9, 10).** Slowly move the crank through one complete revolution to verify that the drive train functions properly. Use the **UP/DOWN** dial and **ENTER** button on the **COMPUTER(25)** to select a program and verify that the Magnetic System provides different tensions. Refer to the COMPUTER INSTRUCTIONS on pages 16 to 24.

CAUTION: Locate and read the **WARNING LABEL(95)** on the **AVARI® Programmable Magnetic Elliptical.** Make sure that all users read the **WARNING LABEL(95)** before using the product.
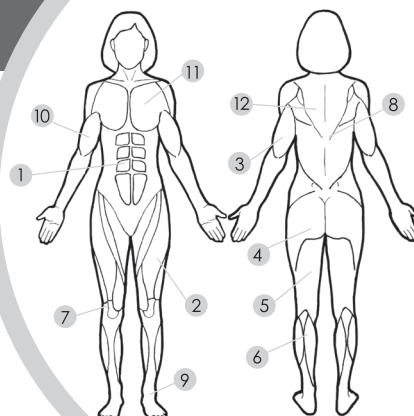
AVARI® Programmable Magnetic Elliptical

WORKS THESE MUSCLE GROUPS

1. Abdominals
2. Quadriceps
3. Triceps
4. Gluteals
5. Hamstring
6. Calf
7. Knee
8. Erector Spinae
9. Ankles
10. Biceps
11. Chest
12. Back

Getting the most out of your Avari® Elliptical Trainer Workout

Elliptical trainers offer the benefit of a low-impact workout, while exercising both your upper and lower body. The elliptical is a cross between a treadmill and a cross country ski machine, but instead of your feet sliding back and forth like they would on skis, the shape of the elliptical movement mimics the natural path of the ankle, knee, and hip joints during walking, jogging or running. Since your feet never leave the pedals, your feet don't strike the ground so there is less stress and strain on your joints. It is like walking or running in midair. In comparison, when you walk or run, every step causes a jolt to your body that affects not only the joints in your legs, but also your lower back.

> Before exercising, consult a physician.
> Warm up properly before starting any routine.
> Cool down completely before ending a workout.

## Before you start your elliptical trainer workout

FAMILIARIZE YOURSELF WITH THE INTOUCH® FITNESS MONITOR.

This monitor has extra features that will help you track your progress to keep you motivated. Complete monitor instructions are on pages 16-24.

ADJUST THE PEDALS

Adjust the pedals by loosening the two locking knobs under each pedal, sliding the pedal forward or back, and then re-tightening the knobs. In proper position, you should be standing up tall with feet on the pedals, grasping the handlebars. The pedals can be positioned forward (closer) to the moving handlebars for those with a shorter reach, or back (further away from) the handlebars for those with a longer reach.
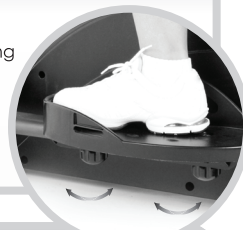
STAND AND STRIDE ACTIVELY

Stand and stride actively. Look forward with your head up and balanced. You should be standing up tall with feet on the pedals, grasping the handlebars.

CLIMBING ON AND OFF

Be careful when climbing on and off the elliptical trainer. Always grab the stationary handlebar for balance, and step on or off the pedals. The pedals will move when you put your weight on them, so it's best to have the pedal you step on first/step off last in the lowest position.

The Workout

With an elliptical trainer, you work your quadriceps, hamstrings, glutes, chest, back, triceps, biceps and more. The obvious benefit from exercising more muscles is that you tone more of your body while you burn more calories and fat--in less time. To get the full benefit of the dual action workout, it is important that you distribute the resistance between your upper and lower body. Many people who exercise on an elliptical trainer place most of the resistance on their lower body and only go through the motions with the upper handlebars.
• Wear appropriate footwear.
• Begin pedaling slowly with little or no resistance.
• Increase resistance gradually. You can simulate going up hills by increasing the resistance. Similarly, you can remove all resistance to sprint.
• Once you begin the pedal momentum, simply keep pedaling while the elliptical trainer automatically records your workout stats.
• Using the moving handlebars will give you a full-body workout, but it also takes some of the emphasis away from your lower body.
• Increase or decrease your resistance at any point, and feel free to switch between forward and backward pedaling (if your balance allows) throughout your workout.
• The elliptical trainer's stationary handlebar is there help you keep your balance when working lower body only.
• To get a better workout on your trunk and legs, drop your hands to your sides. This will demand more work on your core muscles as you strive to maintain balance while pedaling.
• As a beginner, you should be able to do 15 to 20 minutes at the lower settings. After just a few sessions using the elliptical trainer, you'll have the confidence and motivation to start increasing the intensity of your workout.
• Always cool down and stretch following your elliptical session.

PEDAL CAP ADJUSTMENT

The position of the **PEDAL CAPS(78, 79)** can be adjusted by loosening the **LOCKING KNOBS(77)** and adjust the **PEDAL CAPS(78, 79)** to the front or back. Securely tighten the **LOCKING KNOBS(77)** after adjustment. Always set the **PEDAL CAPS(78, 79)** at the same position on both sides.

Start with the center position and adjust if necessary. Use the back position if users are taller than average. Use the front position if users are shorter than average. Find the position which is most comfortable for your exercise.
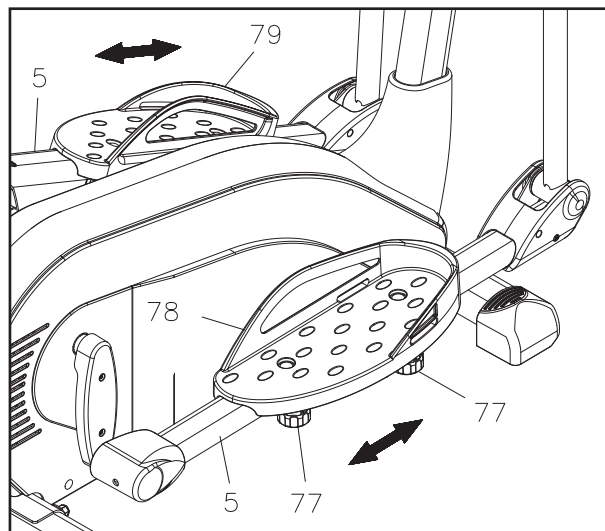
EXERCISE WORKOUT

To start using the **AVARI® Programmable Magnetic Elliptical** simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on 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.

