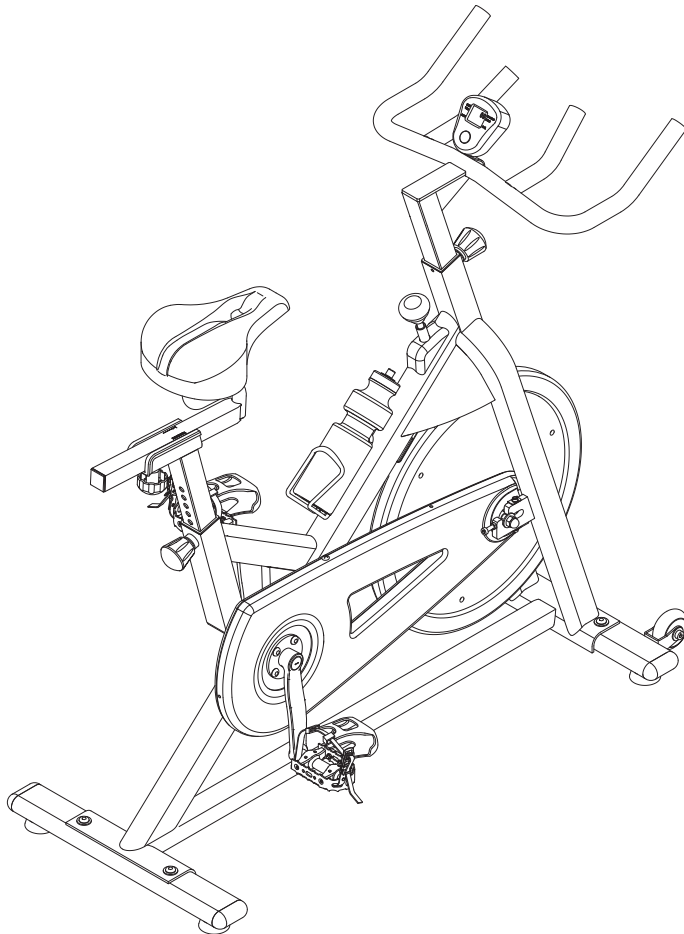


STAMINA[®]

CPS 9300

INDOOR CYCLE

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 300 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 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#: 15-9300

This Product is Produced Exclusively by



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

**STAMINA PRODUCTS
MADE IN CHINA**


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2010, 08


TABLE OF CONTENTS

Safety Instructions	2	Maintenance	14
Before You Begin	4	Conditioning Guidelines	16
Equipment Warning & Notice Labels	5	Warm-Up and Cool-Down	17
Hardware Identification Chart	6	Product Parts Drawing	18
Assembly Instructions	7	Parts List	19
Set Up Instructions	10	Warranty	21
Operational Instructions	11	Notes	22
Storage	14	Fax/Mail Ordering Form	23


SAFETY INSTRUCTIONS

 **WARNING:** This equipment is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.

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

 **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the CPS 9300 Indoor Cycle.

1. Read all warnings posted on the **CPS 9300 Indoor Cycle**.
2. The **CPS 9300 Indoor Cycle** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **CPS 9300 Indoor Cycle**. Do not allow children to use or play on the **CPS 9300 Indoor Cycle**. Keep children and pets away from the **CPS 9300 Indoor Cycle** when it is in use.
5. The **CPS 9300 Indoor Cycle** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. Make sure the **CPS 9300 Indoor Cycle** is properly assembled and that all nuts and bolts are tightened before use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **CPS 9300 Indoor Cycle** on a solid level surface. Do not position the **CPS 9300 Indoor Cycle** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **CPS 9300 Indoor Cycle**.
10. Adjust the STANDS(51) under the FRONT and REAR STABILIZERS(3, 4) so that the **CPS 9300 Indoor Cycle** sits on the floor without rocking. See page 9 for detailed leveling instructions.
11. Before using, inspect **CPS 9300 Indoor Cycle** for worn or loose components, and tighten or replace any worn or loose components prior to use.
12. Before getting on the **CPS 9300 Indoor Cycle**, always check the SEAT POST(5), SEAT SLIDER(6), PEDALS(16, 17), and HANDLEBAR(2) to be sure they are secure. The ADJUSTMENT KNOBS(48) must be inserted into one of the holes in the SEAT POST(5) and the HANDLEBAR(2) and tightened.
13. Each user should adjust the seat per instructions on page 10.
14. Do not attempt to adjust the seat while you are on the **CPS 9300 Indoor Cycle**.
15. 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.
16. Follow your physician's recommendations in developing your own personal fitness program.
17. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
18. Do not wear loose or dangling clothing while using the **CPS 9300 Indoor Cycle**.
19. 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.
20. Care should be taken in mounting or dismounting the **CPS 9300 Indoor Cycle**.
21. The **CPS 9300 Indoor Cycle** should not be used by persons weighing over 300 pounds.
22. The **CPS 9300 Indoor Cycle** should be used by only one person at a time.
23. The **CPS 9300 Indoor Cycle** 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
1 (800) 375-7520
www.staminaproducts.com

**THANK YOU FOR PURCHASING THE
CPS 9300 Indoor Cycle**

To help you get started, we have pre-assembled most of your CPS 9300 Indoor Cycle at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual.

With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

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

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

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



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



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE
CUSTOMER SERVICE
customerservice@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 **CPS 9300 Indoor Cycle**. 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 **CPS 9300 Indoor Cycle** 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.

