STAMINA|X

AMRAP
ROWER

Owner's Manual
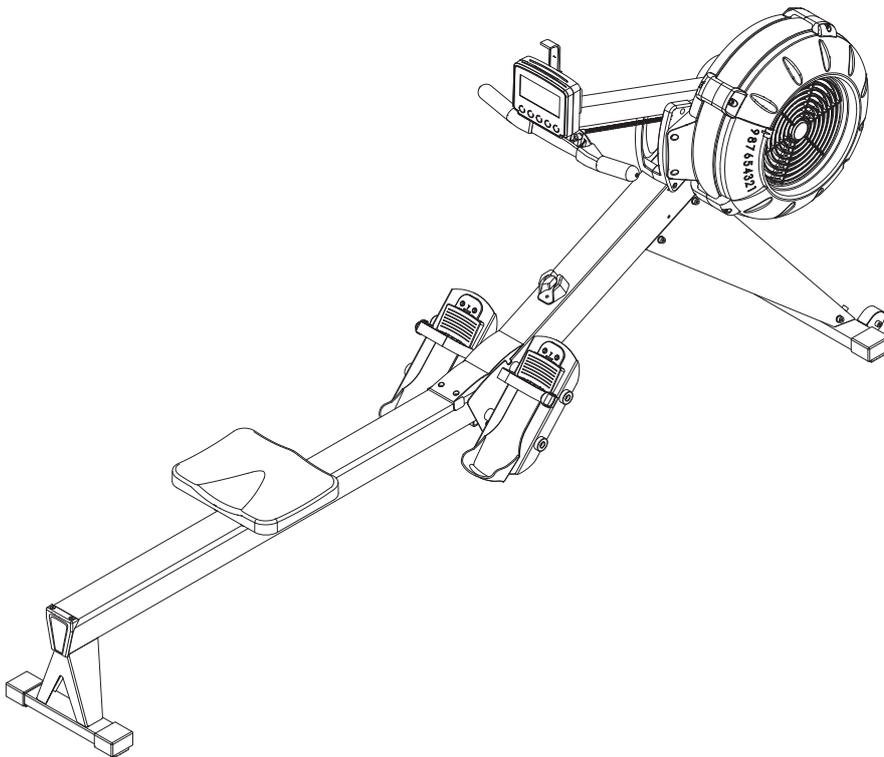
Product May Vary Slightly From Pictured.

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

Model#: 35-1423C

S/N: _____

CAUTION:
Weight on this product should not exceed 300 lbs.

This Product is Distributed Exclusively by

⊘ STAMINA®

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

müüv

Quickstart Guide

Smart Audio Workouts for Your Rower

Go to the App Store on your device or scan the QR Code for quick access.

Download on the **App Store**

GET IT ON **Google Play**

Download the app and get moving!

Assembly video included in app.

TABLE OF CONTENTS

SAFETY INSTRUCTIONS

⚠ **WARNING**   Cancer and Reproductive Harm www.P65Warnings.ca.gov

⚠ **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 STAMINA│X AMRAP ROWER.**

1. Save these instructions and ensure that other exercisers read this manual prior to using the **STAMINA│X AMRAP ROWER** for the first time.
2. Read all warnings and cautions posted on the **STAMINA│X AMRAP ROWER.**
3. The **STAMINA│X AMRAP ROWER** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. Keep children away from the **STAMINA│X AMRAP ROWER.** Do not allow children to use or play on the **STAMINA│X AMRAP ROWER.** Keep children and pets away from the **STAMINA│X AMRAP ROWER** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **STAMINA│X AMRAP ROWER** on a solid level surface. Do not position the **STAMINA│X AMRAP ROWER** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **STAMINA│X AMRAP ROWER.**
9. Before using, inspect the **STAMINA│X AMRAP ROWER** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Before using, check the condition of the CHAIN(36). Replace the CHAIN(36) if it is cracked or broken.
11. 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.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **STAMINA│X AMRAP ROWER.**
14. 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.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **STAMINA│X AMRAP ROWER,** loss of balance may result in a fall and bodily injury.
16. Do not use the SEAT(51) to move the **STAMINA│X AMRAP ROWER.** The SEAT(51) will move and the SEAT CARRIAGE(10) may pinch your hand or fingers. When assembling or separating the unit, keep all children away and make sure your hands are clear of any pinch point.
17. The **STAMINA│X AMRAP ROWER** should not be used by persons weighing over 300 pounds.
18. The **STAMINA│X AMRAP ROWER** should be used by only one person at a time.
19. The **STAMINA│X AMRAP ROWER** is for consumer use only. It is not for use in public or semipublic facilities.

STAMINA®

NEED HELP?
CONTACT US FIRST
1 (800) 375-7520
customer.care@staminaproducts.com

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,
Stamina Customer Care

To enact your extended warranty and to help us better serve you, please go online and register your new product.

register.staminaproducts.com

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.

ONLINE
customer.care@staminaproducts.com
www.staminaproducts.com

TELEPHONE
1 (800) 375-7520

FAX
(417) 889-8064

MAIL
Stamina Products, Inc.
ATTN: Customer Care
2040 N Alliance Ave
Springfield, MO 65803

facebook.com/StaminaProducts
facebook.com/AeroPilates

CUSTOMER CARE HOURS:
Monday-Thursday, 7:30 AM-5:00 PM, Central Time
Friday, 8:00 AM-3:00 PM, Central Time

BEFORE YOU BEGIN

Thank you for choosing the **STAMINA│X AMRAP ROWER.** We take great pride in 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 **STAMINA│X AMRAP ROWER** 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. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See the next page for an image of the serial decal. Model number and serial number are required when calling for assistance.

Read this manual carefully before using the **STAMINA│X AMRAP ROWER.**

Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your **STAMINA│X AMRAP ROWER,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please contact Customer Care for assistance. Call us toll free at 1-800-375-7520 (in the U.S.) or live chat on staminaproducts.com. Our Customer Care 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.
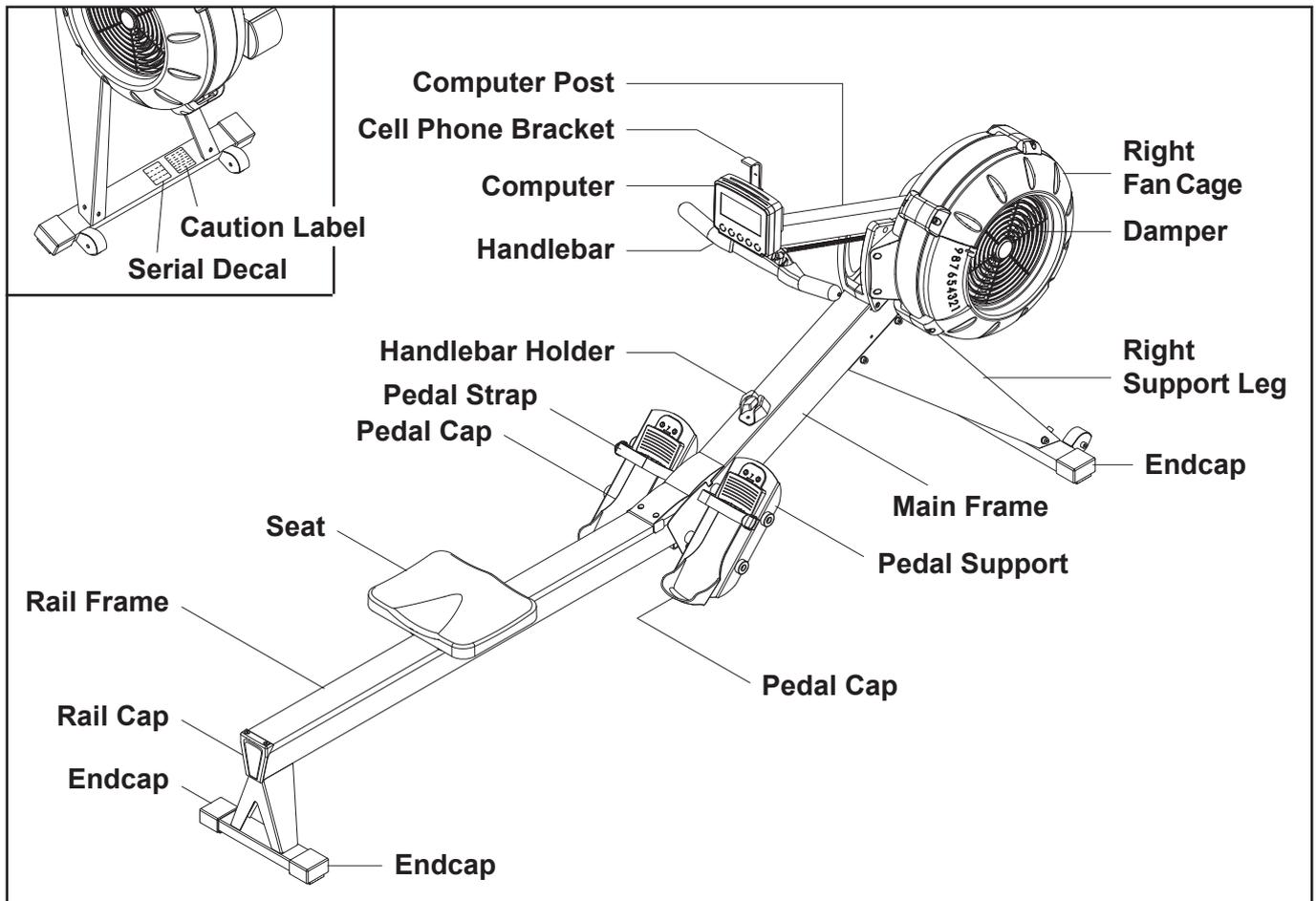
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

Allen Wrench (6mm)

Allen Wrench (8mm)