Forward and Reverse
The **AVARI® Programmable Magnetic Elliptical** 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.

Load Level Adjustment
The load level of **AVARI® Programmable Magnetic Elliptical** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

15

COMPUTER INSTRUCTIONS

Your **AVARI® Programmable Magnetic Elliptical** utilizes a magnetic braking system to create resistance for your workout. You control the amount and pattern of this resistance by means of the advanced computer console mounted at the center of the Handrails. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.
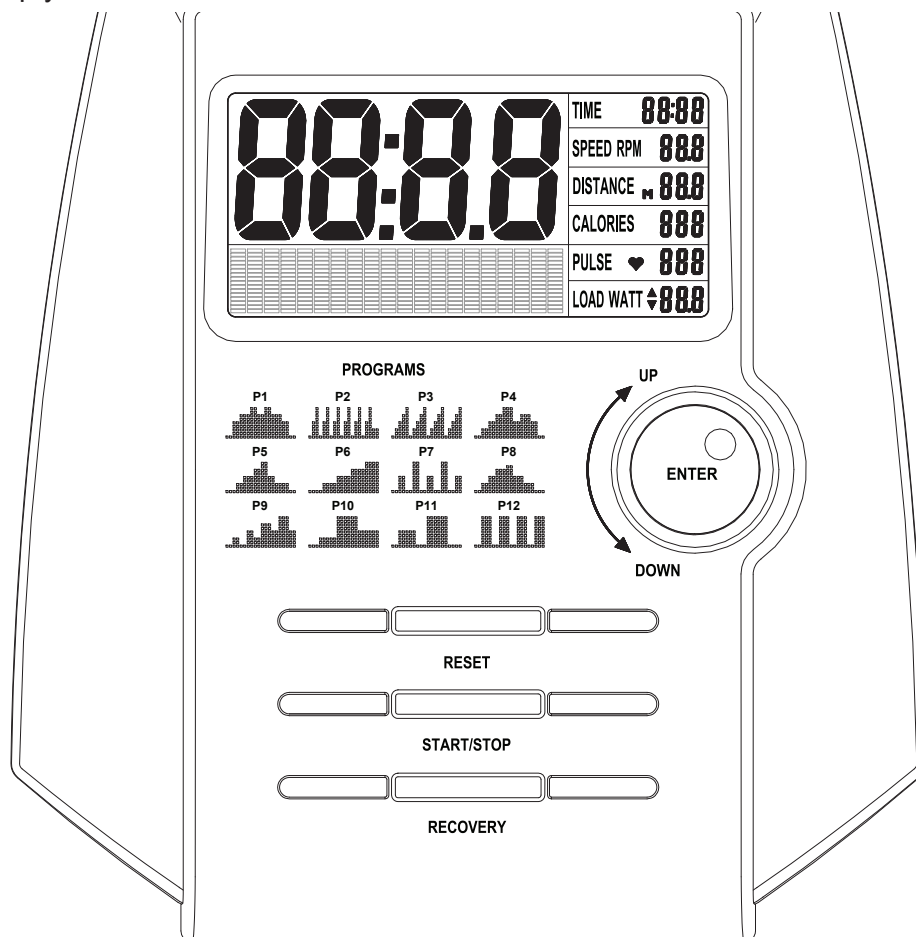
FUNCTION BUTTONS:

ENTER : Press to confirm the selected program and the values of the setting mode.
Press and release to select each function for display on Main Screen while running a program, including **TIME, SPEED, RPM, DISTANCE, CALORIES, PULSE,** and **WATT.**

UP/DOWN Turn the dial to select programs.
DIAL: Turn the dial to increase or decrease the function values of the setting mode.
Turn the dial to increase or decrease the level of the workload when running a program.

RESET: Press and release to reset all functions to zero when setting the target value.
When running a program, press the button and hold it down for two seconds to reset all functions to zero and skip to setting mode.

START/STOP: Press to start the selected program. Press the **START/STOP** button to stop the program. You can press the **START/STOP** button again to continue to run the current program, or use **UP/DOWN** dial to select a new program.

RECOVERY : Press to activate the pulse recovery function after training. There must be a **PULSE** readout on the screen, the pulse recovery function can be activated by pressing the button.

16

TIME 88:88
SPEED RPM 88.8
DISTANCE ₘ 88.8
CALORIES 888
PULSE ♥ 888
LOAD WATT ⬍88.8
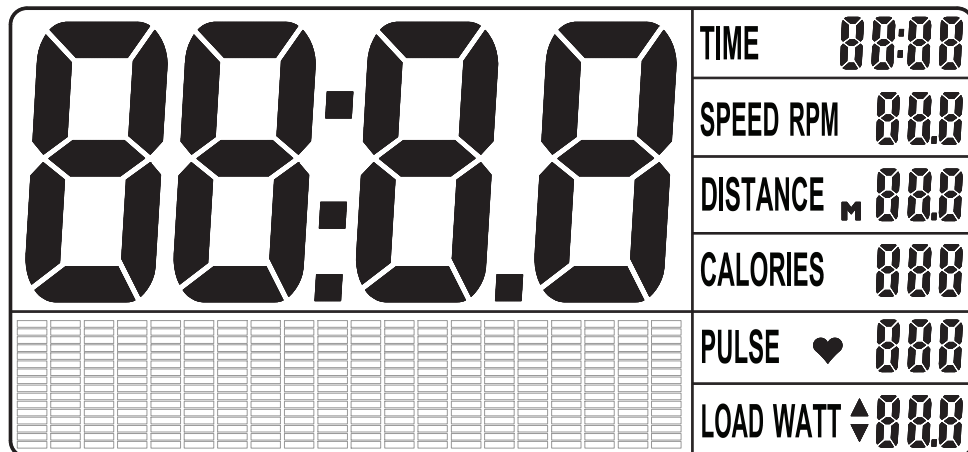
LCD DISPLAY INSTRUCTIONS

TIME 88:88

Displays flashing **"0:00"** for presetting the program time during setup, from 1:00 to 99:00, and counts down from the preset value.
If no value is preset, displays the time during exercise, from 1 second up to 99:59 minutes.