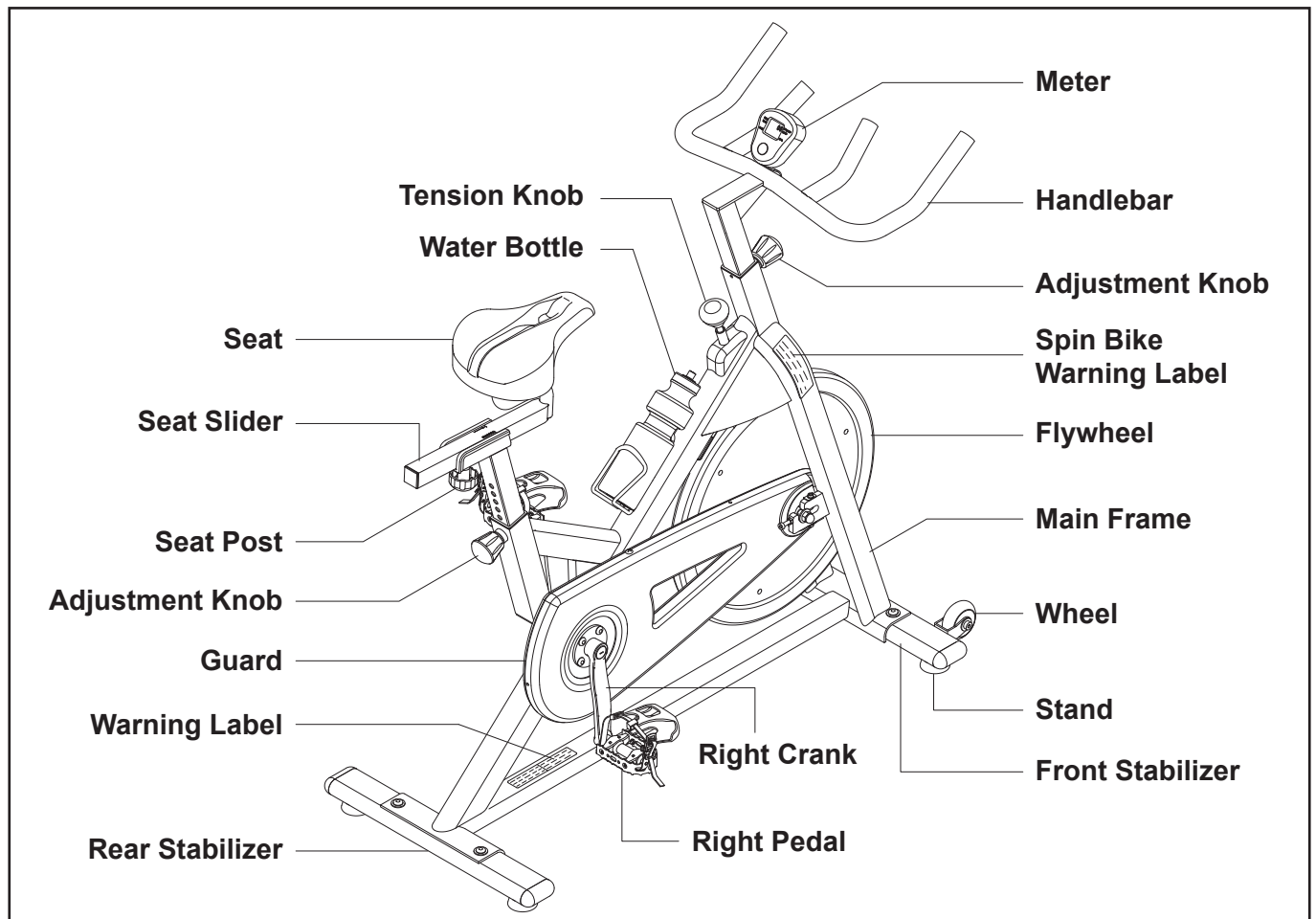
Read this manual carefully before using the **CPS 9300 Indoor Cycle**.

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 **CPS 9300 Indoor Cycle**, please do not return the product. Contact us **FIRST!**

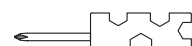
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com 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 REQUIRED FOR ASSEMBLY :



Wrench




Allen Wrench (5mm)

EQUIPMENT WARNING & NOTICE LABELS


This chart is provided to help identify the warning and notice labels on the **CPS 9300 Indoor Cycle**. Please take a moment to familiarize yourself with all of the warning and notice labels.

Labels are larger than actual size

W1 WARNING LABEL(70)

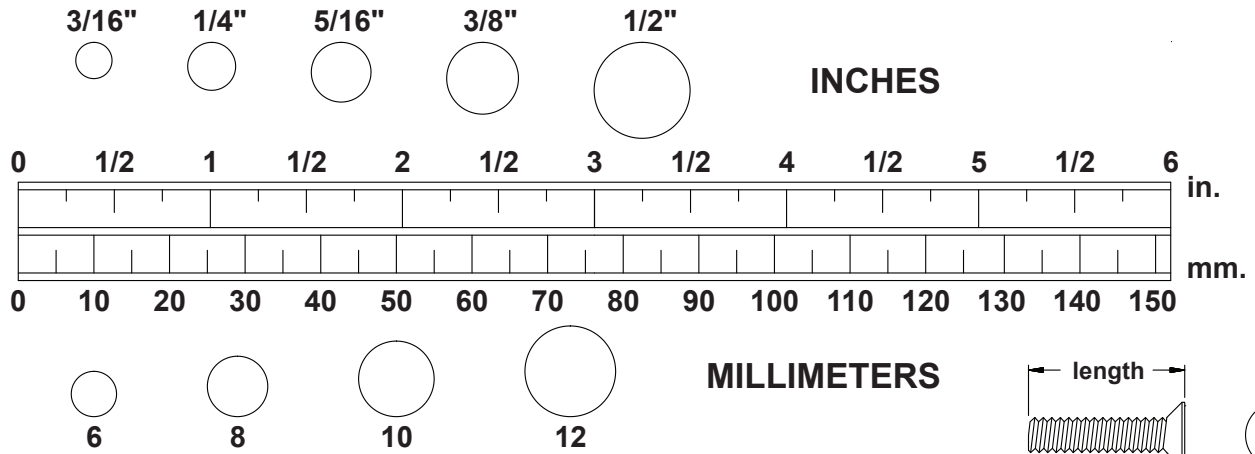
 WARNING	Keep others including children & pets away from equipment when in use.
THIS CLASS A STATIONARY EXERCISE BIKE IS FOR CONSUMER USE ONLY. Failure to comply with these warnings could result in serious injury or death. All warnings and instructions are to be read prior to use. Replace this warning label if damaged, illegible, or removed.	BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. This is especially important for persons over the age of thirty-five or with preexisting health problems. STAMINA® assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Make sure all nuts and bolts are tightened, and follow all safety tips and instructions set forth herein. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in the front of your manual. Spinning pedals can cause injury. This Bike does not freewheel. Pedal speed should be reduced in a controlled manner. The exercise bicycle should only be used after a thorough review of the operation manual.

W2 SPIN BIKE WARNING LABEL(71)

 WARNING	This bike does not freewheel. Pedal speed should be reduced in a controlled manner.
DO NOT ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS OR DISMOUNT THE UNIT UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED SPINNING. Failure to do so can result in serious bodily injury.	

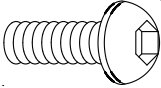
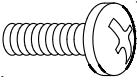
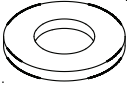

HARDWARE IDENTIFICATION CHART

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.



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

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

	Part Number and Description	Qty
	55 Bolt, Button Head (M8 x 1.25 x 15mm)	4
	60 Screw, Round Head (M5 x 0.8 x 10mm)	2
	69 Washer (M8)	4
	79 Arc Washer (M5)	2

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1-800-375-7520** or e-mail us at customerservice@staminaproducts.com.

STEP 1

Make the **WHEELS(49)** on the **FRONT STABILIZER(3)** face the front, then attach the **FRONT STABILIZER(3)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(55)** and **WASHERS(M8)(69)**.

