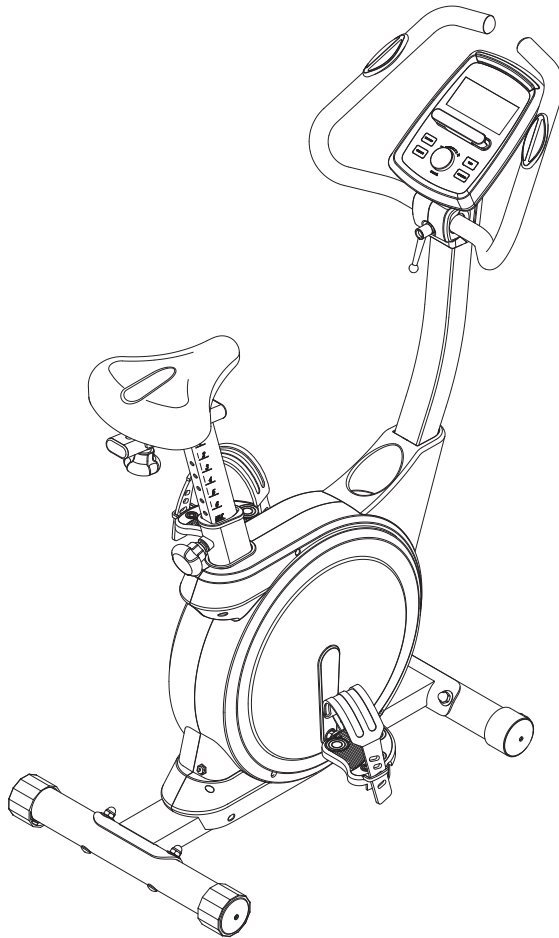




# **STAMINA<sup>®</sup>**

## **MAGNETIC EXERCISE BIKE 345**

# Owner's Manual



Product May Vary Slightly From Pictured.

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

This Product is Distributed Exclusively by



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

### **⚠ WARNING**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

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

**Model#: 15-5345A**

**S/N: \_\_\_\_\_**

**STAMINA PRODUCTS  
MADE IN CHINA**

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2021, 01

# müüv

## Quickstart Guide

IMPORTANT

### Smart Audio Workouts for Your Bike



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



**Download the app and get moving!**

**Assembly video included in app.**

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## SAFETY INSTRUCTIONS

**⚠ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://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® Magnetic Exercise Bike 345.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Stamina® Magnetic Exercise Bike 345** for the first time.
2. Read all warnings and cautions posted on the **Stamina® Magnetic Exercise Bike 345**.
3. The **Stamina® Magnetic Exercise Bike 345** 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® Magnetic Exercise Bike 345**. Do not allow children to use or play on the **Stamina® Magnetic Exercise Bike 345**. Keep children and pets away from the **Stamina® Magnetic Exercise Bike 345** when it is in use.
6. The **Stamina® Magnetic Exercise Bike 345** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
7. Do not ride the **Stamina® Magnetic Exercise Bike 345** while standing up.
8. It is recommended that you place this exercise equipment on an equipment mat.
9. Set up and operate the **Stamina® Magnetic Exercise Bike 345** on a solid level surface. Do not position the **Stamina® Magnetic Exercise Bike 345** on loose rugs or uneven surfaces.
10. Make sure that adequate space is available for access to and around the **Stamina® Magnetic Exercise Bike 345**.
11. Adjust the Leveling Caps(36) on the Rear Stabilizer(27) so that the bike sits on the floor without rocking.
12. Before using, inspect **Stamina® Magnetic Exercise Bike 345** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
13. Before getting on the **Stamina® Magnetic Exercise Bike 345**, always check the Seat Post(19), Pedals (35, 100), and Handlebar(4) to be sure they are secure. The Adjustment Knob(30) must be inserted into one of the holes in the Seat Post(19) and securely tightened.
14. Each user should adjust the seat per instructions on page 13.
15. Do not attempt to adjust the seat while you are on the **Stamina® Magnetic Exercise Bike 345**.
16. 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.
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 **Stamina® Magnetic Exercise Bike 345**.
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. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Stamina® Magnetic Exercise Bike 345**, loss of balance may result in a fall and serious bodily injury.
21. The **Stamina® Magnetic Exercise Bike 345** should not be used by persons weighing over 250 pounds.
22. The **Stamina® Magnetic Exercise Bike 345** should be used by only one person at a time.
23. The **Stamina® Magnetic Exercise Bike 345** is for consumer use only. It is not for use in public or semipublic facilities.

**EXTEND YOUR PARTS WARRANTY TO 180 DAYS FROM THE DATE OF PURCHASE. REGISTER YOUR PRODUCT.**



**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® Magnetic Exercise Bike 345**. 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® Magnetic Exercise Bike 345** 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 page 6 for an image of the serial decal. Model number and serial number are required when

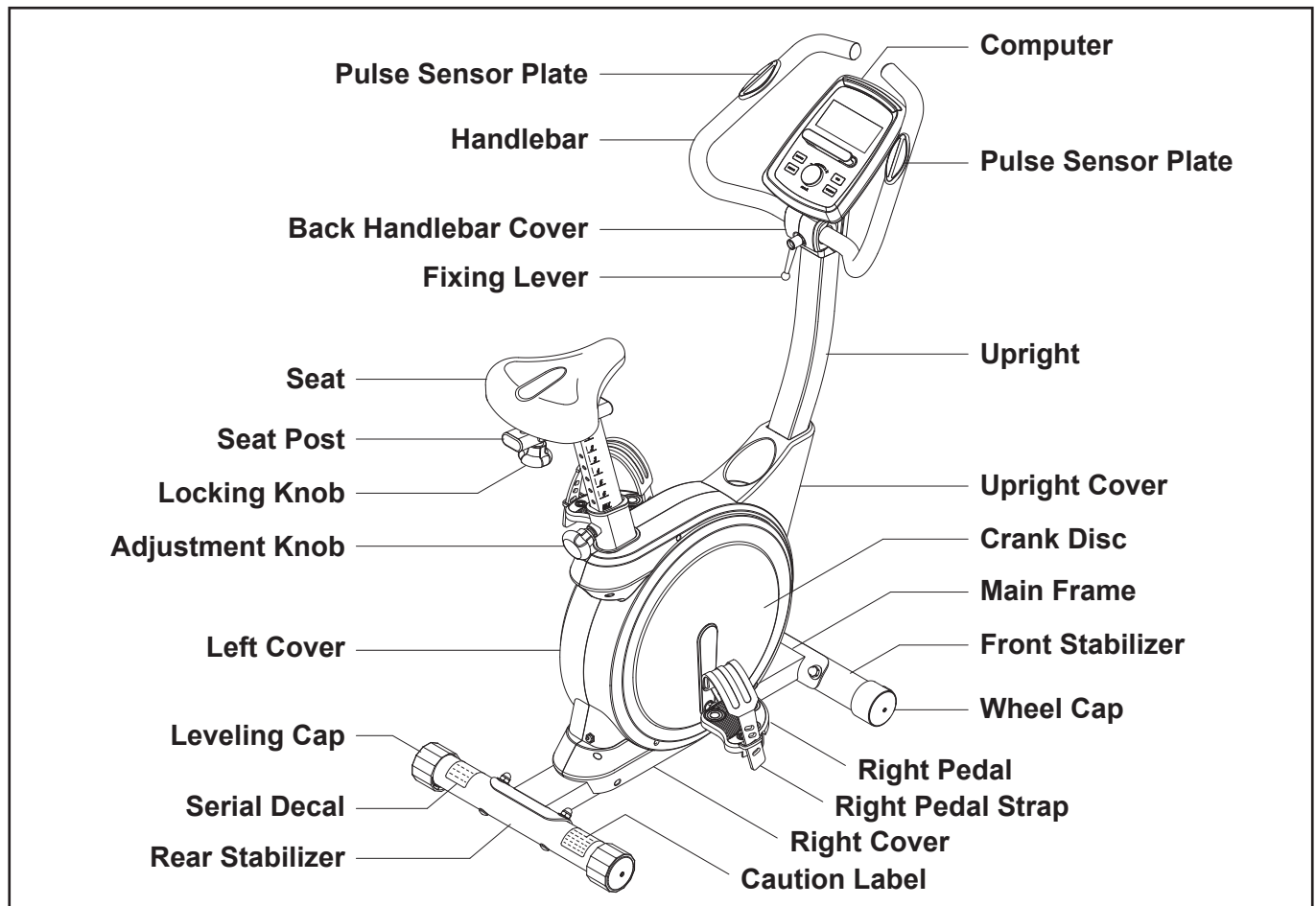
calling for assistance.