SPEED RPM 88.8

Displays the current speed from zero to 99.9 miles per hour.
Displays the rotations per minute (RPM) of the crank from zero to 999 RPM.
NOTE: The **SPEED** and **RPM** display will switch every 6 seconds while exercising.

DISTANCE ₘ 88.8

Displays flashing **"0:0"** for presetting the function value during setup, from 0.1 to 99.9 miles, and counts down from the preset value.
If no value is preset, displays distance up to 99.9 miles in increments of 0.1 miles.

CALORIES 888

Displays flashing **"0"** for presetting the calories consumption during setup, from 0 to 990 cal, and counts down from the preset value.
If no value is preset, displays the calorie consumption, from zero to 999 cal.
NOTE: The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

PULSE ♥ 888

Displays flashing **"0"** for presetting the **LIMIT HEART RATE** value during setup, from 30 to 230.
Displays the pulse rate, from 30 to 230 beats per minute during exercise.
NOTE: To display **PULSE**, grasp the Pulse Sensors on the Handlebars, one in each hand. The heart symbol " ♥ " will begin blinking when the computer senses your pulse. Your pulse will be displayed approximately five (5) seconds after the heart symbol is displayed. If the heart symbol does not appear, relax your grip or change your grip on the pulse sensors.
When the **LIMIT HEART RATE** is preset, if your pulse is equal to or greater than the **LIMIT HEART RATE** during workout, the computer will remind you with an audible alarm. **Please note that this is a warning for you to slow down or lower the level of resistance.**

LOAD WATT ⬍88.8

Displays flashing **"1"** for adjusting the level of the workload of the selected program during setup, from 1 to 16.
When running a program, displays the level of the workload when you turn the **UP/DOWN** dial to adjust the workload, from 1 to 16.
Displays the amount of power being exerted from 0 to 999 watt during exercise.

17

PROGRAM DESCRIPTIONS

This computer contains 19 different programs. You can preset the program time and the computer will divide the time into 20 intervals. If you do not set the program time in advance, the computer will use the preset distance 0.1 mile for each interval to run the program.

(MAN.) MANUAL
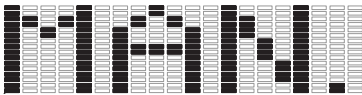
MANUAL PROGRAM: Program **"MAN."** is a manual program allowing the user to have full manual control of the workload. Turn the **UP/DOWN** dial to increase or decrease the load.

(PROG) PRESET PROGRAMS
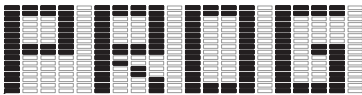
PRESET PROGRAMS: Program **"PROG"** is a group of preset automatic programs, P01 to P12. The profiles are shown on the face of the computer. Turn the **UP/DOWN** dial to increase or decrease the load level of the program.

(P01)
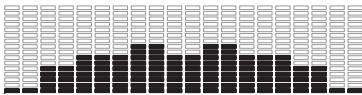
(P02)
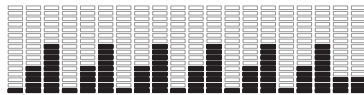
(P03)
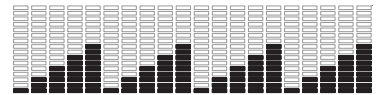
(P04)
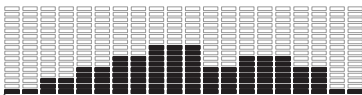
(P05)
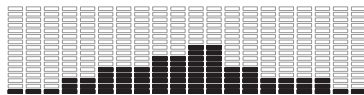
(P06)
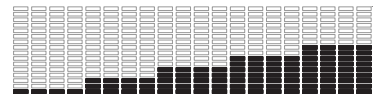
(P07)
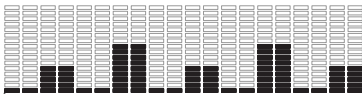
(P08)
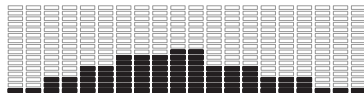
(P09)
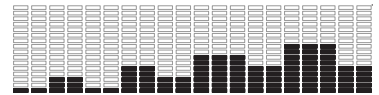
(P10)
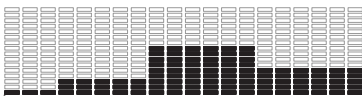
(P11)

(P12)
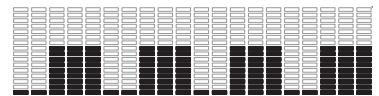
(USER) USER SETTING
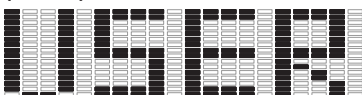
USER SETTING PROGRAM: Program **"USER"** is an automatic program that allows the user to manually preset each of the 20 intervals. Under stop mode, use the **UP/DOWN** dial and **ENTER** button to edit the program profile. The program profile will be stored in the memory after setup. You can modify the profile anytime under the stop mode. **NOTE: The changes can be stored only under stop mode.**

When running a program, you still can use the **UP/DOWN** dial to increase or decrease the load level of the program. These changes will not be stored in memory.