STEP 2

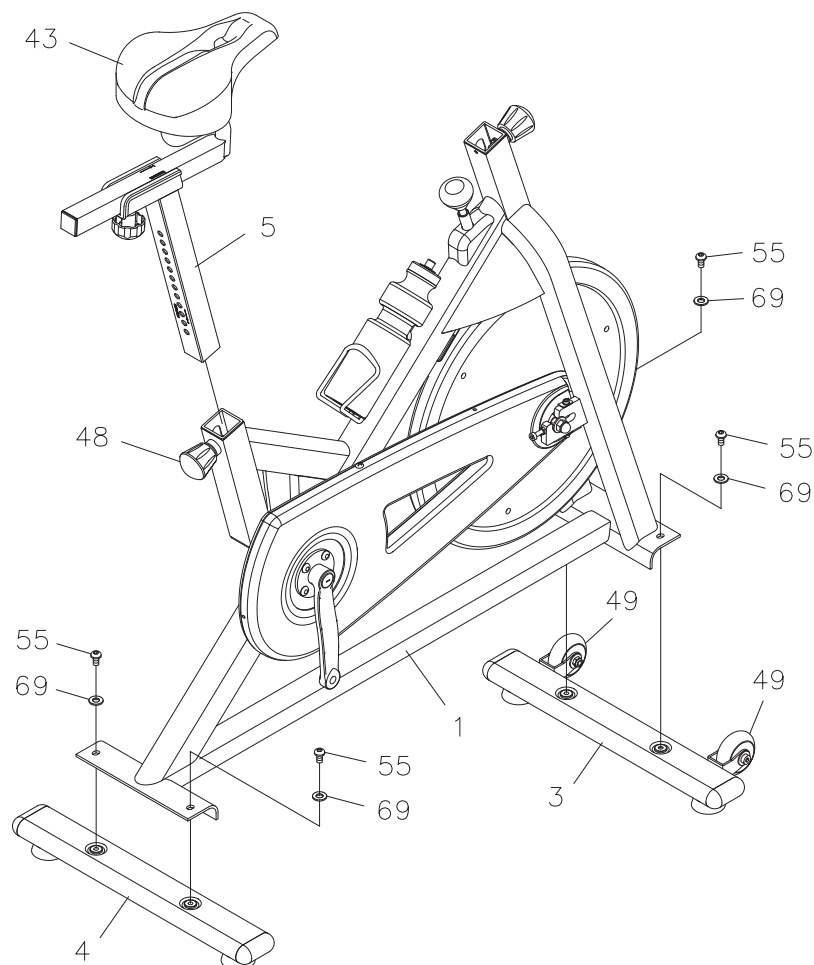
Attach the **REAR STABILIZER(4)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(55)** and **WASHERS(M8)(69)**.

NOTE: See page 10 for detailed leveling instructions to prevent rocking.

STEP 3

Pull the **ADJUSTMENT KNOB(48)**, then insert the **SEAT POST(5)** into the **MAIN FRAME(1)** and secure with the **ADJUSTMENT KNOB(48)**.

NOTE: The pin of the **ADJUSTMENT KNOB(48)** must be inserted into one of the adjustment holes in the **SEAT POST(5)** and the **ADJUSTMENT KNOB(48)** must be screwed in tight to ensure that the **SEAT POST(5)** will fit securely in the **MAIN FRAME(1)**.



ASSEMBLY INSTRUCTIONS

STEP 4

NOTE: The **RIGHT PEDAL(17)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(16)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(17)** into the **RIGHT CRANK(13)** as shown. Tighten the pedal securely. Do the same to attach the **LEFT PEDAL(16)** to the **LEFT CRANK(12)**.

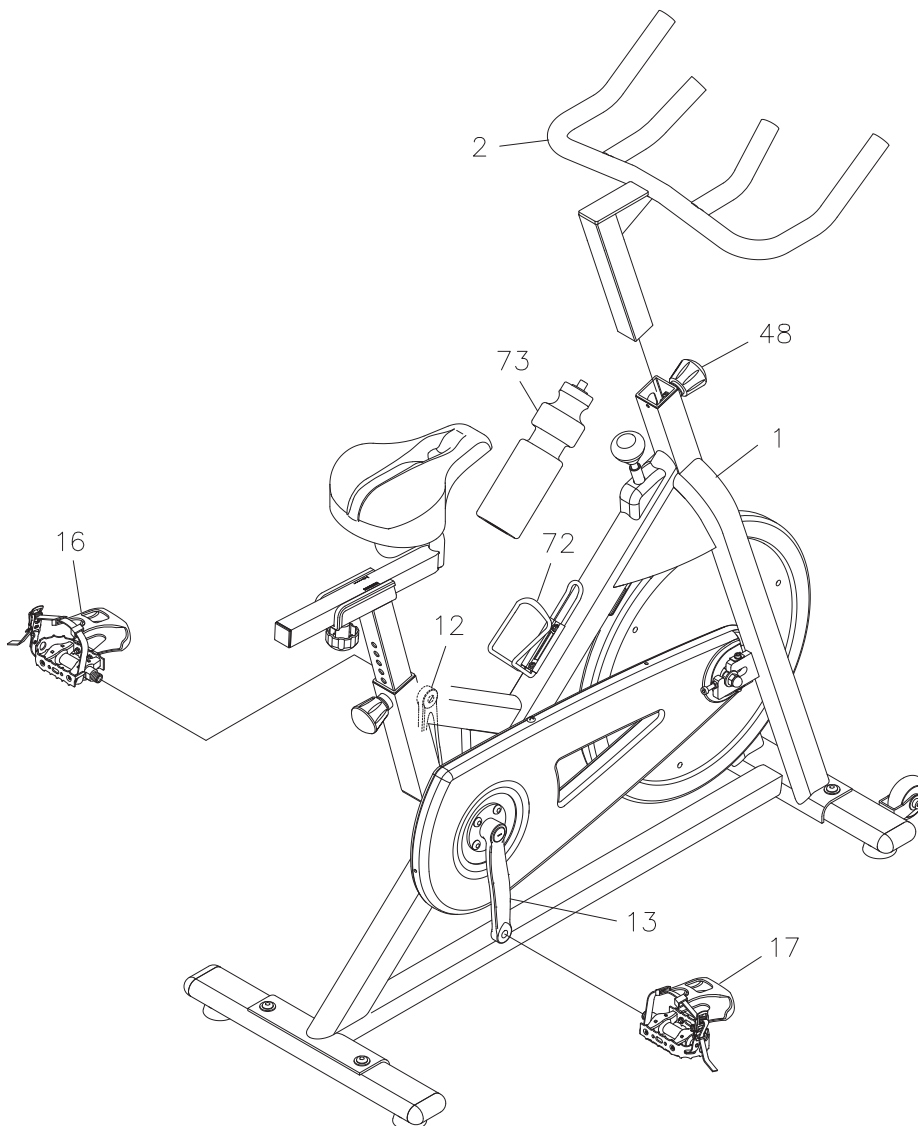
STEP 5

Pull the **ADJUSTMENT KNOB(48)**, then insert the **HANDLEBAR(2)** into the **MAIN FRAME(1)** and secure with the **ADJUSTMENT KNOB(48)**.

NOTE: The pin of the **ADJUSTMENT KNOB(48)** must be inserted into one of the adjustment holes in the **HANDLEBAR(2)**. and the **ADJUSTMENT KNOB(48)** must be screwed in tight to ensure that the **HANDLEBAR(2)** will fit securely in the **MAIN FRAME(1)**.

STEP 6

Place the **WATER BOTTLE(73)** in the **WATER BOTTLE HOLDER(72)**.