Screwdriver

Wrench

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA│X AMRAP ROWER.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.
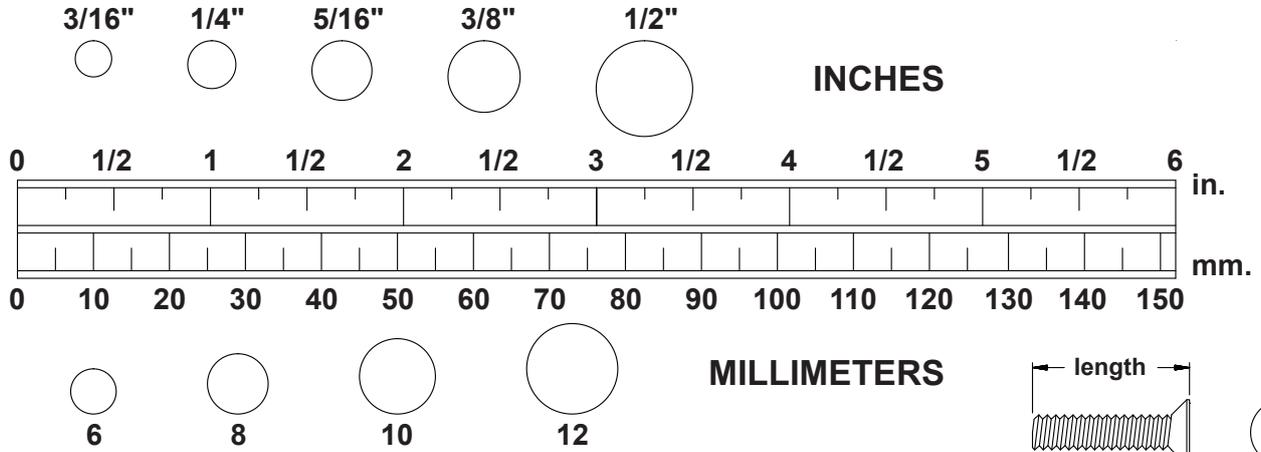
CAUTION LABEL(115)

⚠️ **CAUTION**

For consumer use only. Failure to follow all warnings and instructions could result in injury or property damage. 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 caution 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 person weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

SERIAL DECAL(129)

GUARANTEED PERFORMANCE

STAMINA

Customer Care
1 (800) 375-7520
Mon-Thurs • 7:30am - 5pm, Fri • 8am - 3pm CST
FAX: (417) 889-8064 • www.staminaproducts.com
MADE IN CHINA

Model # **35-1423C**　　Serial #

To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.
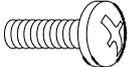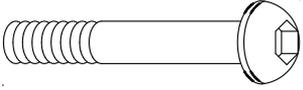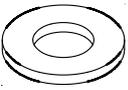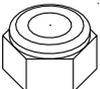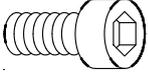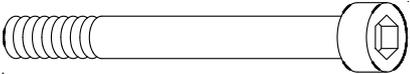
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners 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. |

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

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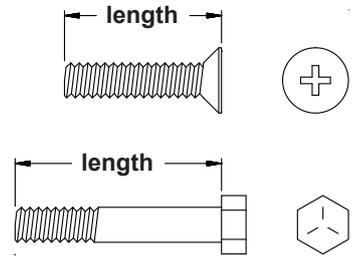
After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

	Part Number and Description	Qty
	72 Bolt, Round Head (M6 x 1 x 10mm)	2
	78 Bolt, Button Head (M8 x 1.25 x 75mm)	1
	79 Washer (M8)	9
	80 Nylock Nut (M8 x 1.25)	1
	81 Bolt, Socket Head (M8 x 1.25 x 12mm)	8
	138 Bolt, Socket Head (M10 x 1.5 x 160mm)	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 Customer Care section and order the part needed, e-mail us at customer.care@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care 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.

Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.

STEP 1

Refer to illustration 1. Turn the main assembly of the **STAMINA│X AMRAP ROWER** upside down and place it in the packing material styrofoam(A) and (B) to avoid breaking the chain covers. Attach the **LEFT** and **RIGHT SUPPORT LEGS(7, 8)** to the **MAIN FRAME(1)** with **SOCKET HEAD BOLTS(M8x1.25x12mm) (81)** and **WASHERS(M8)(79).** Do not tighten all bolts until Step 2.

STEP 2

Refer to illustration 2. Attach the **FRONT STABILIZER(4)** to the **LEFT** and **RIGHT SUPPORT LEGS (7, 8)** with **SOCKET HEAD BOLTS(M8x1.25x12mm)(81)** and **WASHERS(M8)(79).** Then tighten all bolts. Turn the assembly over.
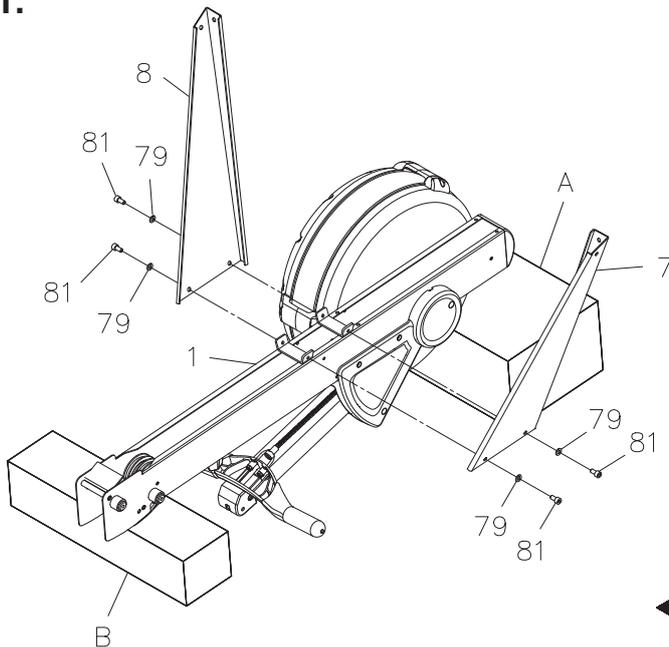
STEP 3

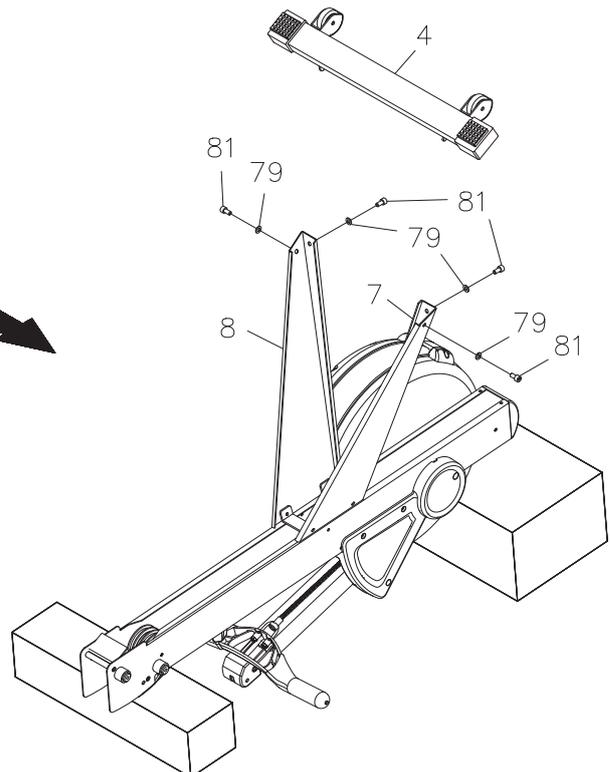Refer to illustration 3. Lift up the **MAIN FRAME(1)** and **RAIL FRAME(2)** to insert the **RAIL FRAME(2)** into the **MAIN FRAME(1).** Make the **SHAFT(24)** on the **MAIN FRAME(1)** fit into the gap in the **RAIL FRAME(2).** Then put the **MAIN FRAME(1)** and **RAIL FRAME(2)** down. Refer to illustration 4. Lock the **MAIN FRAME(1)** and **RAIL FRAME(2)** together with the **PULL PIN(98).**

STEP 4

Refer to illustration 4. Swing up the **COMPUTER POST(6),** and attach it to the **LEFT** and **RIGHT COVERS (57, 58)** with **ROUND HEAD BOLTS(M6x1x10mm)(72).**

3.

4.
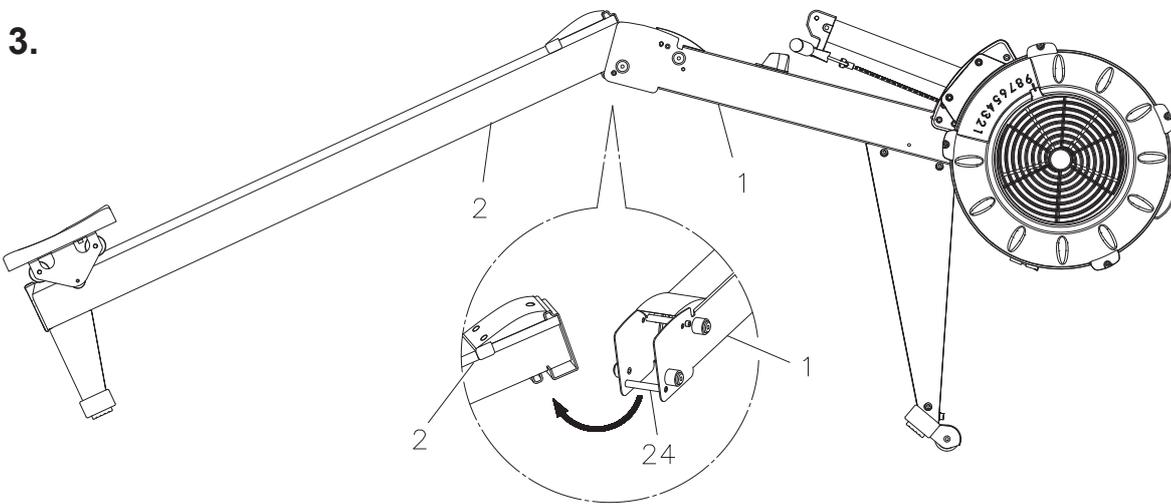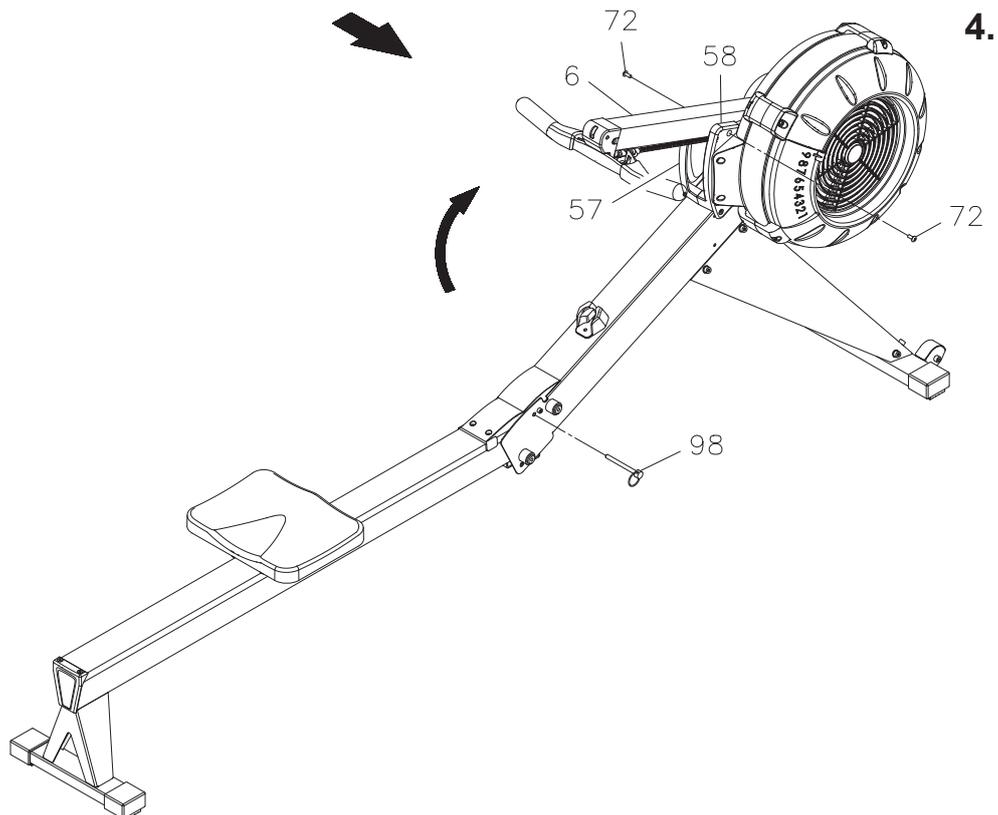
ASSEMBLY INSTRUCTIONS