18

COMPUTER INSTRUCTIONS

(H.R.C.) HEART RATE CONTROL

HEART RATE CONTROL PROGRAMS: There are four preset automatic heart programs, 55%, 75%, 90%, and TAG (Target Heart Rate). You must always hold the Pulse Sensors on the Handlebar with both hands when using the heart programs. You must input your age for determining your Maximum Heart Rate.
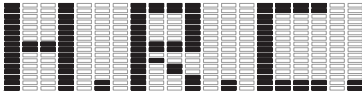
Heart Rate Control Program
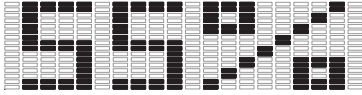
NOTE: Display 55%, 75%, and 90% for option.

Heart Rate Control Program: The program allows you to select the percentage of your Maximum Heart Rate you desire, 55%, 75%, and 90%. The computer will calculate the Target Heart Rate for the workout based on the age and percentage of Maximum Heart Rate that you input.

Target Heart Rate (P14)

Target Heart Rate Program: This program allows you to input the Target Heart Rate you desire, from 30 to 230.

The program will monitor your pulse and adjust the workload automatically to keep your pulse within the zone which is plus & minus 5 Heart Beats from the target heart rate based on the program that you selected.

For example:
If your age is 30 : The maximum heart rate is 190.
If you select the Heart Rate Control Program (P15) and preset 60% of maximum heart rate: 190 x .60=114.
Heart rate zone: plus & minus 5 of 114 is 109 to 119.
The program will monitor your pulse and adjust the workload automatically to keep your pulse within the heart rate zone (109 to 119) during your workout.

NOTE: *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.*

TAEGET H.R. ZONE

AGE	Max. 95%	85%	75%	60%	50%
20	200 / 190	170	150	120	100
25	195 / 185	166	146	117	98
30	190 / 181	162	143	114	95
35	185 / 176	157	139	111	93
40	180 / 171	153	135	108	90
45	175 / 166	149	131	105	88
50	170 / 162	145	128	102	85
55	165 / 157	140	124	99	83
60	160 / 152	136	120	96	80
65	155 / 147	132	116	93	78

Max. 95% / 85% / 75% / 60% / 50%

BEATS / MINUTE

AGE
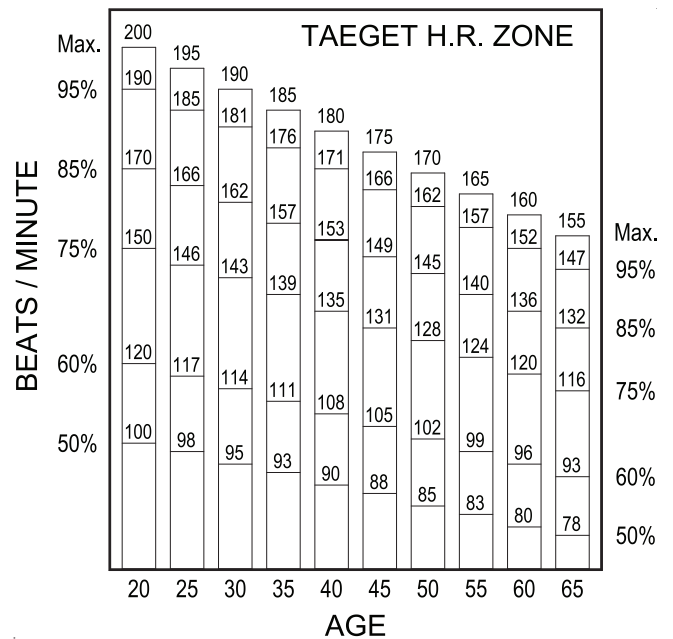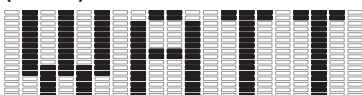
(WATT) TARGET WATT

Target Watt Control Program: The program allows you to input a target workload in WATT. During your workout, the program will monitor your pedaling speed and adjust the workload automatically to keep your workload, in WATT, as close as possible to the preset target WATT.

COMPUTER OPERATION DESCRIPTIONS

DATE / CLOCK SET UP (Only can be done right after the unit is powered on by the ADAPTER(98)).

The computer uses the **ADAPTER(98)** as a power source. The date and clock must be reset anytime when you plug the **ADAPTER(98)** into an electrical outlet to power on the **AVARI® Programmable Magnetic Elliptical.**

Once power is on, the computer will then display all items on the screen and a "beep" will sound for two seconds. The Date/Clock setting display will be blinking as shown in illustration A. Use **UP/DOWN** dial and **ENTER** button to set the date and clock.

NOTE: 1. After power is on and in the Date/Clock setting mode, you can press the **RESET** button and hold it down for two seconds to skip to program setting mode directly.

2. After power is on and in the Date/Clock setting mode, the computer will turn off the screen automatically after 30 seconds of inactivity. You can press any button to skip to the program setting mode.
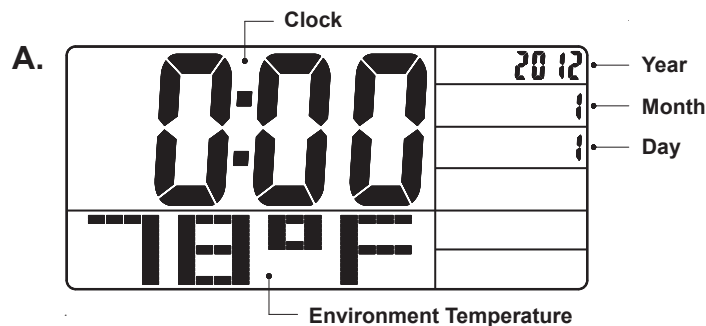
OPERATION INSTRUCTIONS

A. MANUAL PROGRAM (Program "MAN.")

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
The program **"MAN."** (Manual Program) is always displayed first when you power on the computer. If necessary, use the **UP/DOWN** dial and **ENTER** button to select the Manual Program and the computer will skip to setting mode for presetting the function values.

NOTE: After using the **UP/DOWN** dial and **ENTER** button to select the desired program, you can press the **START/STOP** button to run the program directly without presetting any function values.