Read this manual carefully before using the **Stamina® Magnetic Exercise Bike 345**.

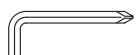
Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your **Stamina® Magnetic Exercise Bike 345**, please do not return the product. Contact us **FIRST!**

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](http://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.



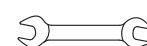
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Allen Wrench w/ Screwdriver (6mm)



Wrench



Opening Wrench

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Stamina® Magnetic Exercise Bike 345**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

### CAUTION LABEL(101)



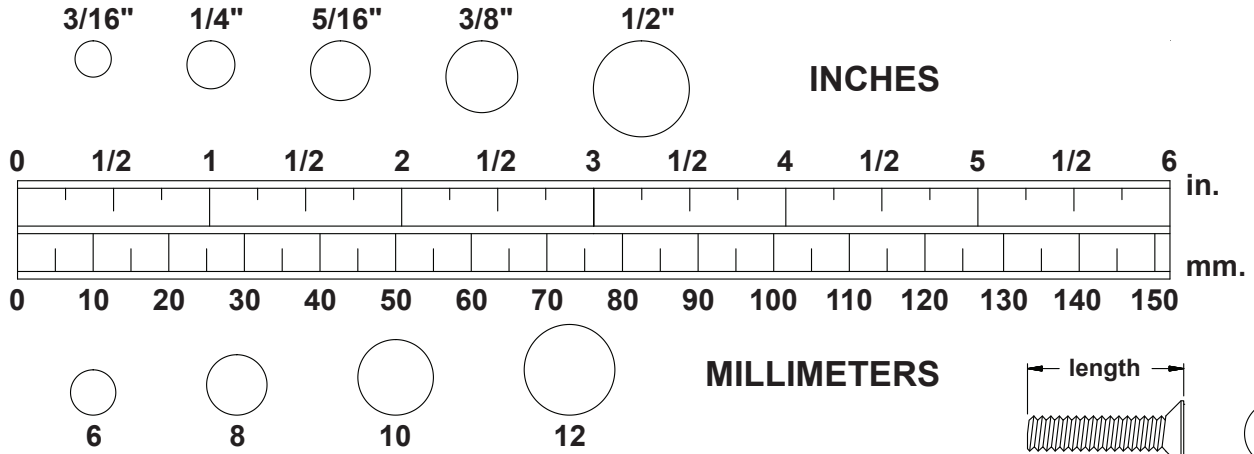
### SERIAL DECAL(102)



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.

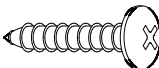
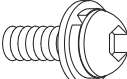


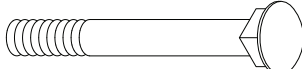


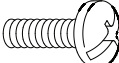
# HARDWARE IDENTIFICATION CHART

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.



**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 fasteners. Some fasteners may be already attached to the parts.

	Part No. and Description	Qty
	3 Screw, Round Head (M4 x 20mm)	2
	13 Bolt, Button Head w/ Washers (M8x1.25x16mm)	4
	17 Washer (M8)	3
	21 Washer (M10)	1
	18 Nylock Nut (M8 x 1.25)	3
	33 Carriage Bolt (M10 x 1.5 x 70mm)	4
	37 Arc Washer (M10)	4
	38 Acorn Nut (M10 x 1.5)	4
	75 Screw, Round Head (M5 x 0.8 x 10mm)	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](http://staminaproducts.com) under the Customer Care section and order the part needed, e-mail us at [customer.care@staminaproducts.com](mailto: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