STEP 5

There is an **"L"** decal on the left **PEDAL CAP(45L),** and an **"R"** decal on the right **PEDAL CAP(45R).** Attach the right **PEDAL CAP ASSEMBLY(45R)** to the right side of the **MAIN FRAME(1)** with **SOCKET HEAD BOLTS(M10x1.5x160mm)(138)** and **SECURING CAPS(137).** Repeat on other side.
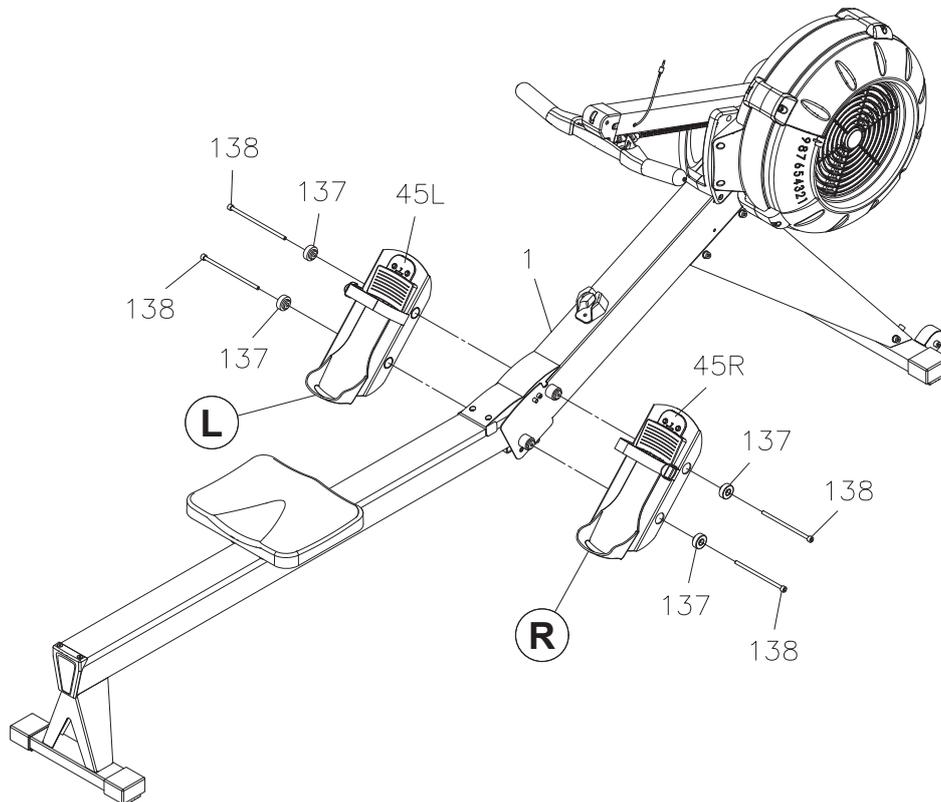
STEP 6

Refer to the detail view. Insert the **CELL PHONE BRACKET(20)** into the slot in the **COMPUTER(19).** Hang the two **RUBBER BANDS(21)** onto the **CELL PHONE BRACKET(20)** and the **COMPUTER(19)** as shown**.**

STEP 7

Install two size C batteries into the **COMPUTER(19),** the batteries are not included. See page 18 for detailed battery installation instructions. Attach the **COMPUTER(19)** to the **COMPUTER POST(6)** with **BUTTON HEAD BOLT(M8x1.25x75mm)(78), WASHER(M8)(79),** and **NYLOCK NUT(M8x1.25)(80).** Plug the **SENSOR WIRE(23)** into the back of the **COMPUTER(19).**
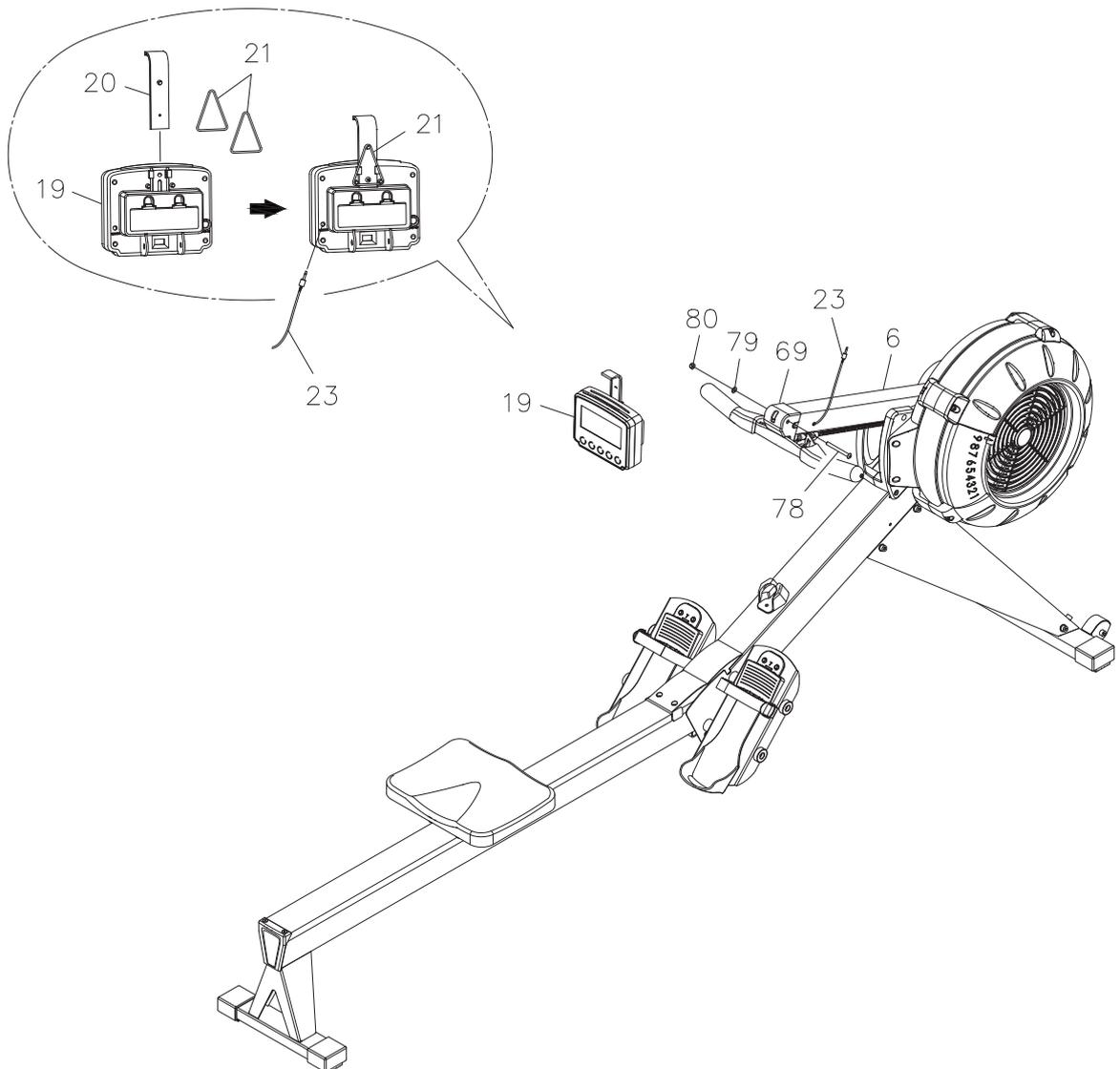
HEART RATE TRANSMITTER

The **STAMINA│X AMRAP ROWER** can measure how hard you are exercising by monitoring your heart rate with the **HEART RATE TRANSMITTER(116).** Your heart rate reading gives you a snapshot of how hard your heart is working at that point in your workout by measuring the number of heart beats per minute.

The **HEART RATE TRANSMITTER(116)** worn around your chest sends your heart rate information to a receiver inside the **COMPUTER(19)** so your heart rate is tracked while you exercise. This is the most reliable way to measure your heart rate to make sure you are exercising within your target heart rate zone so you get the most out of your workout time.