ASSEMBLY INSTRUCTIONS

STEP 7

Attach the **METER BRACKET(78)** to the **HANDLEBAR(2)** with **ROUND HEAD SCREWS(M5x0.8x10mm) (60)** and **ARC WASHER(M5)(79)**.

STEP 8

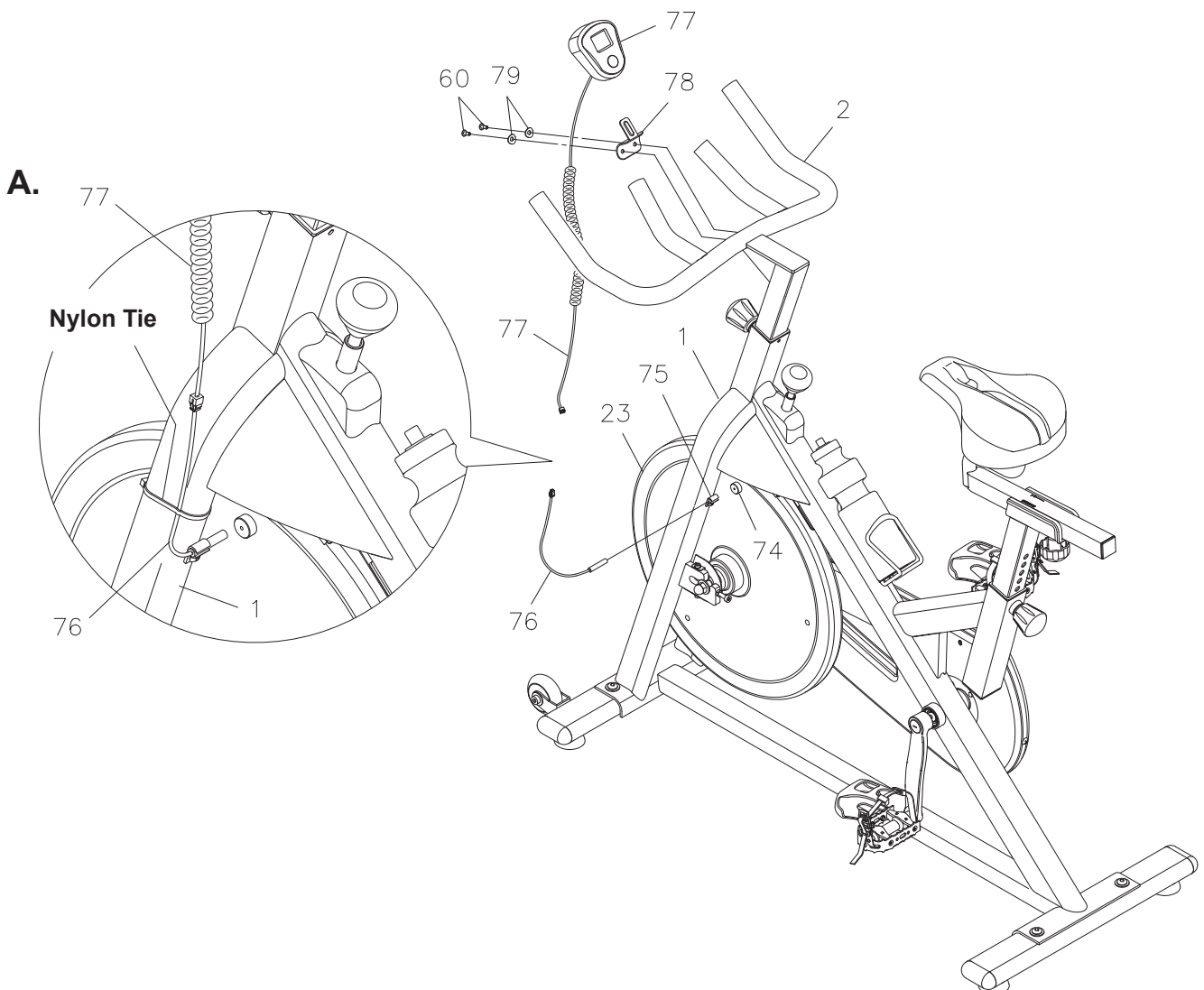
Install two AA batteries into the **METER(77)**, the batteries are not included. See page 13 for detailed battery installation instructions. Slide the **METER(77)** onto the **METER BRACKET(78)**.

STEP 9

Plug the **SENSOR WIRE(76)** into the connecting wire of the **METER(77)**. Insert the sensor on the end of the **SENSOR WIRE(76)** into the **SENSOR CLIP(75)**. Find the **MAGNET(74)** on the **FLYWHEEL(23)**, adjust the position of the sensor so the gap between the sensor and the **MAGNET(74)** is 1/4" to 1/2" (5mm to 10mm).

STEP 10

To avoid the sensor wires rub with the **FLYWHEEL(23)**. Refer to detail drawing A. Use the enclosed nylon tie to secure the sensor wires to the **MAIN FRAME(1)**.