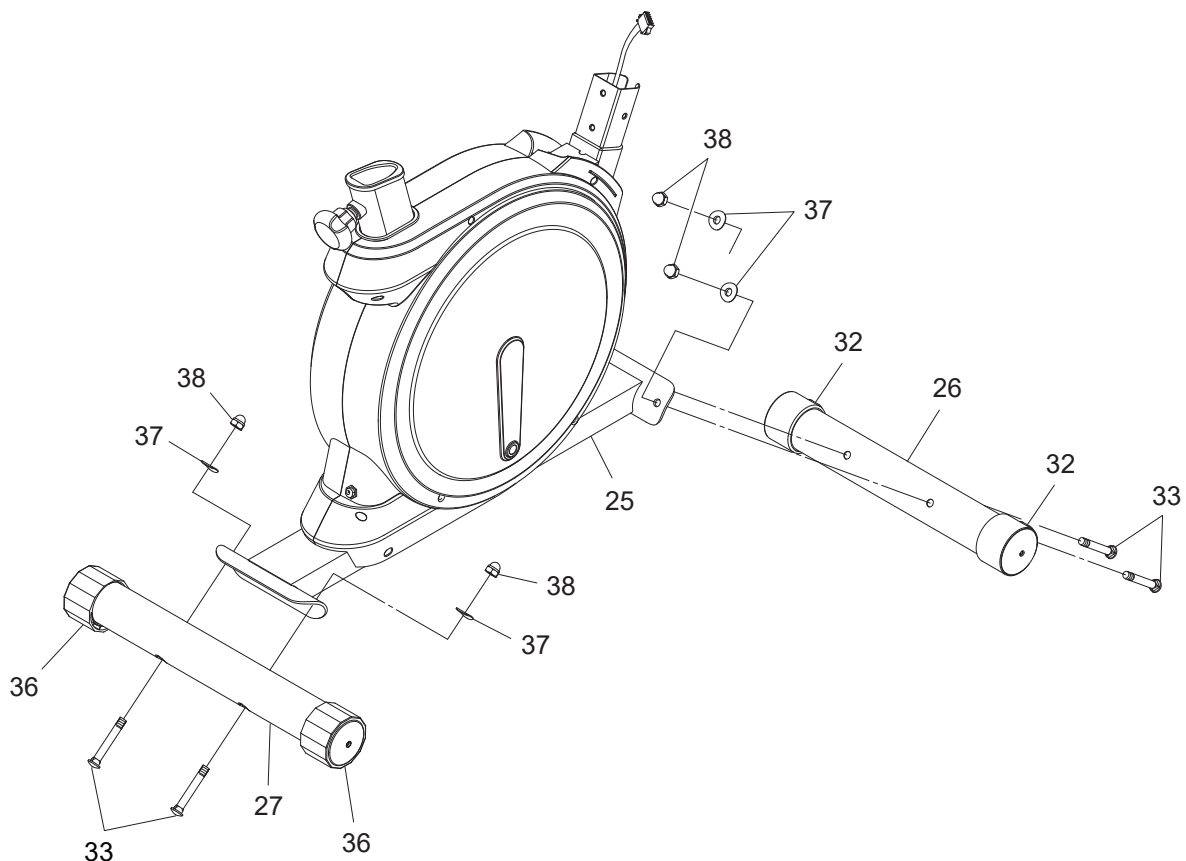
Position the Wheels in the **WHEEL CAPS(32)** on the **FRONT STABILIZER(26)** facing the front. Attach the **FRONT STABILIZER(26)** to the front of the **MAIN FRAME(25)** with **CARRIAGE BOLTS(M10x1.5x70mm)(33)**, **ARC WASHERS(M10)(37)**, and **ACORN NUTS(M10x1.5)(38)**.

### STEP 2

Attach the **REAR STABILIZER(27)** to the **MAIN FRAME(25)** with **CARRIAGE BOLTS(M10x1.5x70mm)(33)**, **ARC WASHERS(M10)(37)**, and **ACORN NUTS(M10x1.5)(38)**.

**NOTE:** You can adjust the **LEVELING CAPS(36)** on the **REAR STABILIZER(27)** to keep the bike stable.

FRONT



BACK



## ASSEMBLY INSTRUCTIONS

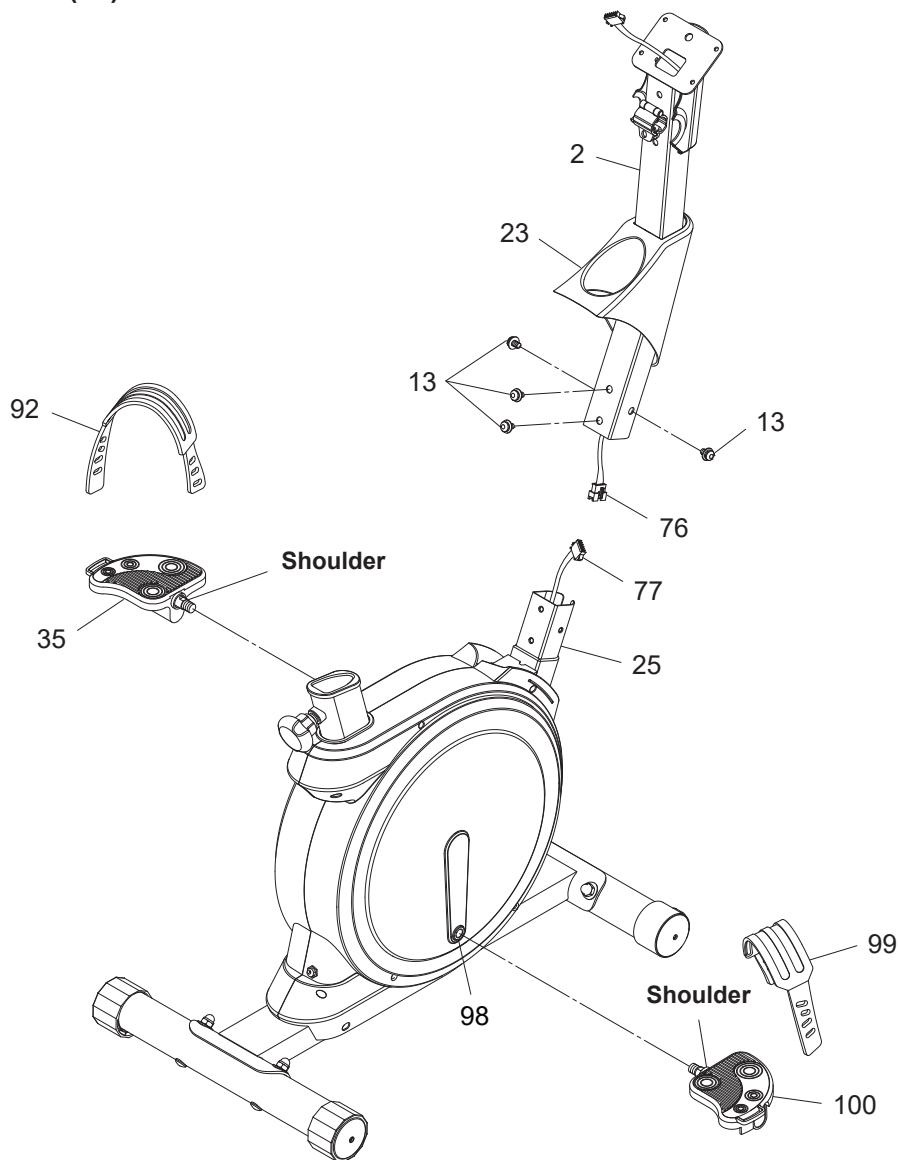
### STEP 3

**NOTE:** The **RIGHT PEDAL(100)** has an **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL (100)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(35)** has an **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(35)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(100)** into the **RIGHT CRANK(98)** as shown. Tighten the pedal securely. The shoulder of the **PEDALS(35, 100)** should be in contact with the **CRANKS(80, 98)** when securely tightened. Select the **RIGHT PEDAL STRAP(99)** which has **R** marked on it. Snap the three hole end to the inside edge of the **RIGHT PEDAL(100)**. Insert the other end of the strap through the slot and snap the strap to the hook on the outside edge of the **RIGHT PEDAL(100)**. Select adjustment holes which allow your foot to be easily removed from the pedals. Use the same procedure to attach the **LEFT PEDAL(35)** to the **LEFT CRANK(80)** and to attach the **LEFT PEDAL STRAP(92)** to the **LEFT PEDAL(35)**.