Using the Heart Rate Transmitter Chest Strap

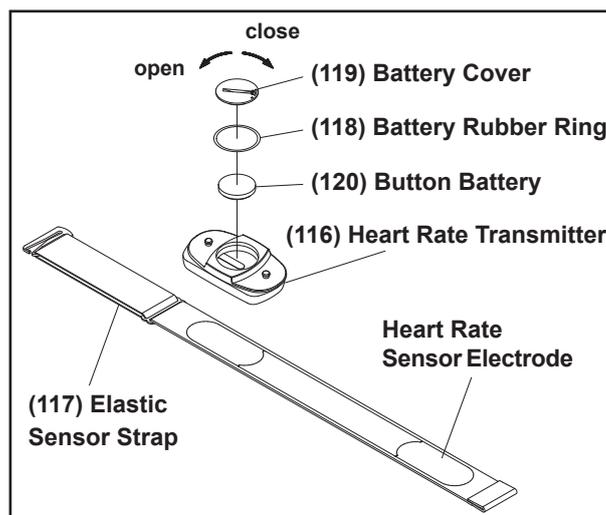The **HEART RATE TRANSMITTER(116)** worn around the chest is powered by a **BUTTON BATTERY (CR2032)(120)** located in the back of the **HEART RATE TRANSMITTER(116).** Two electrodes on **ELASTIC SENSOR STRAP(117)** monitor your heartbeat, and the adjustable **ELASTIC SENSOR STRAP(117)** holds the transmitter in place. The receiver built into the **COMPUTER(19)** picks up your heart rate from the **HEART RATE TRANSMITTER(116)** and displays it on the monitor during your workout.

To assemble the **HEART RATE TRANSMITTER(116)**, insert the **BUTTON BATTERY(CR2032)(120)** as shown in the illustration. Place the **BATTERY RUBBER RING(118)** on the edge of the opening and place the **BATTERY COVER(119)** over the **BUTTON BATTERY(CR2032)(120).** Using a coin or similar object, press down on the **BATTERY COVER(119)** and turn to securely close the cover.

NOTE: 1. Make sure to close the **BATTERY COVER (119)** very tightly as illustrated to prevent sweat and moisture from damaging the battery.
2. The **HEART RATE TRANSMITTER(116)** is latex free and its material is appropriate for human contact.

close
open (119) Battery Cover
(118) Battery Rubber Ring
(120) Button Battery
(116) Heart Rate Transmitter
Heart Rate Sensor Electrode
(117) Elastic Sensor Strap

Refer to the illustration. Press the **HEART RATE TRANSMITTER(116)** onto the buttons on the **ELASTIC SENSOR STRAP(117).**

(117) Elastic Sensor Strap
(116) Heart Rate Transmitter
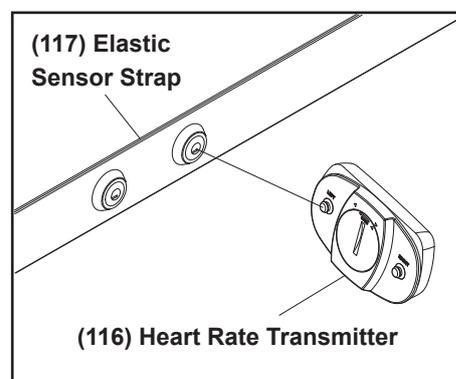
COMPUTER INSTRUCTIONS

To wear the **HEART RATE TRANSMITTER(116)** around the chest, hook the hook end of the **ELASTIC SENSOR STRAP(117)** to the other end of the **ELASTIC SENSOR STRAP(117).** Adjust the **ELASTIC SENSOR STRAP(117)** to fit your chest snugly as shown in the illustration below. Apply water or conductive gel to moisten the heart rate sensor electrodes. These heart rate sensor electrodes must be wet and in contact with your chest skin to properly detect your heart rate.

(117)Elastic Sensor Strap   **(117)Elastic Sensor Strap**

Hook
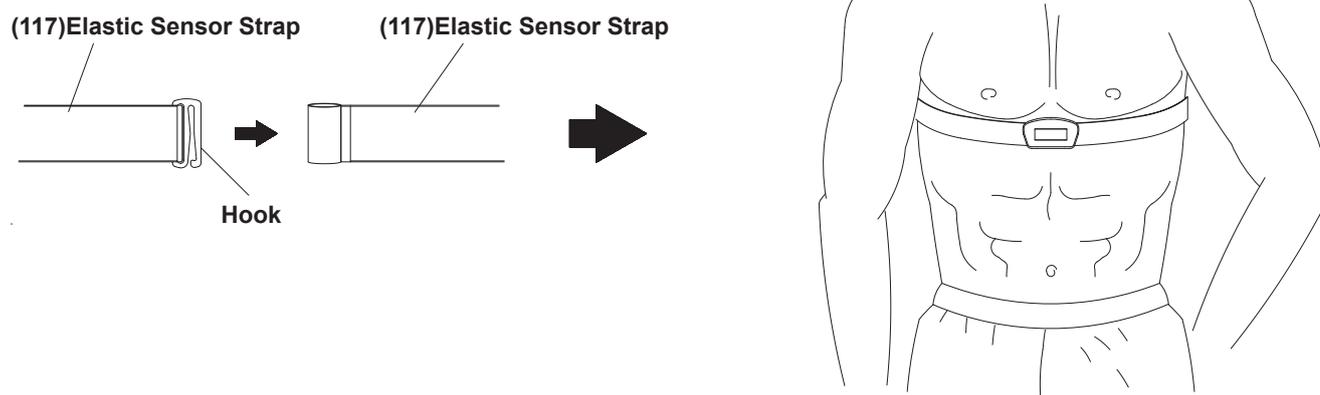
NOTE: If your heart rate is inconsistent or not tracking on your workout monitor, do the following:

- The **HEART RATE TRANSMITTER(116)** will connect to the computer while using the unit and within close proximity of the unit. If you are too far from the unit the connection will be lost.
- Moisten the heart rate sensor electrodes on the back of the **ELASTIC SENSOR STRAP(117)** and make sure they are in contact with the skin. Your skin may be dry when you begin your workout and the moisture is necessary to ensure contact. As you sweat, contact will improve.
- Tighten the elastic strap so it remains in place as you exercise. Movement of the heart rate sensor electrodes will result in inaccurate or erratic signal and readings.
- Clean the heart rate sensor electrodes as dirt can interfere with transmission. Use a mild soap and water and dry with a soft towel.

Transmitter Care and Maintenance

- Wash regularly with mild soap and water solution and dry with a soft towel being careful not to scratch the heart rate sensor electrodes.
- Store in a cool, dry place. Make sure the heart rate sensor electrodes aren't stored with any wet material and never store a wet transmitter in non-breathable material like a plastic bag or sports bag.
- Do not stretch the heart rate sensor electrodes.

NOTE: The frequency of the receiver built into the **STAMINA│X AMRAP ROWER** is 5 kHz. All compatible heart rate transmitters from other companies will work with the **STAMINA│X AMRAP ROWER.**

Your **STAMINA│X AMRAP ROWER** utilizes an air fan system to create resistance for your workout. 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.

STAM NA│X

TOTAL STROKES / STROKES PER MIN.   TIME   DISTANCE / INTERVAL

TS
SPM

HEART RATE   CALORIES   WATTS   METERS PER STROKE

BACK   ▼   SELECT   ▲   ENTER STOP
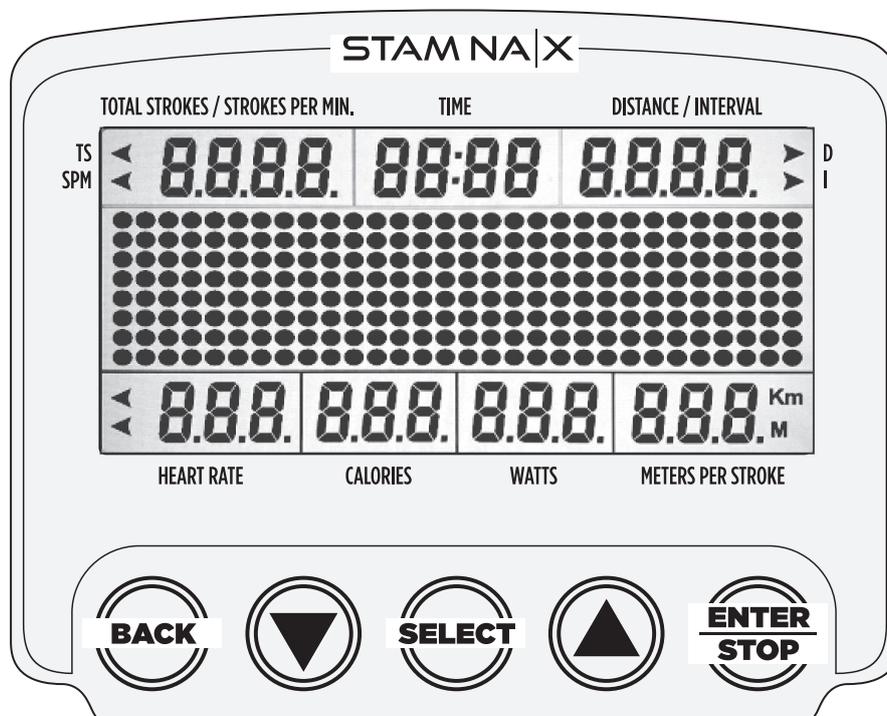
POWER ON: Move the handlebar or press any button.

POWER OFF: In IDLE mode, automatically shuts off after 20 seconds of inactivity.
During workout, except running an Interval Program, automatically shuts off after 30 seconds of inactivity.
When running an Interval Program, automatically shuts off after two minutes of inactivity.

FUNCTION BUTTONS:

SELECT: In IDLE mode, press and release **SELECT** to cycle through each program option. Stop on the program of your choosing. You can preset target values for DISTANCE, TIME, and CALORIES, play the GAME, or select an Interval Program of 20/10, 10/20, or 10/10.

▲ (UP): Press to increase the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

▼ (DOWN): Press to decrease the preset values. Press the button and hold it down, the presetting value will go faster, release the button to stop.

BACK: When selecting the programs, press the button to return to the previous program.
When you finish a running program, press the button to jump into the IDLE mode.