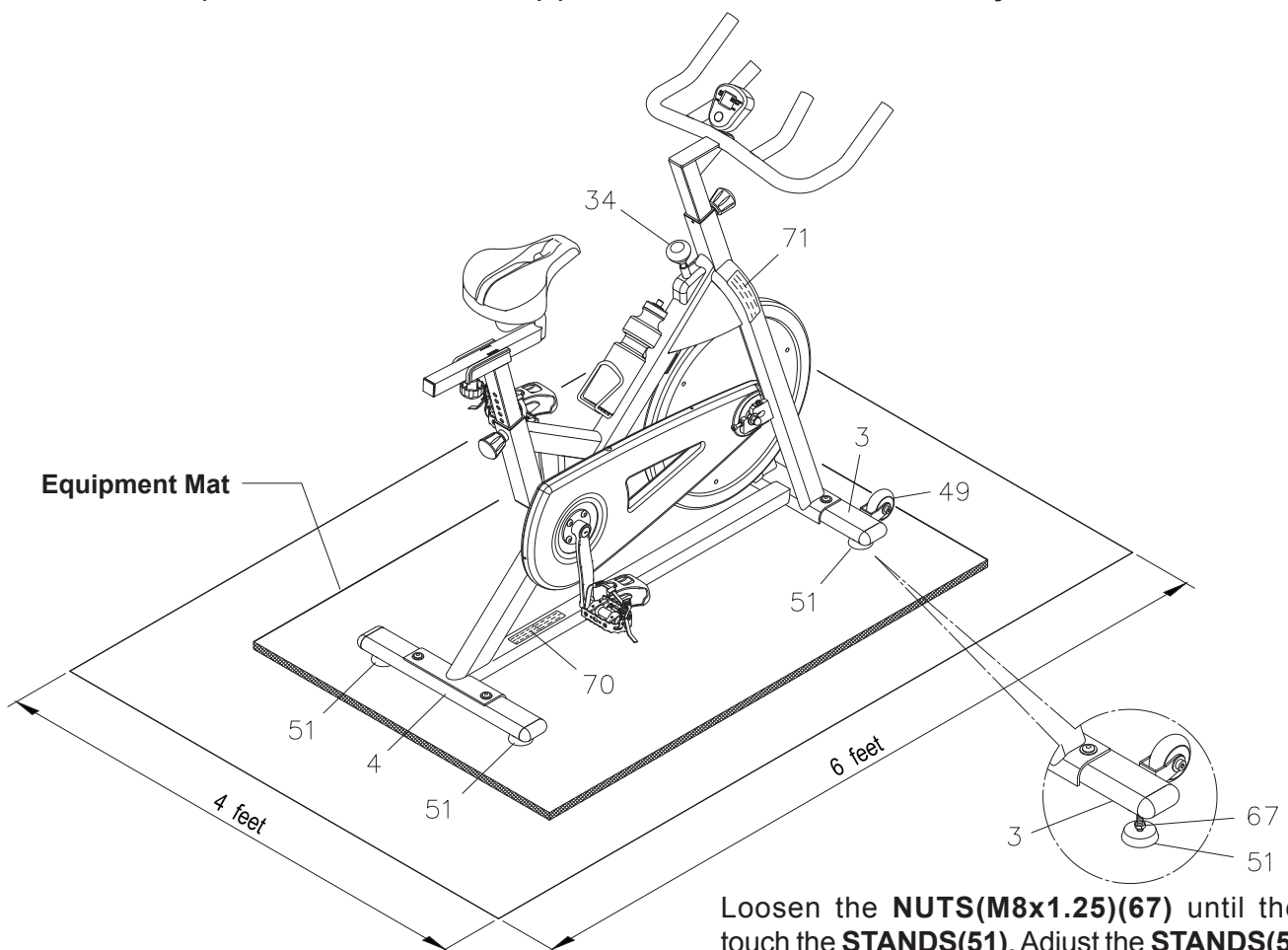


SET UP INSTRUCTIONS

Place the **CPS 9300 Indoor Cycle** in the area where it will be used. It is recommended that the **CPS 9300 Indoor Cycle** be placed on an equipment mat. The **CPS 9300 Indoor Cycle** is approximately 51 inches long (max.) x 18.4 inches wide x 43.6 inches tall (max.). An area 4 feet wide x 6 feet long is required for safe operation of the **CPS 9300 Indoor Cycle**. Make sure that adequate space is available for access to and passage around the **CPS 9300 Indoor Cycle**.

LEVELING: Adjust the **STANDS(51)** under the **FRONT** and **REAR STABILIZER(3, 4)** so that the **CPS 9300 Indoor Cycle** sits on the floor without rocking. Refer to the instructions below the illustration.

MOVING: The **CPS 9300 Indoor Cycle** has a pair of **WHEELS(49)** on the **FRONT STABILIZER(3)**. Lift up the **REAR STABILIZER(4)** to move the **CPS 9300 Indoor Cycle**.



Loosen the **NUTS(M8x1.25)(67)** until they touch the **STANDS(51)**. Adjust the **STANDS(51)** for leveling. Tighten the **NUTS(M8x1.25)(67)** securely against the **STABILIZERS(3, 4)** to lock the **STANDS(51)** in position.

FUNCTION INSPECTION:

Visually inspect the **CPS 9300 Indoor Cycle** to verify that assembly is as shown in the above illustration. Check the function of the **CPS 9300 Indoor Cycle** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(34)** to verify that the adjustable tension is working properly.

CAUTION: Locate and read the **WARNING LABELS(70, 71)** on the **CPS 9300 Indoor Cycle**. Make sure that all users read the **WARNING LABELS(70, 71)** before using.

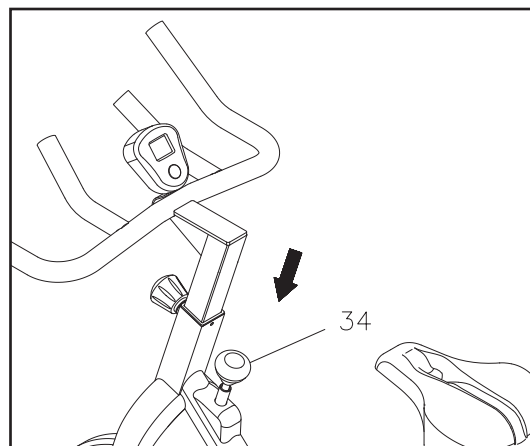
OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(34)** clockwise. To decrease the load, turn the **TENSION KNOB(34)** counterclockwise.

CAUTION!

The **TENSION KNOB(34)** is the Emergency Brake, too. The **CPS 9300 Indoor Cycle** can be stopped immediately by pushing the **TENSION KNOB(34)**.

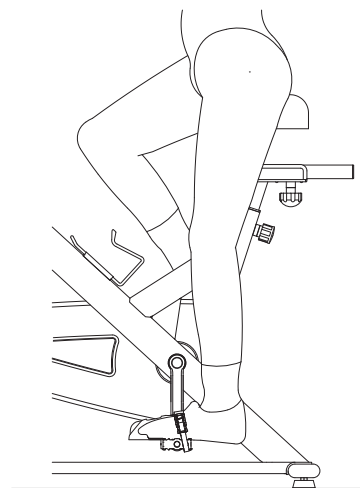
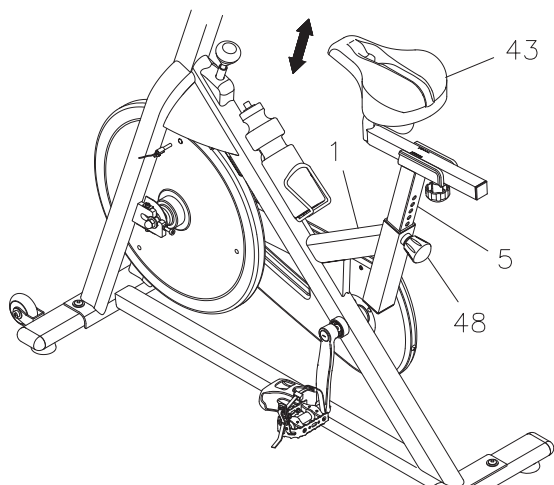


SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, place your foot in the toe cage of the pedal closest to the floor and mount the bike. Sit on the bike and move one of the pedals to the down position. Your leg should be slightly bent and relaxed as shown.

If your leg is too straight or if your foot cannot touch the pedal when extended at the downstroke, you will need to lower the seat. If your leg is bent too much, you will need to raise the seat. Loosen and pull the **ADJUSTMENT KNOB(48)**, then lower or raise the **SEAT(43)** to the desired height, and secure with the **ADJUSTMENT KNOB(48)**. Make all adjustments to seat height while off of the bike.

NOTE: The pin of the **ADJUSTMENT KNOB(48)** must be inserted into one of the adjustment holes in the **SEAT POST(5)**, and the **ADJUSTMENT KNOB(48)** must be screwed in tight to ensure that the **SEAT POST(5)** will fit securely in the **MAIN FRAME(1)**.