### STEP 4

Slide the **UPRIGHT COVER(23)** on the **UPRIGHT(2)** as shown in the illustration below. Connect the **EXTENSION CONTROL CABLE(76)** to the **CONTROL CABLE(77)**. Insert the **UPRIGHT(2)** onto the **MAIN FRAME(25)** and secure with **BUTTON HEAD BOLTS w/ WASHERS(M8x1.25x16mm)(13)**. Slide the **UPRIGHT COVER(23)** down to cover the bolts.



## ASSEMBLY INSTRUCTIONS

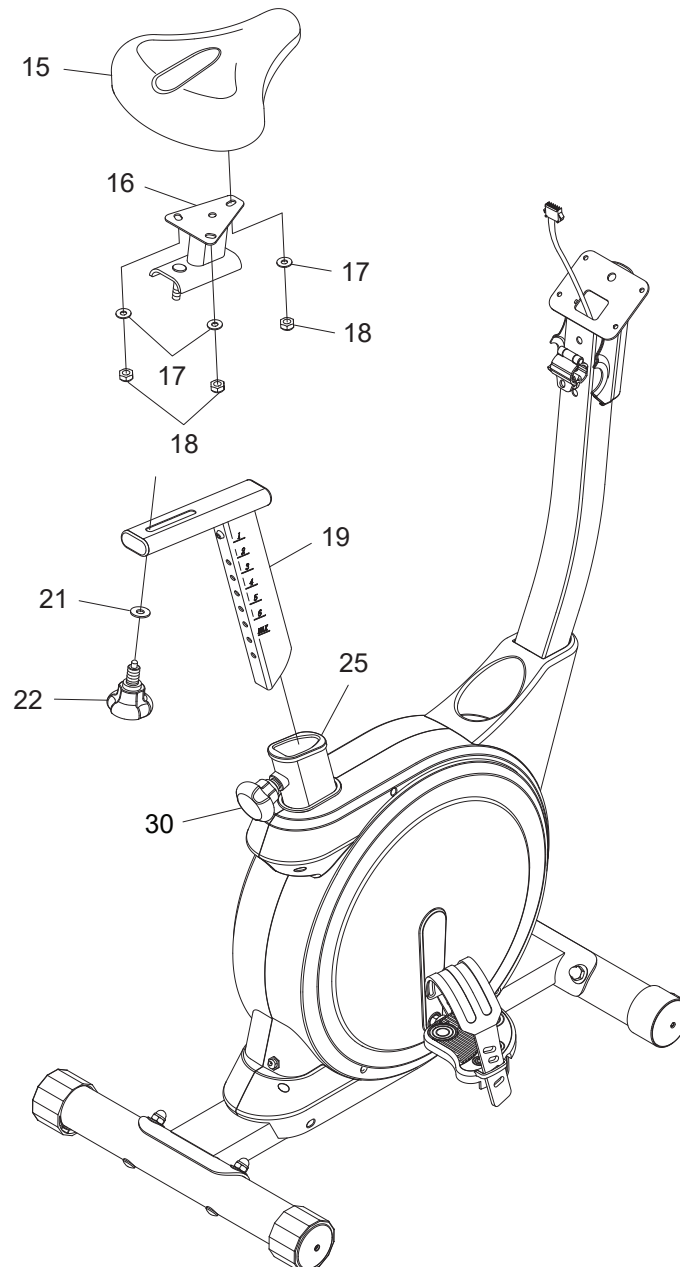
### STEP 5

Attach the **SEAT(15)** to the **SEAT SLIDER(16)** with **NYLOCK NUTS(M8x1.25)(18)** and **WASHERS(M8)(17)**.

### STEP 6

Insert the **SEAT POST(19)** into the **MAIN FRAME(25)** and secure with the **ADJUSTMENT KNOB(30)**. Attach the **SEAT SLIDER ASSEMBLY(16)** to the **SEAT POST(19)** with the **LOCKING KNOB(22)** and **WASHER(M10)(21)**.

- NOTE:**
1. The pin of the **ADJUSTMENT KNOB(30)** must be inserted into one of the adjustment holes in the **SEAT POST(19)** and the **ADJUSTMENT KNOB(30)** must be screwed in tight to ensure that the **SEAT POST(19)** will fit securely in the **MAIN FRAME(25)**.
  2. The **LOCKING KNOB(22)** should be screwed in tight to make the **SEAT SLIDER(16)** fit securely on the **SEAT POST(19)**.



## ASSEMBLY INSTRUCTIONS

### STEP 7

Refer to the illustration below. Place the **HANDLEBAR(4)** in the clip on the **UPRIGHT(2)**, then secure with the **BACK HANDLEBAR COVER(10)** and **FIXING LEVER(11)**. Attach the **BACK HANDLEBAR COVER(10)** and **FRONT HANDLEBAR COVER(96)** together with **ROUND HEAD SCREWS(M4x20mm)(3)**.