ENTER/STOP: When selecting the programs and presetting target values, press the button to confirm.
Press the button and hold it down for three seconds to reset all functions to zero and restart the computer.
During exercise, when back light is turned off, the first pressing of this button will turn on the back light. When the back light is still lit, press the button a second time to pause the counting of all function values. Press the button a third time to restart the workout and continue the counting of all function values.

TOTAL STROKES / STROKES PER MIN.   TIME   DISTANCE / INTERVAL

TS
SPM

D
I

Matrix Display

HEART RATE   CALORIES   WATTS   METERS PER STROKE
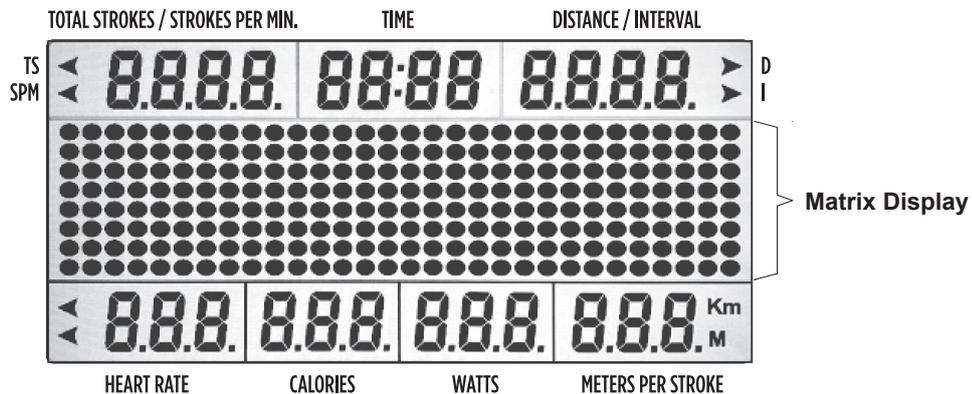
LCD DISPLAY INSTRUCTIONS

DISTANCE/ INTERVAL : Displays flashing "**500**" for presetting the distance for preset DISTANCE Program, from 500 to 9999 meters, and counts down from the preset value.
Displays the distance you are traveling during exercise, from 1 meter up to 9999 meters. When an Interval Program is selected, 20/10, 10/20, and 10/10, displays a flashing **"8"** for presetting the value of how many intervals you want to exercise, from 1 to 99, the readout of the INTERVAL will count down from the preset value when exercising.
NOTE: The display will switch to show DISTANCE and INTERVAL every five seconds.

TIME : Displays flashing "**00:00**" for presetting the time for preset TIME Program, from 1:00 to 99:00 minutes, and counts down from the preset value.
Displays the time during exercise, from 1 second up to 99:59 minutes.

TOTAL STROKES/ STROKES PER MIN: Displays the number of strokes you have taken, from zero to 9999 strokes.
Displays the current strokes per minute during exercise, from zero to 9999 strokes per minute.
NOTE: The display will switch to show TOTAL STROKES and STROKES PER MIN every five seconds.

METERS PER STROKE: Displays the traveling distance of eack stroke, from zero to 999 meters.

WATTS: Displays the amount of power being exerted from zero to 999 watts.

CALORIES : The matrix display will show a flashing **"100"** for presetting the target calorie value for preset CALORIES Program, from 10 to 2999 Kcals.
Displays the calories burned from zero up to 999 Kcals.
NOTE: The calories readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

HEART RATE : Displays the heart rate, from 40 to 220 beats per minute during exercise.
To use this function, you must wear the **HEART RATE TRANSMITTER(116)** around your chest so the receiver, which is built into the computer, registers your heart rate from the **HEART RATE TRANSMITTER(116)** for display. If you do not wear the **HEART RATE TRANSMITTER(116)** around your chest correctly the display window will be empty.
NOTE: The **HEART RATE TRANSMITTER(116)** is not a medical device. Maintaining a consistent signal can be difficult due to the varying distances experienced during the rowing stroke. The heart rate function is a great tool to optimize your workout, but should be used as a reference only.

PROGRAM DESCRIPTIONS

This computer contains the programs, Normal Program, Distance, Time, Calories, Game, 20/10 Interval Program, 10/20 Interval Program, and 10/10 User Setting Interval Program. Refer to the following for the operation of these programs.

1. NORMAL PROGRAM:
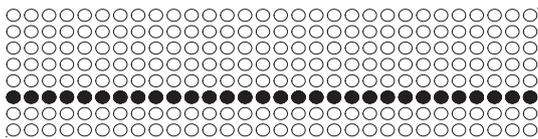
You can pull on the **HANDLEBAR(3)** to power on the computer and exercise with this program directly. All function values will count up, and the matrix display will show the wave profiles according to your rowing speed. Refer to the following.
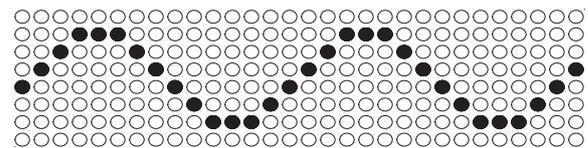
NOTE: This is the only program you can run with the built in generator when the batteries are dead or not installed.
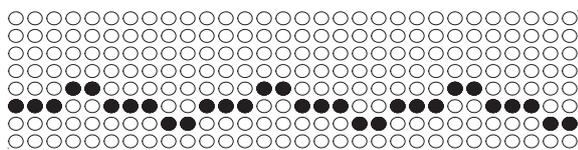
The small waves display the low rowing speed.
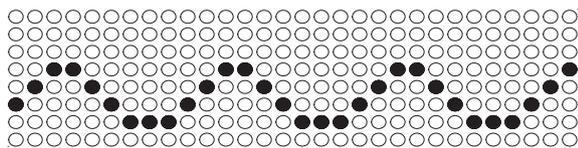
The medium waves display the medium rowing speed.

The big waves display the high rowing speed.

For the preset function value programs, press the **BACK** button to enter IDLE mode. Or, press the **ENTER/STOP** button and hold it down for three seconds to restart the computer. The computer will go through the programs as follows and allow you to set the target value for the selected program. Use **SELECT** button to select the program for DISTANCE, TIME, or CALORIES. You can only preset one function value for each selected program. Use "▲/▼" buttons to input the value, and press **ENTER/STOP** button to confirm. After the desired setting is chosen, begin pulling on the **HANDLEBAR(3)** to start the workout.

Distance (500 to 9999 meters) ⟶ Time (1:00 to 99:00) ⟶ Calories (10 to 2999 Kcals) ⟶ Game ⟶ 20/10 Interval Program ⟶ 10/20 Interval Program ⟶ 10/10 User Setting Interval Program

2. DISTANCE PROGRAM: During exercise, the DISTANCE will count down from preset value, all other functions will count up. The matrix display will show the estimated time for traveling the distance 500 meters according to your current rowing speed. When you complete the DISTANCE PROGRAM, the computer will show "**WINNER**" and remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

3. TIME PROGRAM: During exercise, the TIME will count down from preset value, all other functions will count up. The matrix display will show the wave profiles according to your rowing speed. Refer to the above. When you complete the TIME PROGRAM, the computer will remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

4. CALORIES PROGRAM: Use **SELECT** button to select this program. The matrix display will display flashing "**100**" for presetting the target calorie value, from 10 to 2999 Kcals. Use "▲/▼" buttons to input the value, and press **ENTER/STOP** button to confirm. Pull on the **HANDLEBAR(3)** to start the workout. During exercise, the matrix display will count down from preset calorie value, all other function values will count up, including the CALORIES readout at the lower display window. When you complete the CALORIES PROGRAM, the computer will show **"END"** and remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.
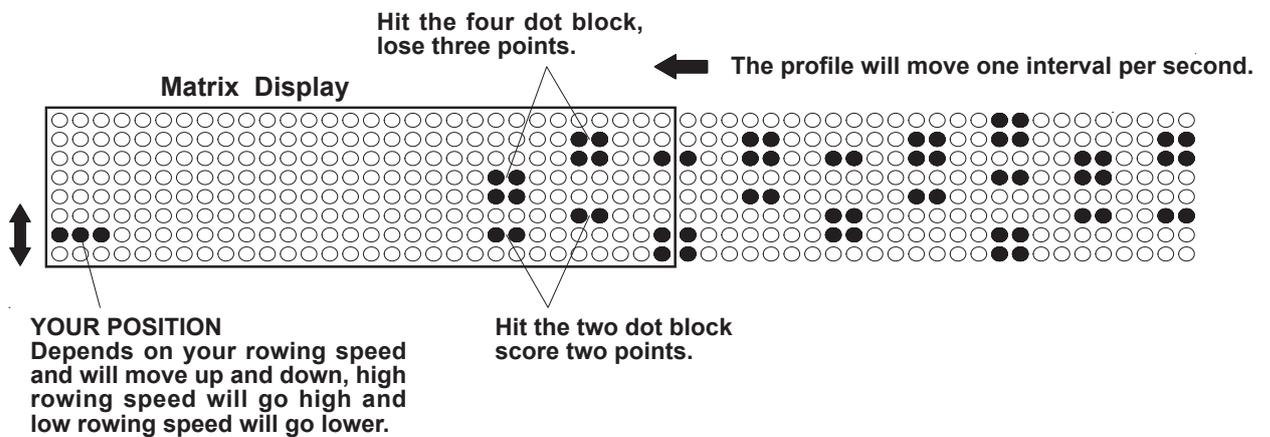
NOTE: To exercise with the following programs, you will not be able to preset the function values. Refer to the following for the operation of these programs.
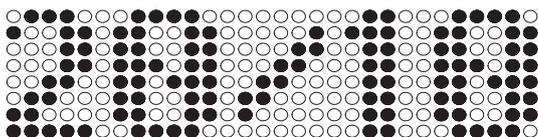
5. GAME PROGRAM:
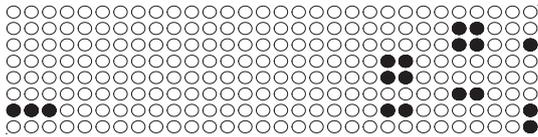
We call this program Score Game, use **SELECT** button to select the program. The fixed preset TIME for the game is 5 minuets, this can't be changed. Pull on the **HANDLEBAR(3)** to run the program directly. When you complete the program, the matrix display will show your point score and remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

Hit the four dot block, lose three points.

The profile will move one interval per second.