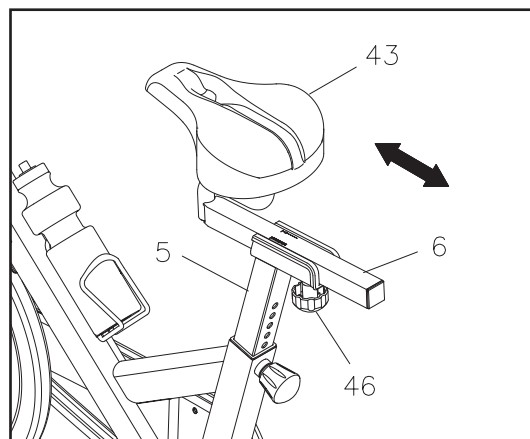


FORWARD/AFT POSITION OF SEAT

Adjusting the **SEAT(43)** forward or backward helps you work on different lower body muscle groups.

Loosen the **LOCKING KNOB(46)**, slide the **SEAT(43)** to the desired position, and secure with the **LOCKING KNOB(46)**.

NOTE: The **LOCKING KNOB(46)** should be screwed in tight to make the **SEAT SLIDER(6)** fit securely in the **SEAT POST(5)**.



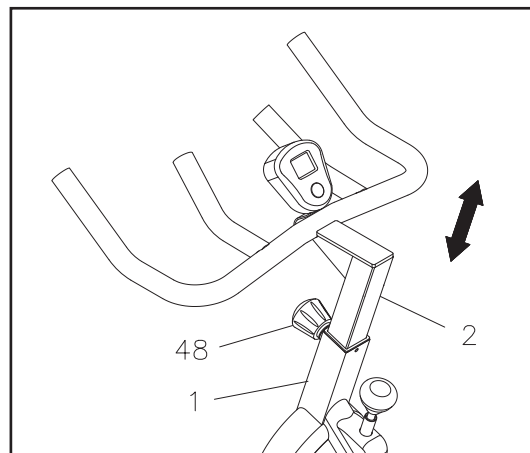
OPERATIONAL INSTRUCTIONS

HANDLEBAR HEIGHT ADJUSTMENT

HANDLEBAR(2) height is a matter of preference. Start with the **HANDLEBAR(2)** at the same height as the seat. Adjusting the **HANDLEBAR(2)** higher will give the rider a more upright position; lowering the **HANDLEBAR(2)** will result in a more prone position.

To adjust, loosen and pull the **ADJUSTMENT KNOB(48)**, then lower or raise the **HANDLEBAR(2)** to the desired height, and secure with the **ADJUSTMENT KNOB(48)**.

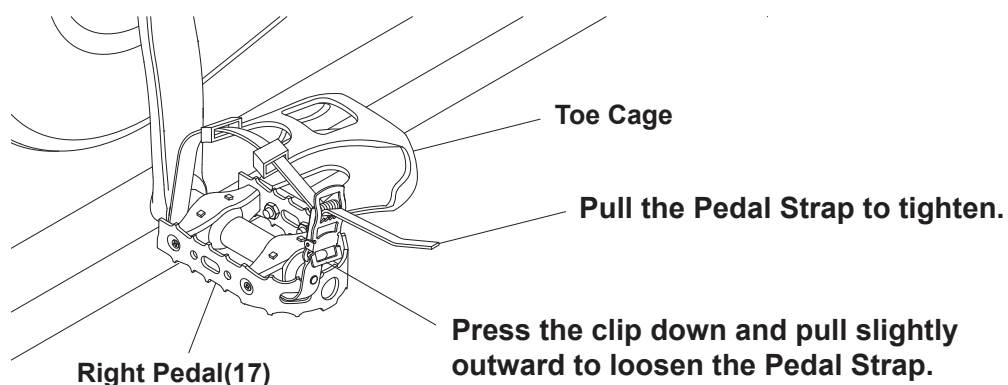
NOTE: The pin of the **ADJUSTMENT KNOB(48)** must be inserted into one of the adjustment holes in the **HANDLEBAR(2)**. and the **ADJUSTMENT KNOB(48)** must be screwed in tight to ensure that the **HANDLEBAR(2)** will fit securely in the **MAIN FRAME(1)**.



PEDAL STRAP ADJUSTMENT

Use the following procedure to adjust the **PEDAL STRAP**:

1. Place the ball of each foot on the pedal and in the toe cage such that the ball of the foot is centered over the pedal spindle and under the strap.
2. Rotate the cranks until one foot is in a position closest to you.
3. To tighten the strap, pull up on the end of the strap until it fits snugly over your shoe. Make sure that the strap is secure, but not overly tight or pressing uncomfortably on your foot.
4. Repeat for the other foot.
5. To loosen the pedal strap, press down on the clip that holds the strap secure, and pull slightly outward. Release the clip to lock the strap into place.



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

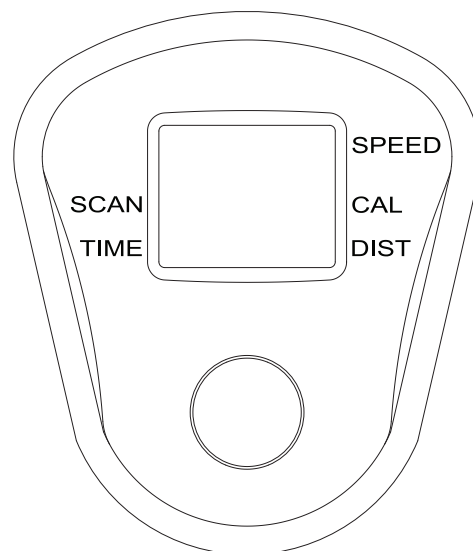
POWER ON : Pedal movement or press the button.

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

FUNCTION BUTTON:

Press to select the function value displays of **DISTANCE**, **TIME**, and **CALORIES**.

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



FUNCTIONS:

SPEED: Displays the current speed on upper display from zero to 999.9 miles per hour.

SCAN: Lower display automatically scans each function of **TIME**, **DISTANCE**, and **CALORIES** in sequence every six seconds.

DISTANCE: Displays the distance from zero to 99.9 miles.

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

CALORIES: Displays the calorie consumption from zero to 999.9 Kcal.

The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

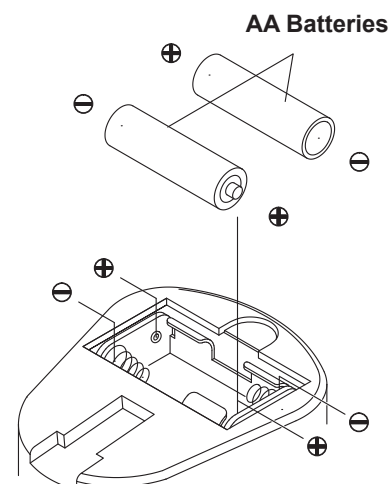
NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for two seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, the batteries are not 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 **CPS 9300 Indoor Cycle**, simply keep it in a clean dry place.
2. Adjust the **HANDLEBAR(2)** and the **SEAT POST(5)** to the lowest position. Adjust the **SEAT SLIDER(6)** to the most forward position. The **CPS 9300 Indoor Cycle** is approximately 41.8 inches long (min.) x 18.4 inches wide x 38.3 inches tall (min.). These dimensions will vary. Please measure your **CPS 9300 Indoor Cycle** if exact dimensions are needed.
3. To move the **CPS 9300 Indoor Cycle**, lift the **REAR STABILIZER(4)** and use the **WHEELS(49)** on the **FRONT STABILIZER(3)**.