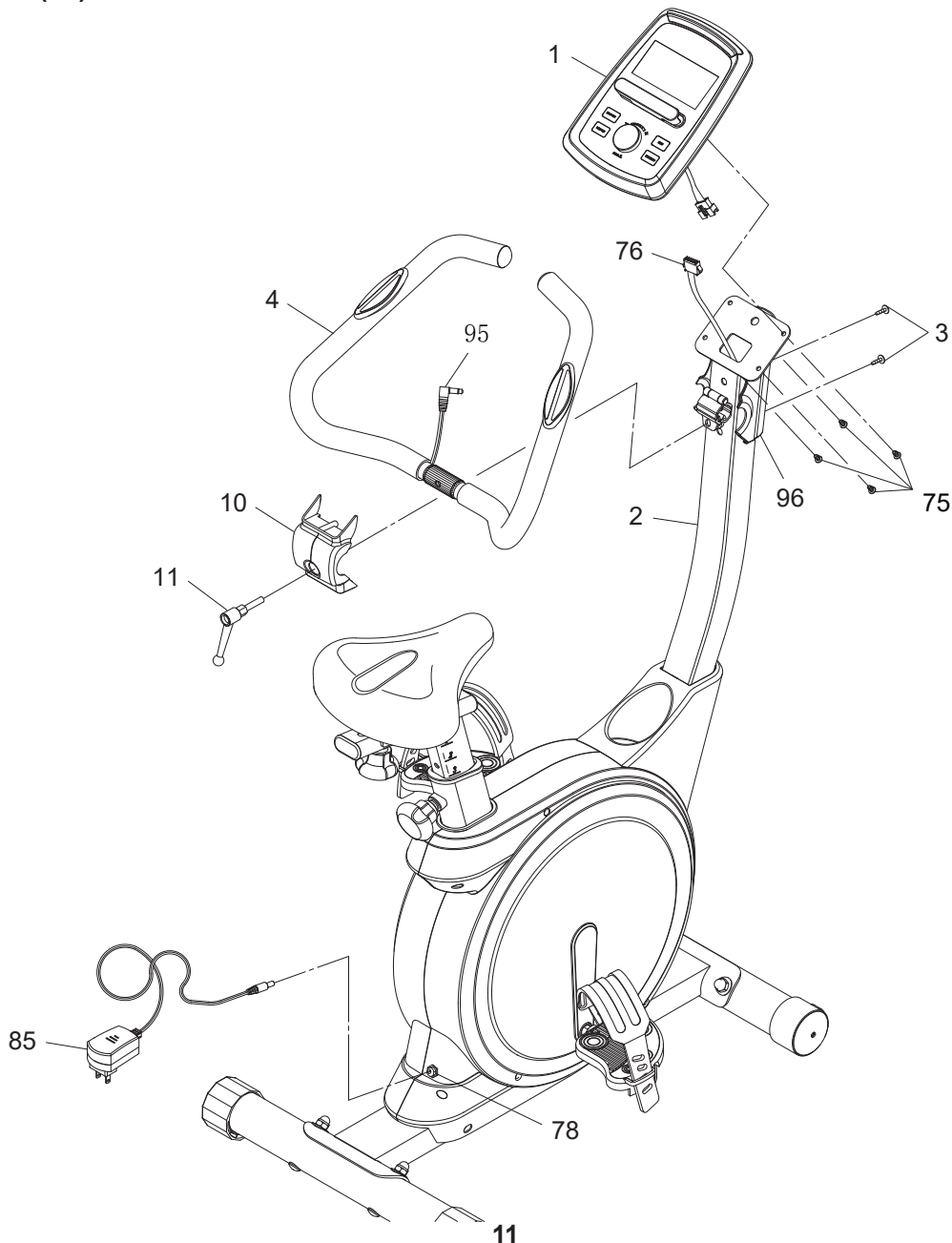
### STEP 8

Plug the **EXTENSION CONTROL CABLE(76)** into the connecting cable of the **COMPUTER(1)**, and push the excess wires back into the **UPRIGHT(2)**. Attach the **COMPUTER(1)** to the plate on the **UPRIGHT(2)** with **ROUND HEAD SCREWS(M5x0.8x10mm)(75)**. Plug the **PULSE SENSOR WIRE(95)** into the back of the **COMPUTER(1)**.

**NOTE:** Be careful not to damage the wires when attaching the **COMPUTER(1)**.

### STEP 9

Plug the **ADAPTER(85)** into the **SOCKET** of the **POWER WIRE(78)** located on the back of the bike. Plug the **ADAPTER(85)** into an electrical outlet.

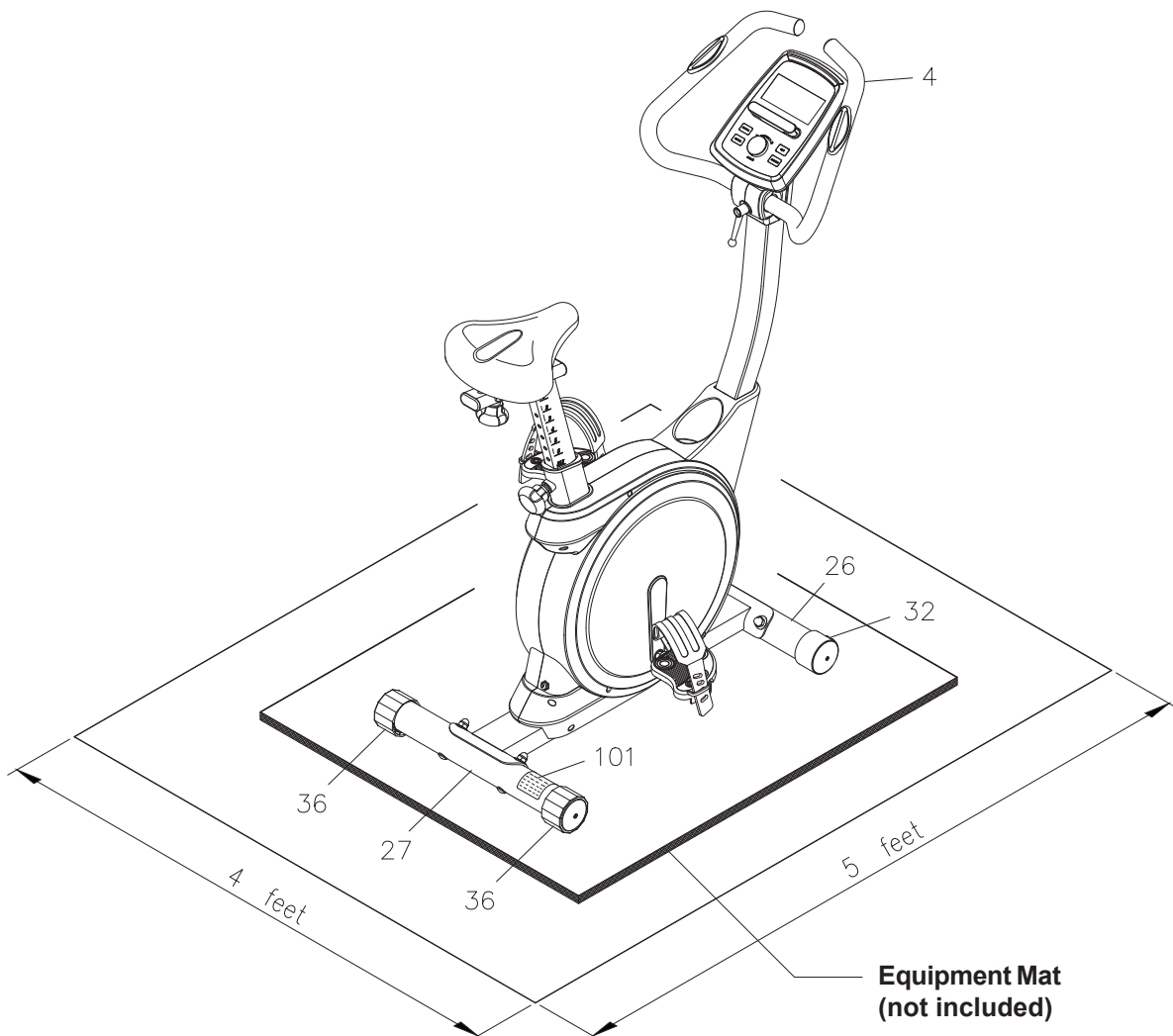


## SET UP INSTRUCTIONS

Place the **Stamina® Magnetic Exercise Bike 345** in the area where it will be used. It is recommended that the **Stamina® Magnetic Exercise Bike 345** be placed on an equipment mat. The **Stamina® Magnetic Exercise Bike 345** is approximately 37.4 inches long x 19.7 inches wide x 50.1 inches tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 5 feet long is required for safe operation of the **Stamina® Magnetic Exercise Bike 345**. Make sure that adequate space is available for access to and passage around the **Stamina® Magnetic Exercise Bike 345**.