STEP 3: SET THE PROGRAM LOAD, TIME, DISTANCE, CALORIES, and **LIMIT HEART RATE**
After pressing the **ENTER** button, the computer will go through the input items as follows and allow you to set the function values. Use the **UP/DOWN** dial and **ENTER** button to input the values. Or press the **ENTER** button to pass some of the inputs.

Load (1 to 16) ⟶ Time (1:00 to 99:00) ⟶ Distance (0.1 to 99.9 mile) ⟶ Calories (10 to 990 cal) ⟶ Limit Heart Rate (30 to 230)

NOTE: When the **LIMIT HEART RATE** is preset, if your pulse is equal to or greater than the **LIMIT HEART RATE** during workout, the computer will remind you with an audible alarm. **Please note that this is a warning for you to slow down or lower the level of resistance.**

STEP 4 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START / STOP** button.

OPERATION INSTRUCTIONS

B. PRESET PROGRAMS (Program P01 to P12)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Use the **UP/DOWN** dial and **ENTER** button to select the program **"PROG"** (Preset Programs). After pressing the **ENTER** button, then you can select the desired preset program, P01 to P12, and the computer will skip to setting mode for presetting the function values.
NOTE: After using the **UP/DOWN** dial and **ENTER** button to select the desired program, you can press the **START/STOP** button to run the program directly without presetting any function values.

STEP 3: SET THE PROGRAM LOAD, TIME, DISTANCE, CALORIES, and **LIMIT HEART RATE**
After pressing the **ENTER** button to select the desired program. The computer will go through the input items as follows and allow you to set the function values. Use the **UP/DOWN** dial and **ENTER** button to input the values. Or press the **ENTER** button to pass some of the inputs.

Load (1 to 8) ⟶ Time (1:00 to 99:00) ⟶ Distance (0.1 to 99.9 mile) ⟶ Calories (10 to 990 cal) ⟶ Limit Heart Rate (30 to 230)

NOTE: When the **LIMIT HEART RATE** is preset, if your pulse is equal to or greater than the **LIMIT HEART RATE** during workout, the computer will remind you with an audible alarm. **Please note that this is a warning for you to slow down or lower the level of resistance.**

STEP 4 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START/STOP** button.

C. USER SETTING PROGRAM (Program "USER")

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Use the **UP/DOWN** dial and **ENTER** button to select the program **"USER"** (USER Program).

STEP 3 : EDIT THE PROGRAM PROFILE
After pressing the **ENTER** button, interval 1 will begin flashing. Use the **UP/DOWN** dial and **ENTER** button to set the load for interval 1. Press the **ENTER** button to proceed to the next interval. Use the **UP/DOWN** dial and **ENTER** button to set the load for each interval. When all the intervals are settled, press the **ENTER** button and hold it down for two seconds to skip to setting mode for presetting the function values.

STEP 4: SET THE PROGRAM TIME, DISTANCE, CALORIES, and **LIMIT HEART RATE**
After pressing the **ENTER** button, the computer will go through the input items as follows and allow you to set the function values. Use the **UP/DOWN** dial and **ENTER** button to input the values. Or press the **ENTER** button to pass some of the inputs.

Time (1:00 to 99:00) ⟶ Distance (0.1 to 99.9 mile) ⟶ Calories (10 to 990 cal) ⟶ Limit Heart Rate (30 to 230)

NOTE: When the **LIMIT HEART RATE** is preset, if your pulse is equal to or greater than the **LIMIT HEART RATE** during workout, the computer will remind you with an audible alarm. **Please note that this is a warning for you to slow down or lower the level of resistance.**

STEP 4 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START/STOP** button.

21

D. HEART RATE CONTROL PROGRAMS (Program H.R.C.)

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Use the **UP/DOWN** dial and **ENTER** button to select the program **"H.R.C."** (Heart Rate Control Programs). After pressing the **ENTER** button, input your age, from 1 to 99 (if your age was previously entered, the computer will display a flashing age). Then you can select one of the Heart Rate Control Programs, 55%, 75%, 90%, and TAG (TARGET HEART RATE).

STEP 3: SET THE PROGRAM TIME, DISTANCE, CALORIES, and **TARGET HEART RATE**
When you select one of the percentage, 55%, 75%, or 90%, the computer will calculate the Target Heart Rate for the workout based on the age and percentage of Maximum Heart Rate that you input. And the computer will go through the input items as follows and allow you to set the function values. Use the **UP/DOWN** dial and **ENTER** button to input the values. Or press the **ENTER** button to pass some of the inputs.

Time (1:00 to 99:00) ⟶ Distance (0.1 to 99.9 mile) ⟶ Calories (10 to 990 cal)

When you select the TARGET HEART RATE program, "**TAG**", input the function value as following:

Target Heart Rate (30 to 230) ⟶ Time (1:00 to 99:00) ⟶ Distance (0.1 to 99.9 mile) ⟶ Calories (10 to 990 cal)

STEP 4 : START TO WORKOUT
Press the **START/STOP** button to start to workout. Always hold the Pulse Sensors on the Handlebars with both hands.

E. TARGET WATT CONTROL PROGRAM ("WATT")

STEP 1: POWER ON
Pedaling or press any button.

STEP 2 : SELECT PROGRAM
Use the **UP/DOWN** dial and **ENTER** button to select the program **"WATT"** (Target Watt Control Program).

STEP 3: SET THE PROGRAM WATT, TIME, DISTANCE, CALORIES, and **LIMIT HEART RATE**
After pressing the **ENTER** button, the computer will go through the input items as follows and allow you to set the function values. Use the **UP/DOWN** dial and **ENTER** button to input the values. Or press the **ENTER** button to pass some of the inputs.