Matrix Display

YOUR POSITION
Depends on your rowing speed and will move up and down, high rowing speed will go high and low rowing speed will go lower.

Hit the two dot block score two points.

6. 20/10 INTERVAL PROGRAM:

This program will allow the user to workout for 20 seconds, then rest for 10 seconds, and will cycle this way.
Use **SELECT** button to select this program. The computer will display flashing "**8**" for presetting the value of how many intervals you want to exercise, from 1 to 99. Use "▲/▼" buttons to input the value, and press **ENTER/STOP** button to confirm.
Pull on the **HANDLEBAR(3)** to start to workout. The readout of the INTERVAL will count down from the preset value, all other function values will count up. When you complete the program, the computer will remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

7. 10/20 INTERVAL PROGRAM:
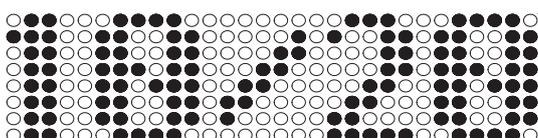
This program will allow the user to workout for 10 seconds, then rest for 20 seconds, and will cycle this way.
Use **SELECT** button to select this program. The computer will display flashing "**8**" for presetting the value of how many intervals you want to exercise, from 1 to 99. Use "▲/▼" buttons to input the value, and press **ENTER/STOP** button to confirm.
Pull on the **HANDLEBAR(3)** to start to workout. The readout of the INTERVAL will count down from the preset value, all other function values will count up. When you complete the program, the computer will remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.

8. 10/10 USER SETTING INTERVAL PROGRAM:
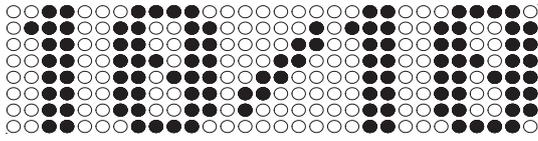
This program will allow the user to manually preset the workout time and rest time from 10 to 99 seconds. The user will exercise for the preset workout time, then rest for the preset rest time, and will cycle this way. Use **SELECT** button to select this program. Use "▲/▼" and **ENTER/STOP** buttons to input the values of how many intervals you want to exercise, workout time, and rest time. Pull on the **HANDLEBAR(3)** to start to workout. The readout of the INTERVAL will count down from the preset value, all other function values will count up. When you complete the program, the computer will remind you with an audible alarm. Press the **BACK** button to jump to the IDLE mode.
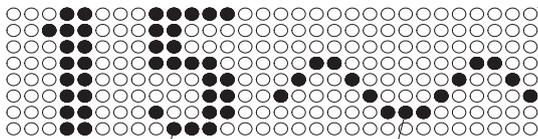
When working out with an Interval Program, 20/10, 10/20, and 10/10, the matrix display will show the information as following.
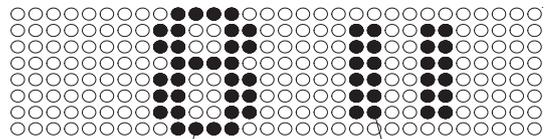
Matrix display for the workout time

Workout time counts down here.　　**Wave profile depends on your rowing speed.**

Matrix display for the rest time

Rest time counts down here.　　**Pause symbol for the rest time.**

When you complete running an Interval Program, if you continue rowing, the Interval Program will repeat and continue to run.

OPERATION DESCRIPTIONS

1. The back light of the LCD display will stay on for 10 seconds after the last pressing of any button, then it will turn off. You can press any button to turn it on again.
2. To stop a running program, press the **ENTER/STOP** button. During exercise, when back light is turned off, the first pressing of this button will turn on the back light. When the back light is still lit, press the button a second time to pause the counting of all function values. Press the button a third time to restart the workout and continue the counting of all function values.
3. If you want to restart with a new program, press and hold the **ENTER/STOP** button down for three seconds to reset all of the function values to zero and restart the computer. Use **SELECT** button to select a new program.
4. The units of DISTANCE can be switched between mile to kilometer. Press the ▲ and ▼ buttons at the same time. The matrix display will display flashing **"KM"** or **"MILE"**. Press the ▲ or ▼ button to change to **"KM"** or **"MILE",** and press **ENTER/STOP** button to confirm.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the COMPUTER(19).
2. The COMPUTER(19) operates with two C batteries (1.5V each), 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.
4. Ultimate disposal of battery should be handled according to all state and federal laws and regulations.
5. Do not dispose of batteries in fire.
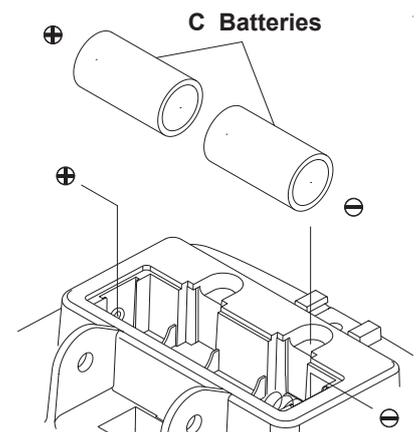
C Batteries

LOAD ADJUSTMENT

There is a **DAMPER(42)** built into the **RIGHT FAN CAGE(43).** Move the Indicator in the **DAMPER(42)** to point to the numbers on the **RIGHT FAN CAGE(43)** to adjust the load. There are settings from 1 to 9. Setting #1 will provide the lowest resistance. Setting #9 will provide the highest resistance.
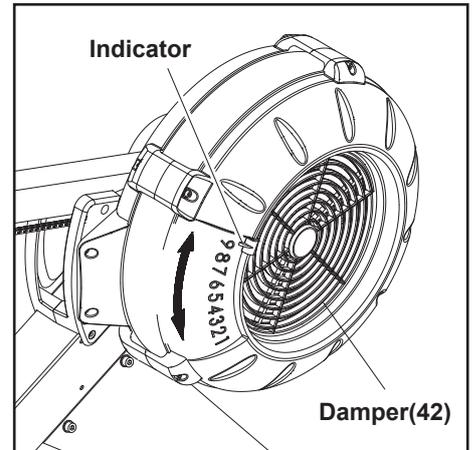
HANDLEBAR POSITION

The **HANDLEBAR(139)** can be placed on the hook in the **COMPUTER POST(6),** refer to illustration A. Or, you can place the **HANDLEBAR(139)** on the **HANDLEBAR HOLDER(52)** as shown in illustration B.

A.

B.
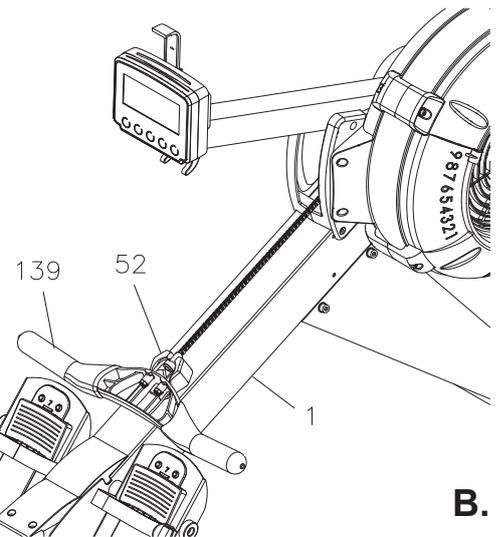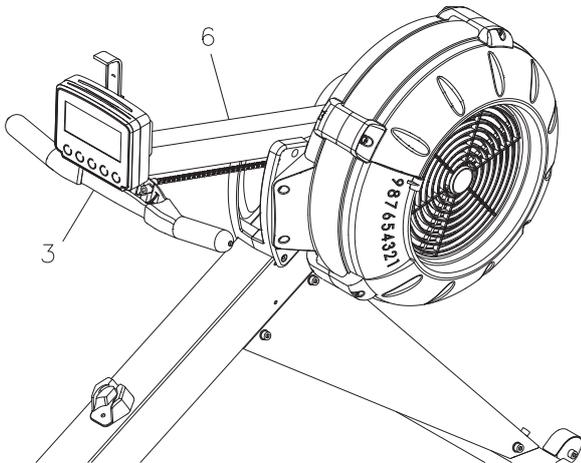
PEDAL CAP ADJUSTMENT

The position of the **PEDAL CAPS(45)** can be adjusted. Refer to the illustration. Pull the **PEDAL CAP(45)** out from the two bulges in the **PEDAL SUPPORT(128),** then lower or raise the **PEDAL CAPS(45)** to the desired position. Lock the **PEDAL CAPS(45)** in position by pressing the adjustment holes of the desired position onto the two bulges.

Refer to the numbers on the **PEDAL CAPS(45)** to make sure that **PEDAL CAPS(45)** are adjusted on the same position on both sides.
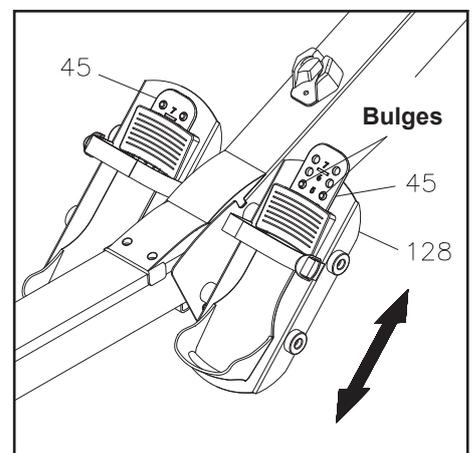
USING THE CELL PHONE BRACKET