**LEVELING:** Adjust the **LEVELING CAPS(36)** on the **REAR STABILIZER(27)** so that the **Stamina® Magnetic Exercise Bike 345** sits on the floor without rocking.

**MOVING:** The **Stamina® Magnetic Exercise Bike 345** has a pair of Wheels in the **WHEEL CAPS(32)** on the **FRONT STABILIZER(26)**. Grasp on the **HANDLEBAR(4)** and tip the **Stamina® Magnetic Exercise Bike 345** forward to move.



### FUNCTION INSPECTION:

Visually inspect the **Stamina® Magnetic Exercise Bike 345** to verify that assembly is as shown in the above illustration. Check the function of the **Stamina® Magnetic Exercise Bike 345** by turning the crank slowly through one complete revolution to verify that the drive train functions properly.

**CAUTION:** Locate and read the **CAUTION LABEL(101)** on the **Stamina® Magnetic Exercise Bike 345**. Make sure that all users read the **CAUTION LABEL(101)** before using the product.

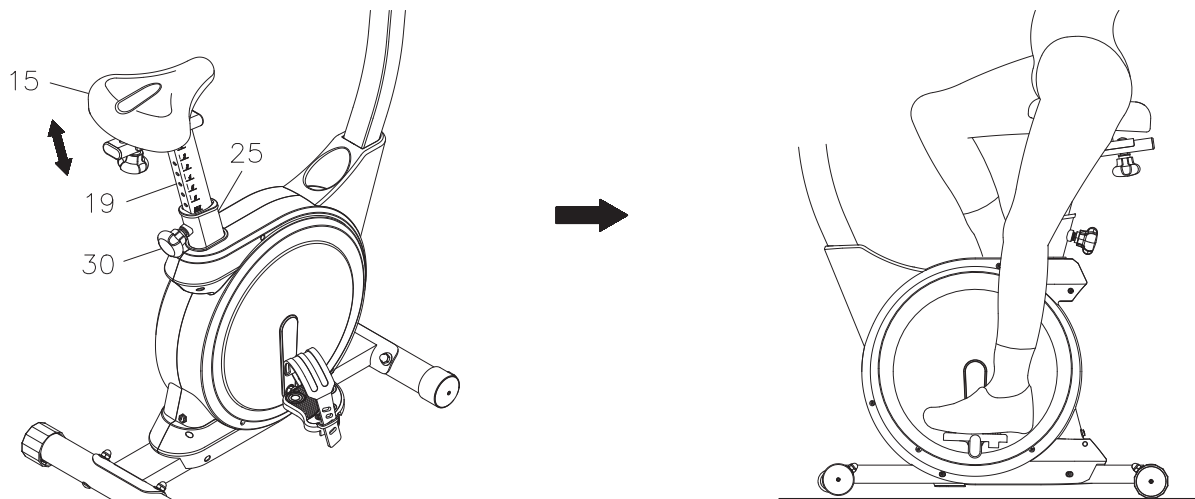
## OPERATIONAL INSTRUCTIONS

### SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, sit on the bike and center the ball of your foot on the pedal in 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(30)**, then lower or raise the **SEAT(15)** to the desired height, and secure with the **ADJUSTMENT KNOB(30)**. Make all adjustments to seat height while off of the bike.

**NOTE:** The pin of the **ADJUSTMENT KNOB(30)** must be inserted into one of the adjustment holes in the **SEAT POST(19)** and the **ADJUSTMENT KNOB(30)** must be screwed in tight to ensure that the **SEAT POST(19)** will fit securely in the **MAIN FRAME(25)**.

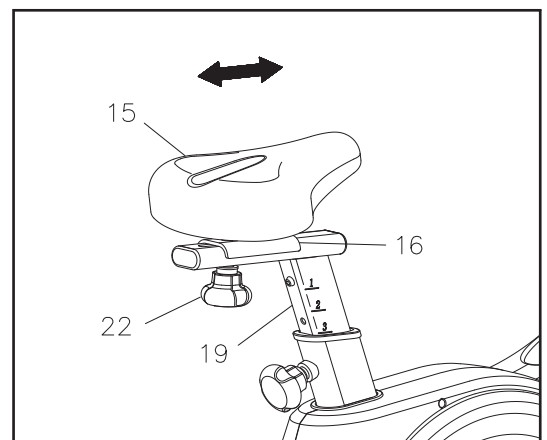


### FORWARD/AFT POSITION OF SEAT

Adjusting the **SEAT(15)** forward or backward helps you work on different lower body muscle groups.

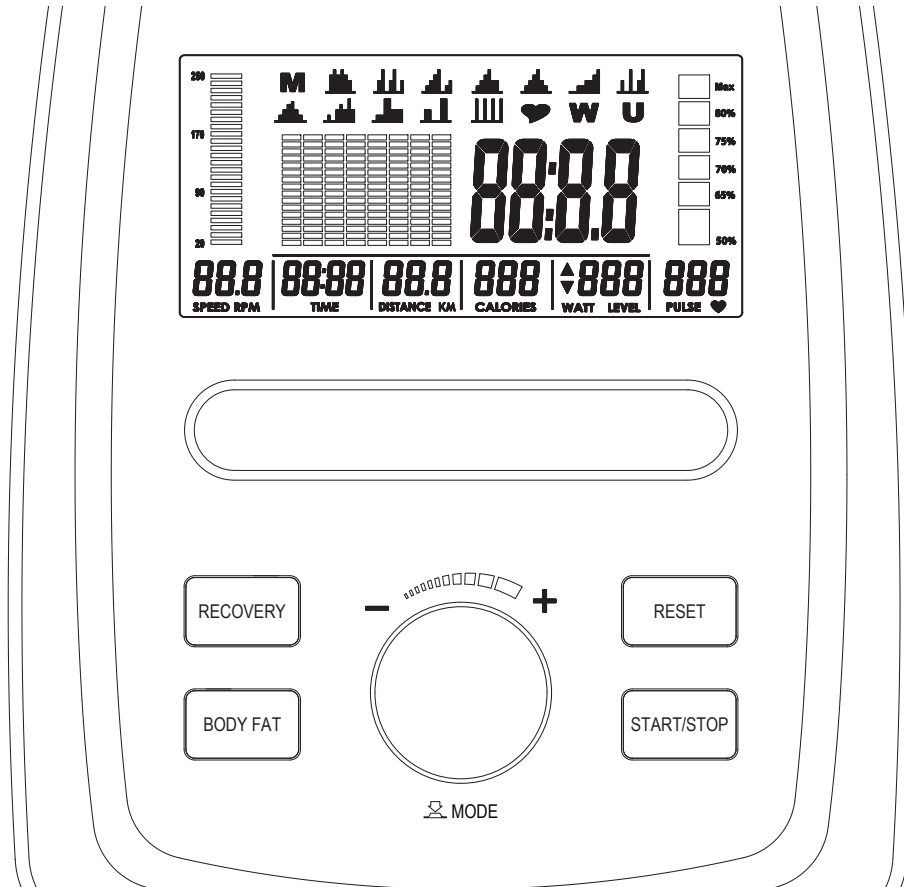
Loosen the **LOCKING KNOB(22)**, slide the **SEAT(15)** to the desired position, and secure with the **LOCKING KNOB(22)**.