Target Watt (10 to 350 watt) ⟶ Time (1:00 to 99:00) ⟶ Distance (0.1 to 99.9 mile)
⟶ Calories (10 to 990 cal) ⟶ Limit Heart Rate (30 to 230)

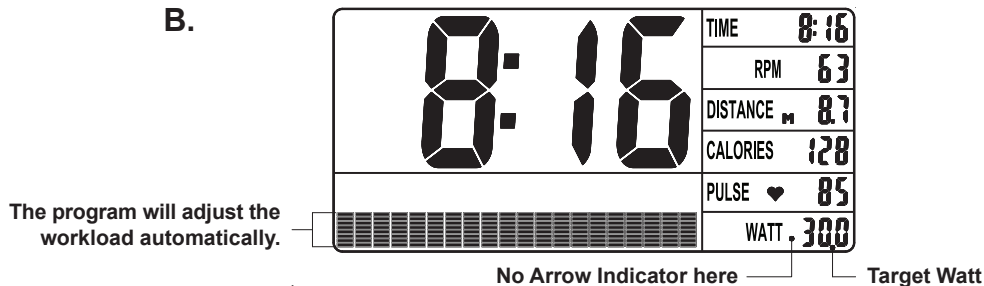**NOTE:** When the **LIMIT HEART RATE** is preset, if your pulse is equal to or greater than the **LIMIT HEART RATE** during workout, the computer will remind you with an audible alarm. **Please note that this is a warning for you to slow down or lower the level of resistance.**

STEP 4 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START/STOP** button.

COMPUTER INSTRUCTIONS

When running the Target Watt Control program, the program will monitor your pedaling speed and adjust the workload automatically to keep your workload as close as possible to the preset target WATT. For example, if the preset Target Watt is 300 and you pedal with proper speed, the display will be as shown in illustration B. There should be no Arrow Indicator appearing on the display.

B.

The program will adjust the workload automatically.

No Arrow Indicator here — Target Watt

TIME	8:16
RPM	63
DISTANCE ᴍ	8.7
CALORIES	128
PULSE ♥	85
WATT	300

If the Arrow Indicator appears as follows, it means your pedaling speed is too low. Please pedal faster.

WATT ▼ 300 — Pedaling speed is too low almost out of the range that the program can adjust the workload for you. Please pedal faster.

WATT ▼ - - - — Pedaling speed is too low and out of the range that the program can adjust the workload for you, and the computer will remind you with an audible alarm. Please pedal faster.

If the Arrow Indicator appears as follows, it means your pedaling speed is too fast. Please pedal slower.

WATT ▲ 300 — Pedaling speed is too fast almost out of the range that the program can adjust the workload for you. Please pedal slower.

WATT ▲ - - - — Pedaling speed is too fast and out of the range that the program can adjust the workload for you, and the computer will remind you with an audible alarm. Please pedal slower.

OPERATION DESCRIPTIONS

1. When running a program, the main screen automatically scans **TIME, SPEED, RPM, DISTANCE, CALORIES, PULSE,** and **WATT** in sequence with a change every six seconds. You can press the **ENTER** button to select each function for display on the Main Screen, but the **SCAN** function will stop, too. Quick press the **START/STOP** button twice to activate the **SCAN** function again.
2. You may preset values for several functions. The preset function values will start to count down once you press the **START/STOP** button to start exercising. Preset values will only count down, they will not count up. When you complete one of the preset functions, the computer will remind you with an audible alarm for eight seconds and stops running the program. Press any button to stop the audible alarm. Two possible options follow: Option A: press the **START/STOP** button to continue to run the current program. The value of this completed function will count down from its preset value again, while the other preset functions will continue to count down until you reach the next preset function. Option B: use the **UP/DOWN** dial and **ENTER** button to reset the function values or to select a new program.
3. To stop a running program, press the **START/STOP** button. In this mode, you can press the **START/STOP** button again to continue to run the current program. If you want to restart with a new program, press and hold the **RESET** button down for two seconds to reset all of the function values to zero. Use the **UP/DOWN** dial and **ENTER** button to select a new program.
4. The computer will shut off automatically after 4 minutes of inactivity and all function values will be kept. Press and hold the **RESET** button down for two seconds to reset all of the function values to zero.
5. When running a program without presetting the program time, the program will stop running the program after 4 seconds of inactivity. However, the **TIME** will continue to count up for four minutes, then shut off the computer automatically. You can restart the program by pedaling within these 4 minutes. When running a program and presetting the program time, if you stop pedaling, the program will continue to run for 4 minutes, then shut off the computer automatically. You can restart the program by pedaling within these 4 minutes.

PULSE RECOVERY FUNCTION

The **PULSE RECOVERY** function measures how quickly you return to a resting heart rate after exercising. You can use this function to measure improvement as you get into shape. The computer will monitor your heart rate for 60 seconds and calculate a Pulse Recovery value from F1 to F6.

F1.0 = Excellent	**F2.0 = Good**	**F3.0 = Fair**
F4.0 = Below Average	**F5.0 = Not Good**	**F6.0 = Poor**

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 Handlebars, 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 C. **TIME** will count down from 0:60 and the heart symbol " ❤ " will be blinking. When the **TIME** reaches 0, the computer will show your pulse recovery condition from **F1.0** to **F6.0**. See illustration D. Press any button to exit the display.

NOTE: 1. When the **PULSE** readout is shown on the screen, you can press the **RECOVERY** button at any time to run pulse recovery program, even during your exercising and running other programs.
2. You can quit the pulse recovery function by pressing the **RECOVERY** button.
3. 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, F6.0 will displayed as the pulse recovery condition.

C.

Heat Symbol

Current
heart rate

D.
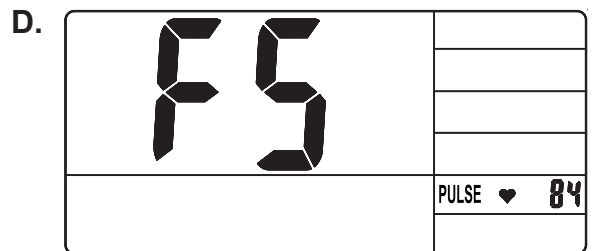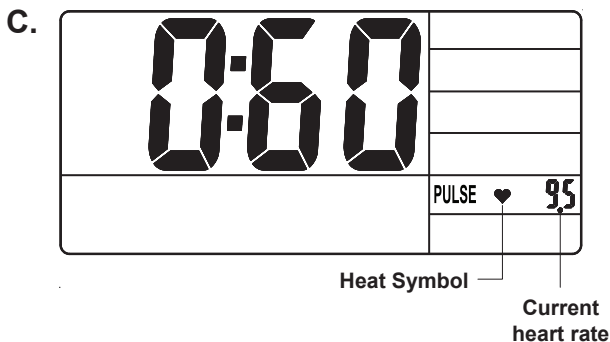
POWER SOURCE:

The **COMPUTER(25)** uses the **ADAPTER(98)** as a power source. Use the **AVARI® Programmable Magnetic Elliptical** with the **ADAPTER(98)** plugged into an electrical outlet.