MAINTENANCE

The safety and integrity designed into the **CPS 9300 Indoor Cycle** can only be maintained when the **CPS 9300 Indoor Cycle** is regularly examined for damage and wear. Special attention should be given to the following:

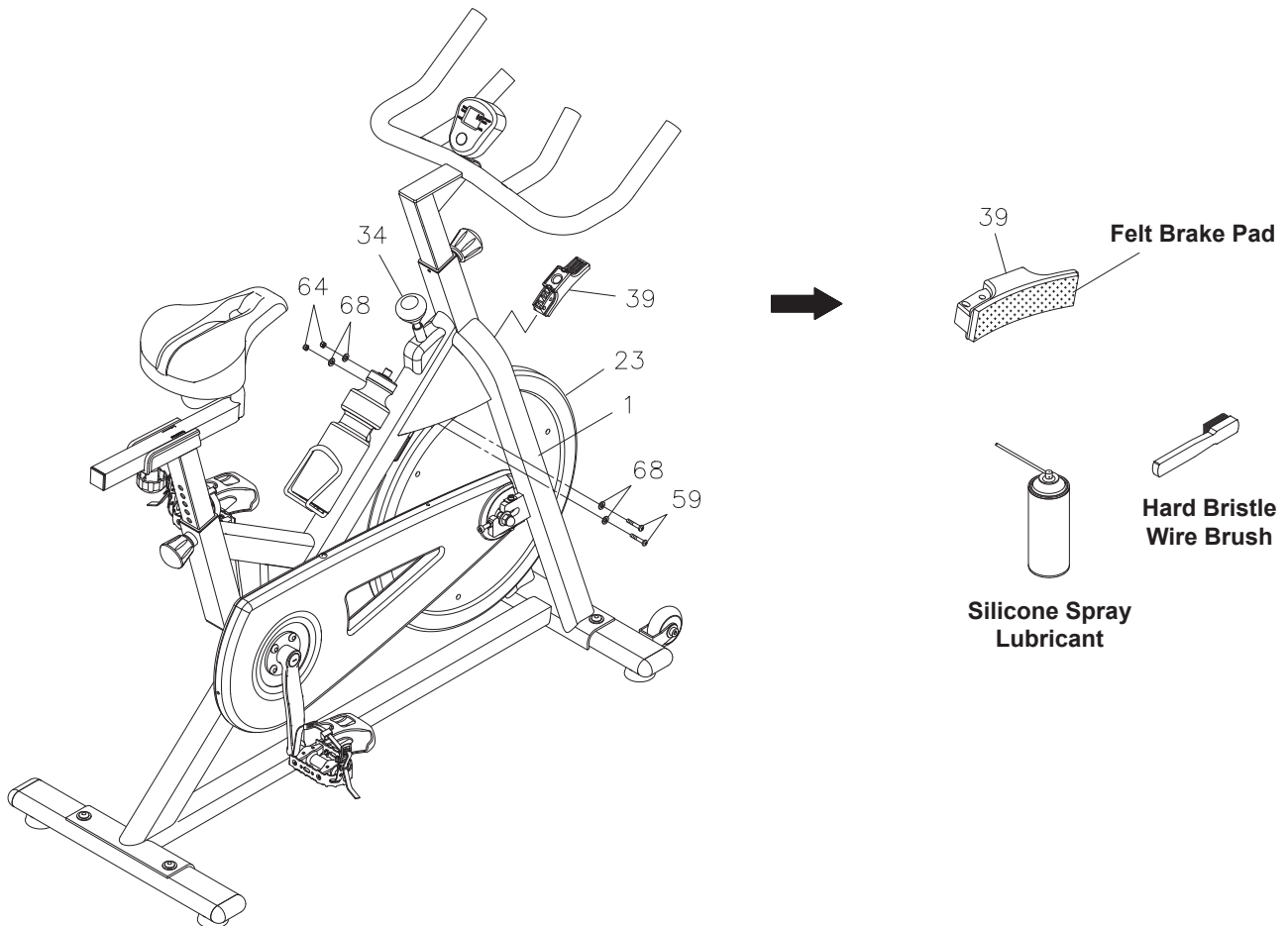
1. Adjust the **TENSION KNOB(34)** and verify that the Flywheel System provides tension. The Flywheel System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise. The right pedal has right hand threads that are tightened by turning clockwise.
3. Verify that the **WARNING LABEL(70, 71)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(70, 71)** 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 **CPS 9300 Indoor Cycle** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **CPS 9300 Indoor Cycle**.
7. Keep your **CPS 9300 Indoor Cycle** clean by wiping it off with an absorbent cloth after use.

MAINTENANCE

FELT BRAKE PAD RESTORATION

Over time the brake pad on your **CPS 9300 Indoor Cycle** may squeak during workout. Use the following procedure to refresh the brake pad:

1. Turn the **TENSION KNOB(34)** counterclockwise as far as it can go (about six turns).
2. Disassemble the **BRAKE(39)** by removing the **ROUND HEAD SCREWS(M5x0.8x30)(59)**, **WASHERS(M5)(68)**, and **NYLOCK NUTS(M5x0.8)(64)**.
3. Inspect the Felt Bracket Pad on the **BRAKE(39)** and make sure it still has a good thick felt that doesn't crumble off during the checking.
4. The squeak is probably due to hardening or glazing of the Felt Brake Pad. Use a hard bristle wire brush to rough up and clean the Felt Brake Pad. Once the felt has been roughed up, trim any excess felt from around the edges and saturate the felt with silicone spray.
5. After it is completely dry, re-install the **BRAKE(39)** with the same hardware from Step 2.



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.

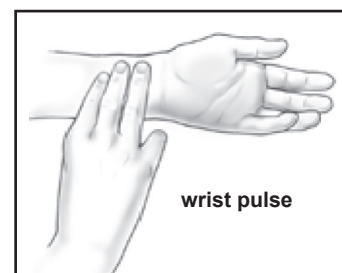
Remember to follow these essentials:

- 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.



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

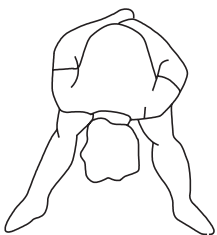
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

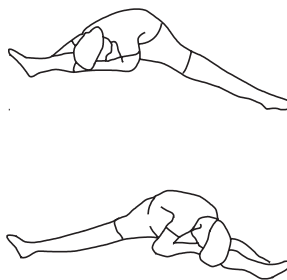
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



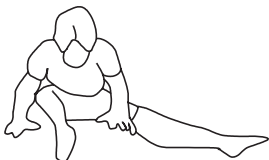
Lower Body Stretch

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 lessens, gradually try a lower position.