**NOTE:** The **LOCKING KNOB(22)** should be screwed in tight to make the **SEAT SLIDER(16)** fit securely on the **SEAT POST(19)**.



## COMPUTER INSTRUCTIONS

Your **Stamina® Magnetic Exercise Bike 345** utilizes a magnetic braking system to create resistance for your workout. You control the amount and pattern of this resistance by means of the advanced computer console mounted at the center of the Handlebar. We recommend that you use this computer console to vary your workout from session to session and note your progress toward your fitness goals. When used regularly in this way, the computer console can become an important source of motivation and interest which will help keep you on track.



### FUNCTION BUTTONS:

**MODE:** Press to confirm the selected program and the values of the setting mode.

Press and release to select each function for display on Main Screen while running a program, including **TIME**, **SPEED**, **RPM**, **DISTANCE**, **CALORIES**, **WATT**, and **PULSE**.

**UP/DOWN** Turn the dial to select programs.

**DIAL:** Turn the dial to increase or decrease the function values of the setting mode.

Turn the dial to increase or decrease the level of the workload when running a program.

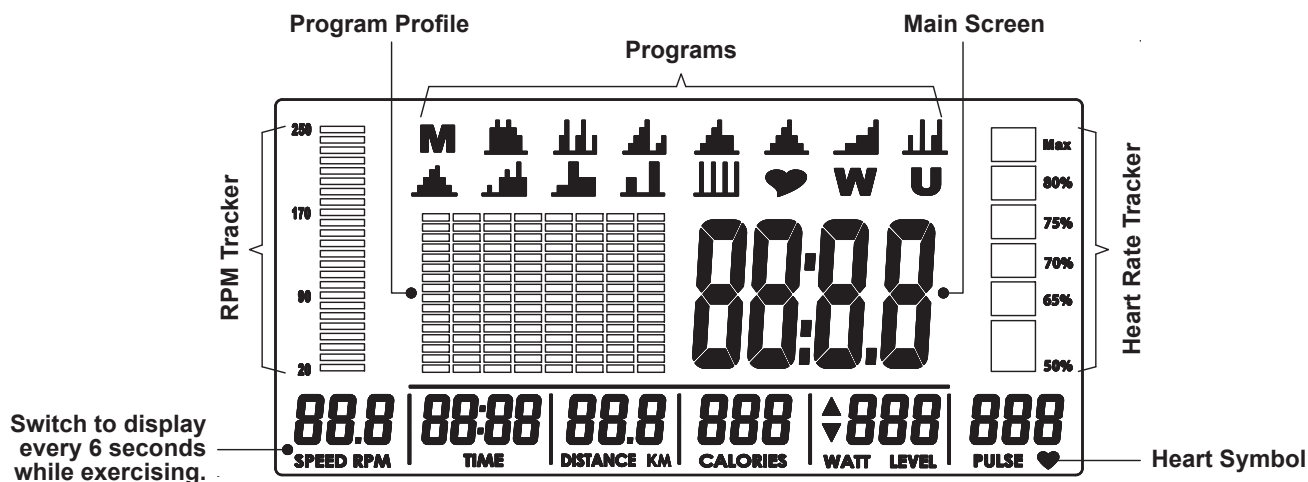
**RESET:** Press the button and hold it down for two seconds to reset all functions to zero and skip to initial mode.

**START/STOP:** Press to start the selected program. Press the **START/STOP** button to stop the program. You can press the **START/STOP** button again to continue to run the current program, or press the **RESET** button to skip to program selecting mode for you to select a new program.

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

**BODY FAT:** Press to activate the body fat measurement function anytime. Input your personal data in advance for correct readout.

## COMPUTER INSTRUCTIONS



## LCD DISPLAY INSTRUCTIONS

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

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

**DISTANCE:** Displays flashing “0.0” for presetting the function value during setup, from 1 to 99 miles, and counts down from the preset value.  
If no value is preset, displays distance up to 99.9 miles in increments of 0.1 miles.

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

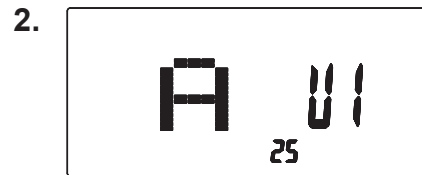
**WATT/LEVEL:** Displays flashing “1” for adjusting the level of the workload of the selected program during setup, from 1 to 16.  
When running a program, displays the level of the workload when you turn the **UP/DOWN** dial to adjust the workload, from 1 to 16.  
Displays the amount of power being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

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

## COMPUTER INSTRUCTIONS

The computer uses the **ADAPTER(85)** as a power source. Once power is on, the computer will then display all items on the screen and a “beep” will sound for two seconds, then skip to initial mode as shown in illustration 1.

**INPUT PERSONAL DATA:** In the initial mode, the display flashing “U1” for you to select the “user” from U1 to U4. For example to select “U1”, and press **MODE** button to confirm and move to the next item. The display will show the flashing Male symbol “♂”. Turn the **UP/DOWN** dial to switch to Female symbol “♀”. Press **MODE** button to confirm your gender and move to the next item. The computer will go through the input items as follows and allow you to input your personal data. Refer to illustration 2.



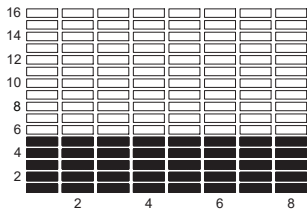
**A (Age: 1 to 99 years old) → H (Height: 40 to 80 inches) → W (Weight: 40 to 350 lbs)**

Use the **UP/DOWN** dial to enter the values of your **AGE**, **HEIGHT**, and **WEIGHT**. Press **MODE** button to confirm the setting and move to the next item for setting.

### PROGRAM DESCRIPTION AND OPERATION

This computer contains 19 different programs. You can preset the program time and the computer will divide the time into 8 intervals. If you do not set the program time in advance, the computer will use the preset distance 0.1 mile for each interval to run the program.