The **CELL PHONE BRACKET(20)** can move up and down. Move up the **CELL PHONE BRACKET(20),** then slide the Cell Phone into the gap between the **CELL PHONE BRACKET(20)** and the **COMPUTER(19).** Move down the **CELL PHONE BRACKET(20)** to clip the Cell Phone in position.
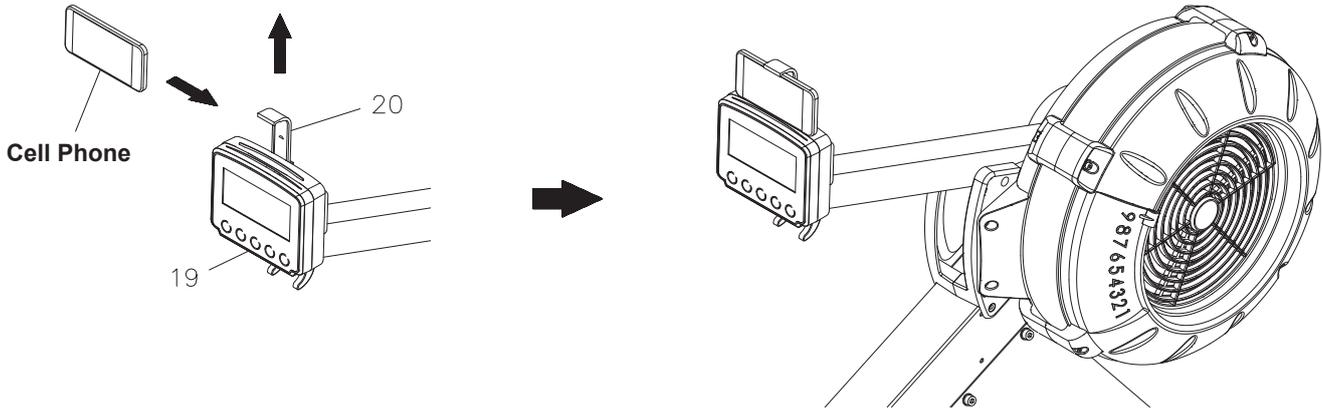
STORAGE

1. To store the **STAMINA│X AMRAP ROWER,** simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries from the **COMPUTER(19)** before storing the **STAMINA│X AMRAP ROWER** for one year or more.
3. Move the **STAMINA│X AMRAP ROWER** with the **MOVING WHEELS(66)** on the **FRONT STABILIZER (4).** Lift the Rear Stand of the **RAIL FRAME(2)** to move the **STAMINA│X AMRAP ROWER.** Refer to the illustration below. Do not use the **SEAT(51)** to move the **STAMINA│X AMRAP ROWER.** The **SEAT(51)** will move and the **SEAT CARRIAGE(10)** may pinch your hand or fingers.
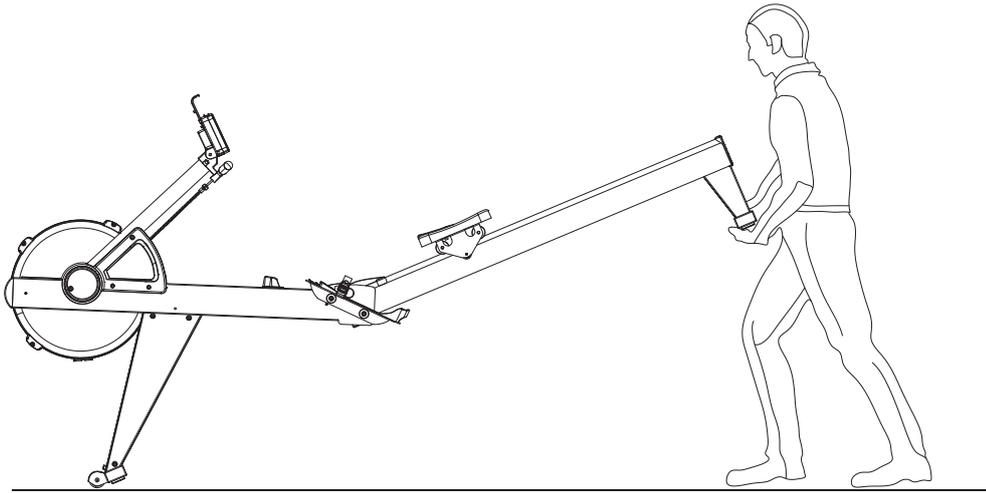
4. The **MAIN FRAME(1)** and the **RAIL FRAME(2)** can be separated to minimize the unit size for storage. Remove the **PULL PIN(98)** from the **MAIN FRAME(1).** Lift up the **MAIN FRAME(1)** and pull out the **RAIL FRAME(2)** to separate. Insert the **PULL PIN(98)** back to the hole in the **MAIN FRAME(1)** for storage.
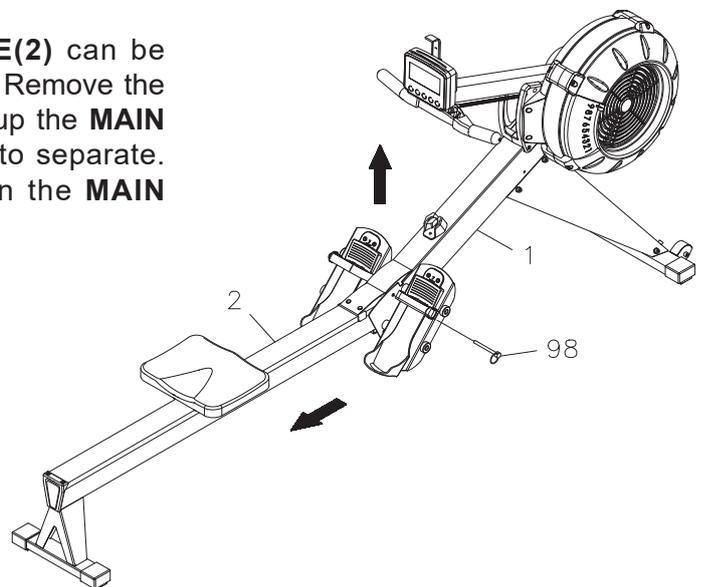
MAINTENANCE

The safety and integrity designed into the **STAMINA│X AMRAP ROWER** can only be maintained when the **STAMINA│X AMRAP ROWER** is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the **HANDLEBAR(139)** and verify that the Magnetic System provides tension and the seat travel is smooth and stable.
2. Clean the roller tracks in the **RAIL(14)** with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Check the condition of the **CHAIN(36).** Replace the **CHAIN(36)** if it is cracked or broken.
5. Verify that the **CAUTION LABEL(115)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(115)** if it is missing or damaged.
6. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
7. Worn or damaged components must be replaced immediately or the **STAMINA│X AMRAP ROWER** removed from service until repair is made.
8. Only Stamina Products supplied components should be used to maintain/repair the **STAMINA│X AMRAP ROWER.**
9. Keep your **STAMINA│X AMRAP ROWER** clean by wiping it off with an absorbent cloth after use.

BUNGEE CORD ADJUSTMENT

Over time, about 250,000 strokes on **HANDLEBAR(3),** your **BUNGEE CORD(38)** may stretch. Follow the following process to adjust:

1. Position the **MAIN FRAME ASSEMBLY(1)** as shown in the illustration. Remove the **MAIN FRAME CAP(68)** from the **MAIN FRAME(1).** Slid out the **BOTTOM COVER(70)** from the **MAIN FRAME(1).**
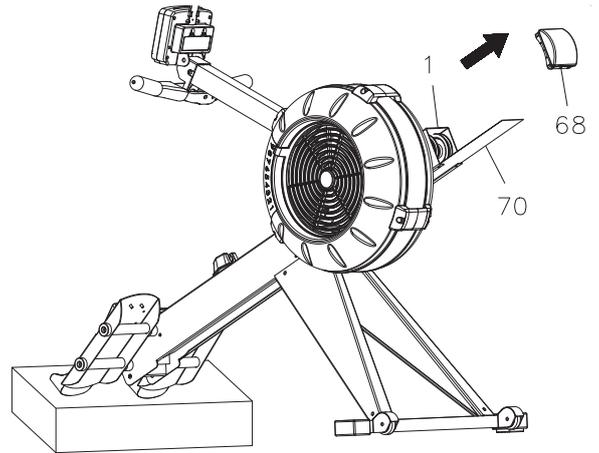
2. Position the **MAIN FRAME ASSEMBLY(1)** as shown in the below illustration. Unhook the **LEFT BUNGEE CORD HOOK(12L)** from the **MAIN FRAME(1).** Make a mark on the **BUNGEE CORD(38)** to move the hook forward 2 inches. Refer to **View 1** to **View 3** to untie the **BUNGEE CORD(38)** from the **LEFT BUNGEE CORD HOOK(12L),** and move the hook forward 2 inches. Refer to **View 4** to **View 6** to retie the **BUNGEE CORD(38)** to the **LEFT BUNGEE CORD HOOK(12L).** Hook the **LEFT BUNGEE CORD HOOK(12L)** back into the **MAIN FRAME(1)** and push the hook to the left side to touch the inner wall of the **MAIN FRAME(1). CAUTION: Always use two hands with a secure grip when re-attaching the BUNGEE CORD HOOKS(12L & 12R).**
Unhook the **RIGHT BUNGEE CORD HOOK(12R)** from the **MAIN FRAME(1).** Do the same as above to adjust the **BUNGEE CORD(38)** on the right side.
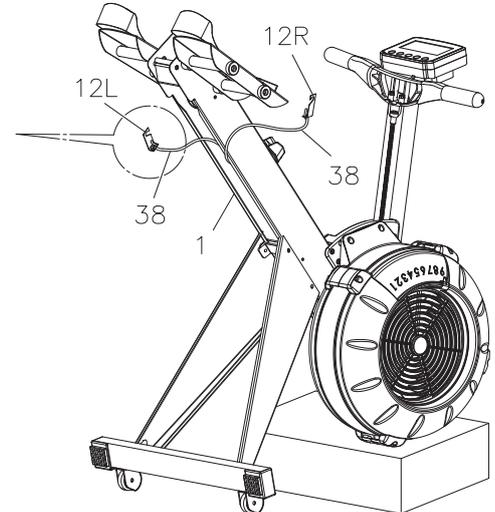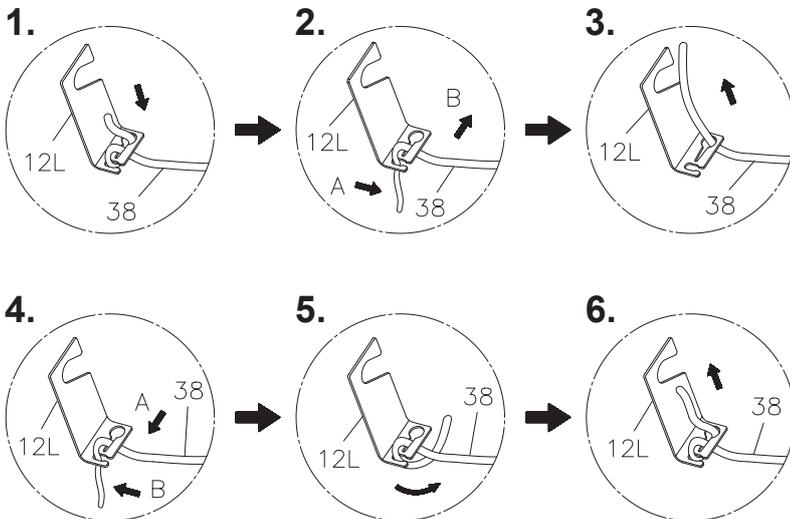
3. Position the **MAIN FRAME ASSEMBLY(1)** as shown in the illustration. Slid the **BOTTOM COVER(70)** back into the **MAIN FRAME(1).**Press the **MAIN FRAME CAP(68)** into the **MAIN FRAME(1).**
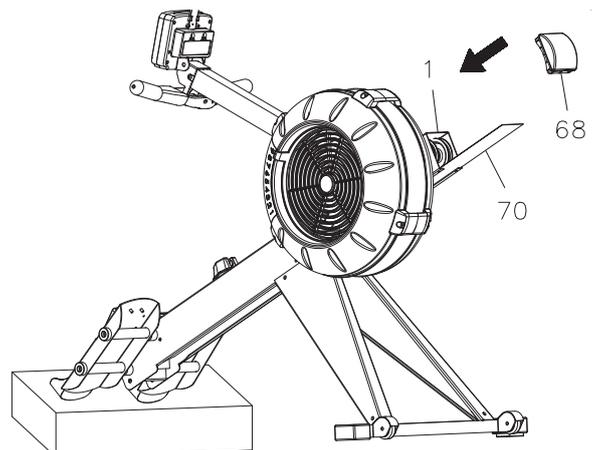
CONDITIONING GUIDELINES