STORAGE

1. To store the **AVARI® Programmable Magnetic Elliptical,** simply keep it in a clean dry place.
2. The minimum rest dimensions of the **AVARI® Programmable Magnetic Elliptical** are approximately 48 inches long x 25.4 inches wide x 60 inches tall. These dimensions may vary. Please measure your **AVARI® Programmable Magnetic Elliptical** if exact dimensions are needed.
3. Move the **AVARI® Programmable Magnetic Elliptical** with the moving wheels on the **FRONT STABILIZER(3).** Grasp the **STATIONARY HANDLEBAR(11)** on the **UPRIGHT(4),** tip the **AVARI® Programmable Magnetic Elliptical** forward and move slowly.

MAINTENANCE

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

1. Use the **UP/DOWN** dial and **ENTER** button on the **COMPUTER(25)** to select a program and verify that the **MAGNETIC UNIT(17)** provides different tensions. The **MAGNETIC UNIT(17)** should provide many years of use.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **WARNING LABEL(95)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(95)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **AVARI® Programmable Magnetic Elliptical** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **AVARI® Programmable Magnetic Elliptical.**
7. Keep your **AVARI® Programmable Magnetic Elliptical** clean by wiping it off 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 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.

wrist pulse
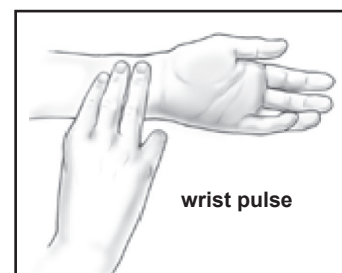
Target Heart Rate Zone Estimated by Age*

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 - Age = 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
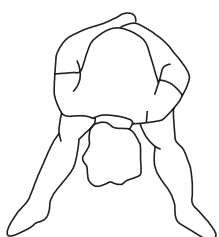
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.

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.
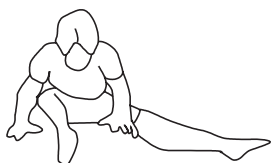
Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

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 to always 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.
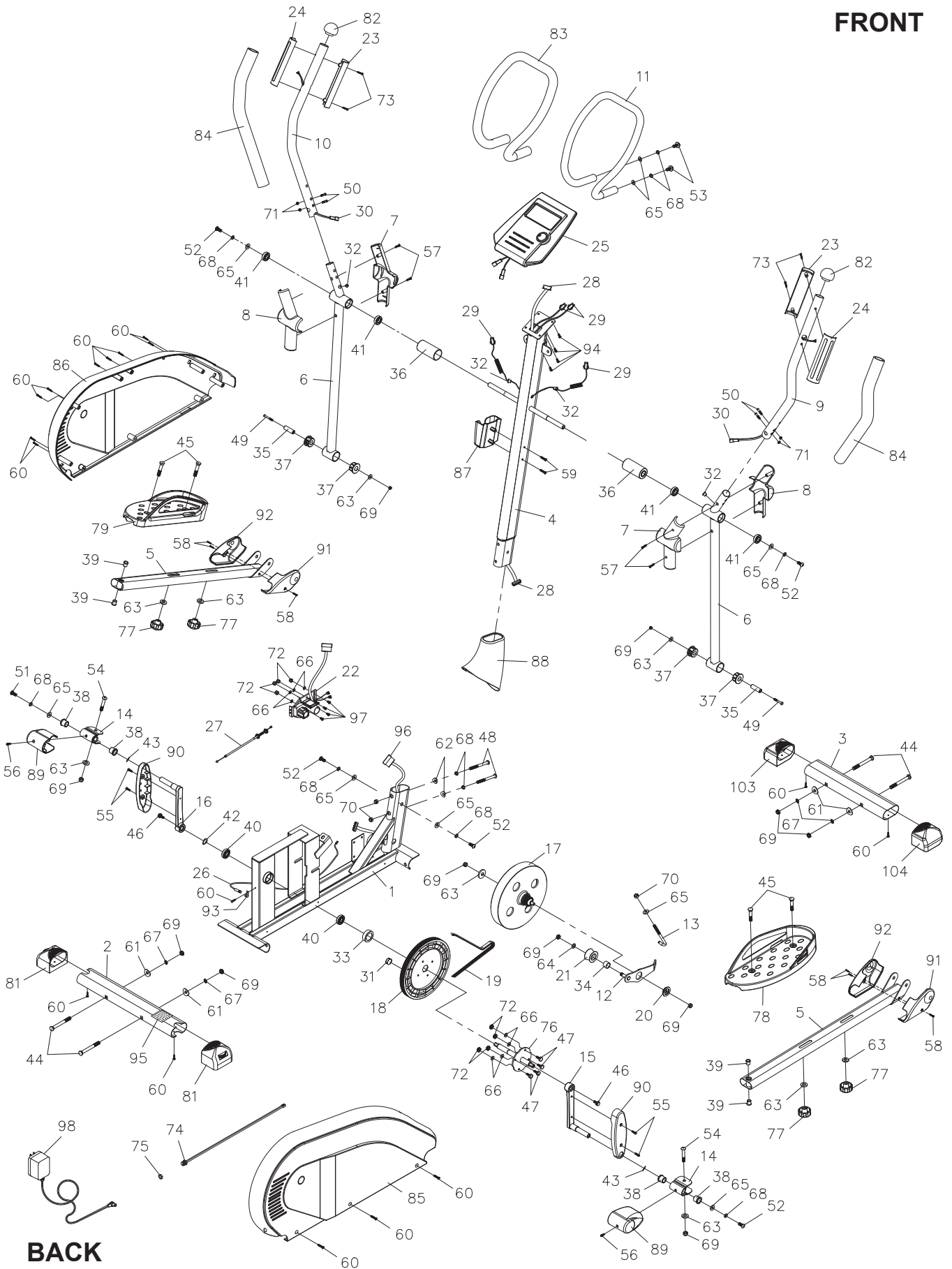
FRONT