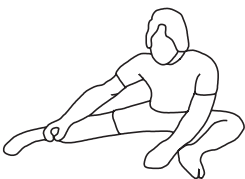
Floor Stretch

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

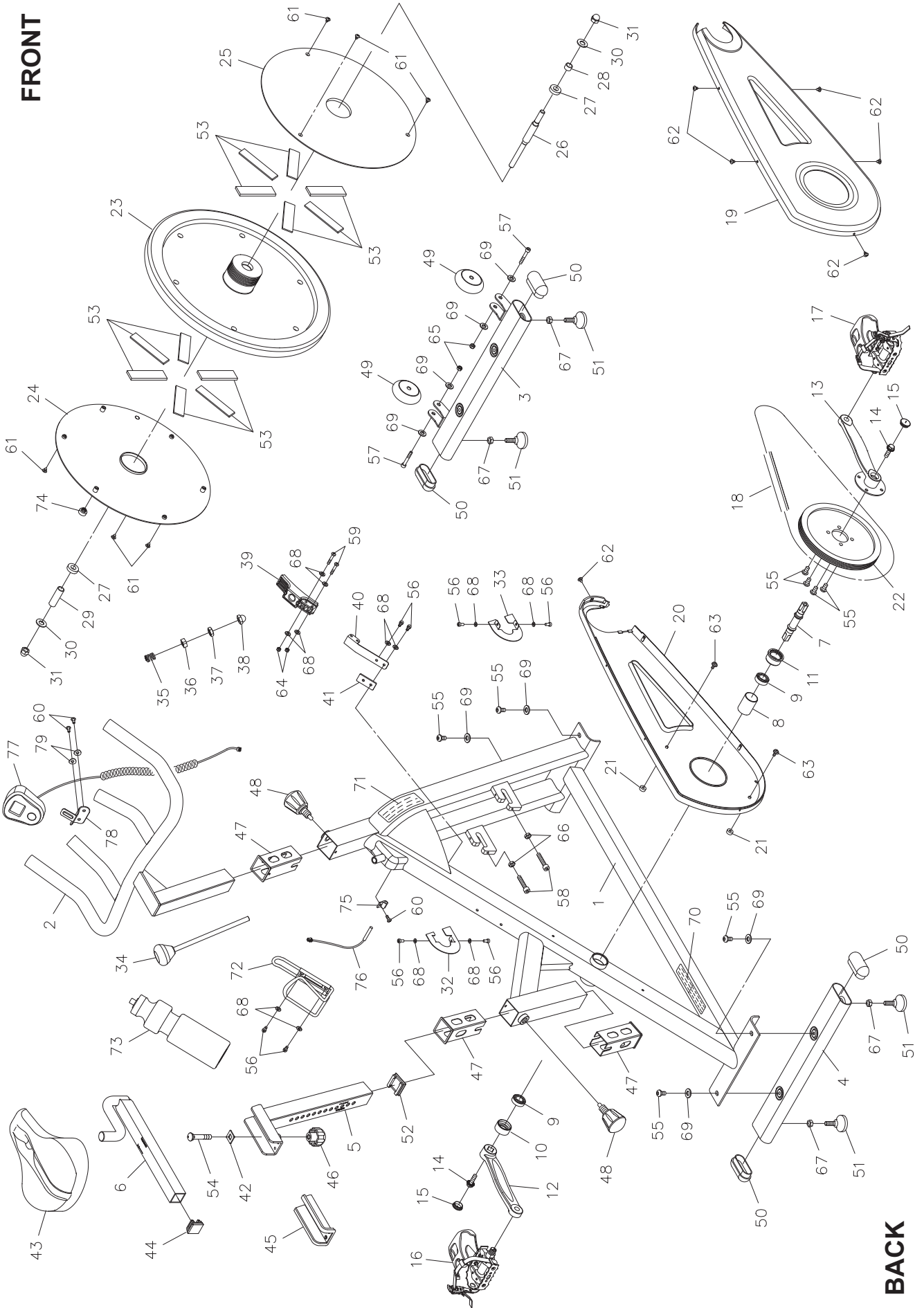
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times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

PRODUCT PARTS DRAWING

FRONT



PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Handlebar	1
3	Front Stabilizer	1
4	Rear Stabilizer	1
5	Seat Post	1
6	Seat Slider	1
7	Shaft	1
8	Bearing Spacer	1
9	Bearing (6002RS)	2
10	Left Retaining Ring (1 3/8"-24, Left Hand Threads)	1
11	Right Retaining Ring (1 3/8"-24, Right Hand Threads)	1
12	Left Crank	1
13	Right Crank	1
14	Flange Bolt (M8 x 1 x 25mm)	2
15	Crank Cap	2
16	Left Pedal	1
17	Right Pedal	1
18	V-Ribbed Belt	1
19	Guard	1
20	Inner Guard	1
21	Guard Spacer	2
22	Pulley	1
23	Flywheel (18kg)	1
24	Left Flywheel Cover	1
25	Right Flywheel Cover	1
26	Flywheel Axle	1
27	Bearing (6001zz)	2
28	Spacer A (ø12.5 x ø15.8 x 11mm)	1
29	Spacer B (ø12.5 x ø15.8 x 51mm)	1
30	Washer (M12)	2
31	Acorn Nut (M12 x 1.75)	2
32	Left Axle Guard	1
33	Right Axle Guard	1
34	Tension Knob	1
35	Spring	1
36	Square Nut (M10 x 1.5)	1
37	Nut (M10 x 1.5)	1
38	Acorn Nut (M10)	1
39	Brake	1
40	Brake Support	1
41	Rubber Pad	1
42	Square Washer	1
43	Seat	1
44	Square Plug (30mm x 30mm)	1
45	Slider Bushing	1
46	Locking Knob	1
47	Sleeve	3

PARTS LIST

PART#	PART NAME	QTY
48	Adjustment Knob	2
49	Wheel	2
50	Oval Plug (25mm x 50mm)	4
51	Stand	4
52	Square Plug (33mm x 33mm)	1
53	Foam Tape	12
54	Carriage Bolt (M10 x 1.5 x 45mm)	1
55	Bolt, Button Head (M8 x 1.25 x 15mm)	8
56	Bolt, Socket Head (M5 x 0.8 x 10mm)	8
57	Bolt, Socket Head (M8 x 1.25 x 45mm)	2
58	Bolt, Socket Head (M8 x 1.25 x 40mm)	2
59	Screw, Round Head (M5 x 0.8 x 30mm)	2
60	Screw, Round Head (M5 x 0.8 x 10mm)	3
61	Screw, Round Head (M5 x 10mm)	6
62	Screw, Round Head (M5 x 15mm)	6
63	Flange Screw, Round Head (M5 x 0.8 x 20mm)	2
64	Nylock Nut (M5 x 0.8)	2
65	Nylock Nut (M8 x 1.25)	2
66	Nut (M6 x 1)	2
67	Nut (M8 x 1.25)	4
68	Washer (M5)	12
69	Washer (M8)	8
70	Warning Label	1
71	Spin Bike Warning Label	1
72	Water Bottle Holder	1
73	Water Bottle	1
74	Magnet	1
75	Sensor Clip	1
76	Sensor Wire	1
77	Meter	1
78	Meter Bracket	1
79	Arc Washer (M5)	2
80	Wrench	1
81	Allen Wrench (5mm)	1
82	Manual	1

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