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
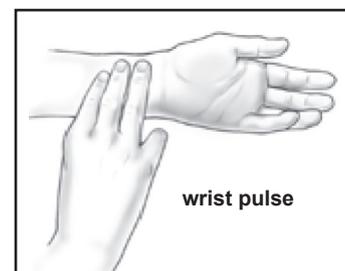
Target Heart Rate Zone Estimated by Age*

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
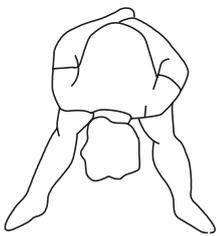
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.
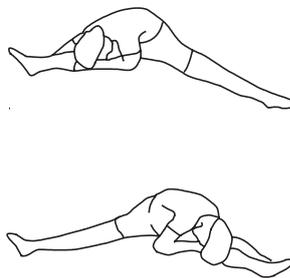
Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.
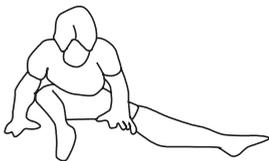
Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.
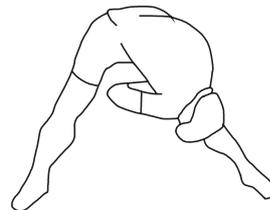
Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch 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

PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rail Frame	1
4	Front Stabilizer	1
6	Computer Post	1
7	Left Support Leg	1
8	Right Support Leg	1
10	Seat Carriage	1
11	Fan	1
12	Bungee Cord Hook	2
13	Chain Idler Bracket	1
14	Rail	1
15	Outlet Perforation	1
16	Spacer (ø8.2 x ø12 x 3.2mm)	6
17	Long Spacer (ø8.2 x ø12 x 71.6mm)	2
18	Chain Roller Spacer (ø6.2 x ø10 x 15.5mm)	1
19	Computer	1
20	Cell Phone Bracket	1
21	Rubber Band	2
22	Generator	1
23	Sensor Wire	1
24	Shaft (M6 x 1, ø11.8 x 79.5mm)	2
25	Pulley Shaft (M6 x 1, ø10 x 76.5mm)	3
26	Fan Axle	1
27	Hook Connector	1
28	Chain Connector	1
29	U Bolt	1
30	Inner Spacer	1
31	Outer Collar	1
32	Bearing (6003RS)	1
33	Bearing (608ZZ)	6
34	Bearing (6201RS)	3
35	One-way Bearing (HF2016)	1
36	Chain, (1/4" pitch)	1
37	Sprocket	1
38	Bungee Cord	1
39	Bungee Cord Pulley	4
40	Chain Roller	2
41	Bearing (6000ZZ)	8
42	Damper	1
43	Right Fan Cage	1
44	Left Fan Cage	1
45	Pedal Cap	2
46	Toe Piece	2
47	Pedal Strap	2
48	Small Chain Roller Spacer (ø10 x ø16 x 30.5mm)	2
49	Pulley Spacer (ø10 x ø16 x 26.5mm)	1
50	Pulley Bushing	2
51	Seat	1
52	Handlebar Holder	1
53	Joint Cover	1
54	Fixed Joint Cover	1
55	Generator Base	1
56	Damper Securing Cap	1
57	Left Cover	1
58	Right Cover	1
59	Endcap (30mm x 60mm)	4
60	Connecting Plate	2
61	Bearing Cup (6001RS)	1
62	Bearing Cup (6003RS)	1
63	Guide Roller	2
64	Seat Roller	4
65	Roller Sleeve	2
66	Moving Wheel	2
67	Rail Cap	1
68	Main Frame Cap	1
69	Mounting Cap	1
70	Bottom Cover	1

PART#	PART NAME	QTY
71	Plastic Washer (ø10.2 x ø14 x 1mm thick)	3
72	Bolt, Round Head (M6 x 1 x 10mm)	16
73	Lock Washer, Internal Tooth (M6)	7
74	Nylock Nut (M6 x 1)	2
75	Screw, Round Head (ST4.2 x 10mm)	3
76	Washer (M6)	16
77	Bolt, Socket Head (M8 x 1.25 x 65mm)	2
78	Bolt, Button Head (M8 x 1.25 x 75mm)	1
79	Washer (M8)	19
80	Nylock Nut (M8 x 1.25)	9
81	Bolt, Socket Head (M8 x 1.25 x 12mm)	8
82	Bolt, Socket Head (M8 x 1.25 x 40mm)	2
83	Bolt, Flat Head (M6 x 1 x 16mm)	2
85	Bolt, Socket Head (M8 x 1.25 x 110mm)	2
86	Bolt, Button Head (M8 x 1.25 x 25mm)	2
87	Lock Washer (M8)	4
88	Screw, Round Head (ST4.2 x 16mm)	3
90	Bolt, Socket Head (M5 x 0.8 x 92mm)	4
91	Nut (M5 x 0.8)	4
92	Chain Hook	2
93	Inner C Ring (ø32)	1
94	Nylock Nut (M10 x 1.5)	2
95	Screw, Round Head Self-Tapping (ST4.2 x 6mm)	6
96	Bolt, Socket Head (M4 x 0.7 x 45mm)	1
97	Nut (M4 x 0.7)	1
98	Pull Pin	1
99	Bolt, Socket Head (M6 x 1 x 16mm)	14
100	Bolt, Round Head (M6 x 1 x 30mm)	1
101	Bolt, Round Head (M6 x 1 x 10mm)	7
102	Screwdriver	1
103	Allen Wrench (6mm)	1
104	Wrench	1
105	Nut (M6 x 1)	2
106	PU Spacer	2
107	Grommet Plug	1
108	Bearing (6001RS)	1
109	Weight	3
110	Bearing Housing	1
111	Bolt, Socket Head (M4 x 0.7 x 12mm)	3
112	Washer (ø3.5 x ø12 x 1mm thick)	2
113	Screw, Round Head (ST3.5 x 12mm)	2
114	Magnet Ring	1
115	Caution Label	1
116	Heart Rate Transmitter	1
117	Elastic Sensor Strap	1
118	Battery Rubber Ring	1
119	Battery Cover	1
120	Button Battery (CR2032)	1
121	Seat Stopper	2
122	Bolt, Socket Head (M8 x 1.25 x 20mm)	2
123	Stopper Bracket	1
124	Strap Jacket	2
125	Jacket Plate	2
126	Screw, Flat Head (M5 x 0.8 x 12mm)	4
128	Pedal Support	2
129	Serial Decal	1
130	Manual	1
131	EVA Pad	2
132	Bolt, Round Head (M6 x 1 X 30mm)	1
133	Lock Washer (M6)	1
134	Thick Nylock Nut (M6 x 1)	2
135	Screw, Round Head Self-Tapping (ST4.2 X 10mm)	8
136	Allen Wrench (8mm)	1
137	Securing Cap	4
138	Bolt, Socket Head (M10 X 1.5 x 160mm)	4
139	Handlebar	1

LIMITED WARRANTY

WARRANTY

Stamina Products, Inc. ("Stamina") warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation in accordance with product warnings/instructions 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 KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.** Commercial use includes use of product in athletic clubs, health clubs, spas, gyms, and all 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 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. 2040 N Alliance Ave, Springfield, Missouri, USA, MO 65803, or email us at customer.care@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 (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER. These warranties are 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.** If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina'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.

Stamina **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY. NO ORAL OR WRITTEN INFORMATION GIVEN BY STAMINA, ITS AGENTS OR EMPLOYEES, SHALL CREATE A WARRANTY OR IN ANY WAY INCREASE THE SCOPE OF THIS WARRANTY. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some states affect the disclaimer or limitation of implied warranties and consequential and incidental damages. If any such law is found applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages shall be deemed to be modified to the extent necessary to comply with applicable law.

NOTES

TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at **customer.care@staminaproducts. com** or by phone at 1-800-375-7520 (in the U.S.). Our customer care 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 CARE
customer.care@staminaproducts.com
www.staminaproducts.com

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

FAX
CUSTOMER CARE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Care
2040 N Alliance Ave, Springfield, MO 65803

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 care at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; 2040 N Alliance Ave, Springfield, MO 65803.

PRODUCT REGISTRATION FORM   **Stamina Products, Inc.**
2040 N Alliance Ave, Springfield, MO 65803

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 care. 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.**
2040 N Alliance Ave, Springfield, MO 65803

Mr./Ms: ....

Address: .... Apt. #:..

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

IMPORTANT : We require your phone number to process the order!

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

Date of Purchase: ....

Model #: ....

Purchased From: ....

IMPORTANT: Before filling out the portion 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**