BACK

PART#	PART NAME	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Upright	1
5	Pedal Arm	2
6	Pivoting Arm	2
7	Front Pivot Cover	2
8	Rear Pivot Cover	2
9	Right Handlebar	1
10	Left Handlebar	1
11	Stationary Handlebar	1
12	Idler Arm	1
13	Tension Adjustment Hook	1
14	Pedal Arm Connector	2
15	Right Crank	1
16	Left Crank	1
17	Magnetic Unit	1
18	Pulley	1
19	V-Ribbed Belt	1
20	Idler Arm Bushing	1
21	Idler Wheel	1
22	Control Motor	1
23	Pulse Sensor Cover	2
24	Pulse Sensor	2
25	Computer	1
26	Sensor Wire	1
27	Tension Cable	1
28	Extension Control Wire	1
29	Pulse Connection Wire	2
30	Pulse Sensor Wire	2
31	Magnet	1
32	Grommet Plug	4
33	Pulley Spacer	1
34	Idler Wheel Spacer	1
35	Shaft	2
36	Spacer	2
37	Low Pivoting Arm Bushing	4
38	Connector Bushing	4
39	Pedal Arm Bushing	4
40	Bearing (6003zz)	2
41	Bearing (6002zz)	4
42	C Ring (17mm)	1
43	Wave Washer	2
44	Carriage Bolt (M10 x 1.5 x 94mm)	4
45	Carriage Bolt (M10 x 1.5 x 50mm)	4
46	Flange Bolt (5/16 - 18 x 1")	2
47	Bolt, Hex Head (M6 x 1 x 18mm)	4
48	Bolt, Button Head (M8 x 1.25 x 88mm)	2
49	Bolt, Button Head (M10 x 1.5 x 76mm)	2
50	Bolt, Button Head (M8 x 1.25 x 36mm)	4
51	Bolt, Button Head (M8 x 1.25 x 20mm, Left Hand Threads)	1

29

PART#	PART NAME	QTY
52	Bolt, Button Head (M8 x 1.25 x 20mm)	5
53	Bolt, Button Head (M8 x 1.25 x 25mm)	2
54	Bolt, Button Head (M10 x 1.5 x 50mm)	2
55	Screw, Round Head (M5 x 0.8 x 16mm)	4
56	Screw, Small Round Head (M5 x 0.8 x 10mm)	2
57	Screw, Small Round Head (M4 x 35mm)	4
58	Screw, Small Round Head (M4 x 20mm)	6
59	Screw, Round Head (M4 x 30mm)	2
60	Screw, Round Head (M4 x 20mm)	17
61	Arc Washer (M10)	4
62	Arc Washer (M8)	2
63	Washer (M10)	9
64	Small Washer (M10 x ø14 x 2mm thick)	1
65	Washer (M8)	9
66	Washer (M6)	8
67	Lock Washer (M10)	4
68	Lock Washer (M8)	10
69	Nylock Nut (M10 x 1.5)	11
70	Nylock Nut (M8 x 1.25 x 8mm thick)	3
71	Thin Nylock Nut (M8 x 1.25 x 6.35mm thick)	4
72	Nylock Nut (M6 x 1)	8
73	Screw, Small Round Head (M3 x 12mm)	4
74	Power Wire	1
75	Plug Nut	1
76	Axle	1
77	Locking Knob	4
78	Right Pedal Cap	1
79	Left Pedal Cap	1
81	Adjustable Endcap	2
82	Dome Plug (ø50mm)	2
83	Stationary Handlebar Foam Tube	1
84	Handlebar Foam Tube	2
85	Right Cover	1
86	Left Cover	1
87	Tray	1
88	Upright Sleeve	1
89	Connector Cover	2
90	Crank Cover	2
91	Right Pedal Arm Cover	2
92	Left Pedal Arm Cover	2
93	Sensor Clip	1
94	Screw, Round Head (M5 x 0.8 x 10mm)	4
95	Warning Label	1
96	Control Wire	1
97	Bolt, Button Head (M6 x 1 x 15mm)	4
98	Adapter, Output 9V DC, 500mA	1
99	Allen Wrench (5mm)	1
100	Allen Wrench (6mm)	1
101	Socket Wrench	1
102	Manual	1
103	Left Endcap	1
104	Right Endcap	1

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **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 IMPROPER ASSEMBLY, 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 email us at **customerservice@staminaproducts.com,** 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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NOTES

32

NOTES

33

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@ staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

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

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

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

Would you like to recieve email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM

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

Model Number: ....

Serial Number: ....

Product Name: ....

Place Purchased: ....

Date of Purchase: ....

Purchase Price: ....

First Name: ....

Last Name: ....

City: .... State: .... Zip Code: ....

Email Address: .... Phone #: ( ) ....

Would you like to receive email information or special offers from Stamina Products?* ____Yes ____No   *If yes, be sure your email address is included above.

✂ — — — — — — — — — — — — **Detach and Mail or Fax the Form Above** — — — — — — — — — — ✂

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

✂ — — — — — — — — — — — — **Detach and Mail or Fax the Form Below** — — — — — — — — — — ✂

PARTS ORDER FORM

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 to process the order!

Phone #: ( ) .... Work Phone #: ( ) ....

Date of Purchase: ....

Model #: ....

Purchased From: ....

IMPORTANT : Before filling out the form below make sure you have the correct 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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