#### (M) MANUAL PROGRAM



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

### MANUAL PROGRAM OPERATION

1. Start pedaling or press any button to wake up the computer. Press the **RESET** button to skip to program selecting mode to select the manual program. Or, press the **RESET** button and hold it down for two seconds to skip to initial mode. You can select the “user”, then skip to program selecting mode to select the manual program.

2. The manual program “**M**” is always displayed first. If necessary, use the **UP/DOWN** dial and **MODE** button to select the manual program and the computer will skip to setting mode for presetting the function values.

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

3. After pressing the **MODE** button, the computer will go through the input items as follows and allow you to set the function values. Use the **UP/DOWN** dial and **MODE** button to input the values. Or press the **MODE** button to pass some of the inputs.

**Level (1 to 16) → Time (1:00 to 99:00 min) → Distance (1 to 99 mile) → Calories (10 to 990 Kcal) → Pulse (30 to 230)**

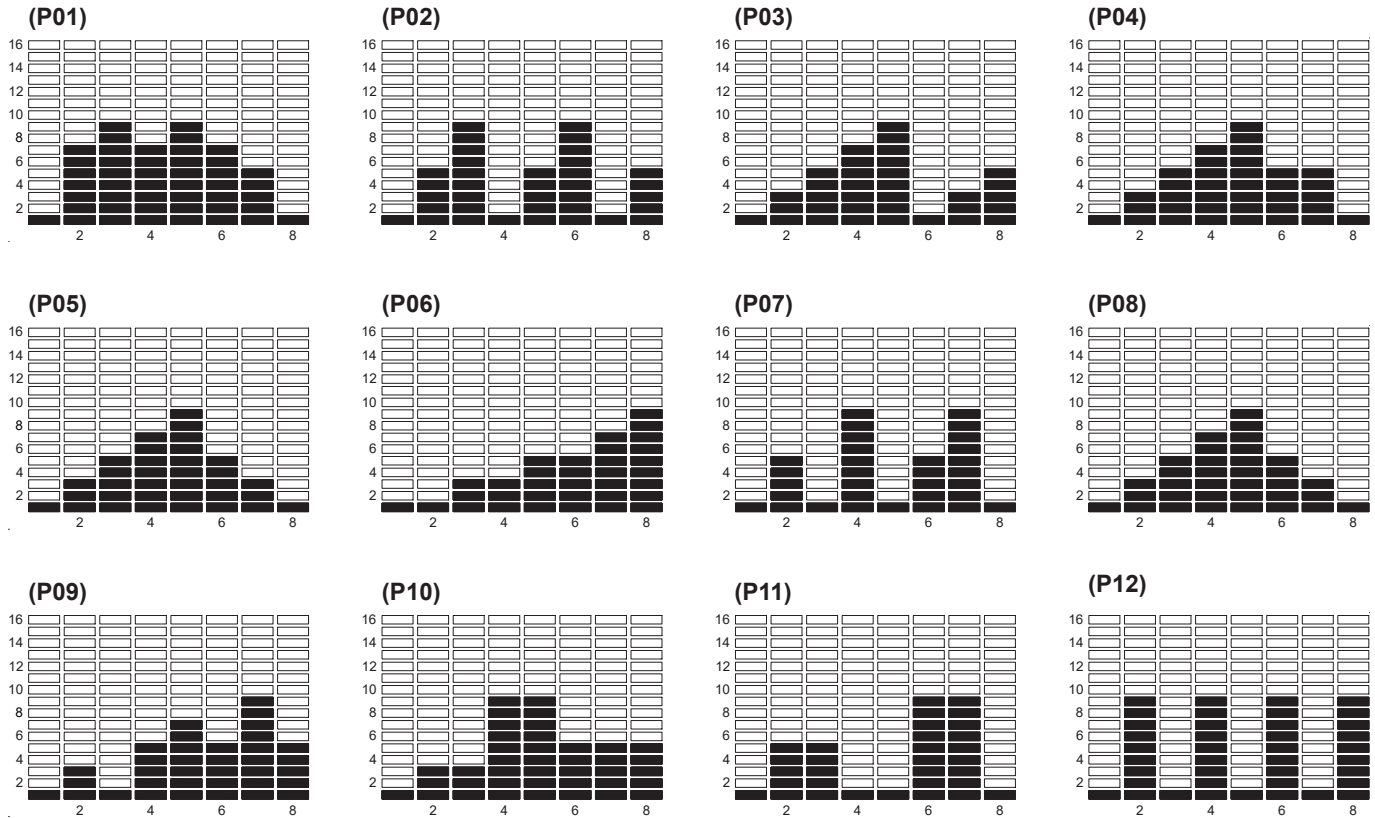
**NOTE:** When the **PULSE** (Limit Heart Rate) is preset and your pulse is equal to or greater than the Limit Heart Rate during workout, the computer will remind you with an audible alarm. **Please note that this is a warning for you to slow down or lower the level of resistance.**

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



## COMPUTER INSTRUCTIONS

**PRESET PROGRAMS:** These are 12 preset automatic programs. The profiles are shown on the LCD display of the computer. Use the **UP/DOWN** dial and **MODE** button to select the desired program.



### PRESET PROGRAM OPERATION

1. Start pedaling or press any button to wake up the computer. Press the **RESET** button to skip to program selecting mode to select one of the preset programs. Or, press the **RESET** button and hold it down for two seconds to skip to initial mode. You can select the “user”, then skip to program selecting mode to select one of the preset programs.
2. Use the **UP/DOWN** dial and **MODE** button to select the desired preset program, P01 to P12.
3. After pressing the **MODE** button to select the desired program, the computer will go through the input items as follows and allow you to set the function values. Use the **UP/DOWN** dial and **MODE** button to input the values. Or press the **MODE** button to pass some of the inputs.

**Level (1 to 8) → Time (1:00 to 99:00 min)**

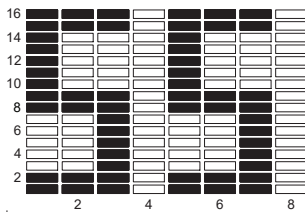
**NOTE:** After using the **UP/DOWN** dial and **MODE** button to select the desired program, you can press the **START/STOP** button to run the program directly without presetting any function values.

4. After using the **UP/DOWN** dial to input the value of **TIME**, press the **START/STOP** button directly to run the program to workout.

## COMPUTER INSTRUCTIONS

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

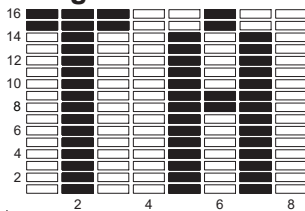
### H. R. C. PROGRAMS



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

Display 55%, 75%, and 90% for option.

### Target Heart Rate



**Target Heart Rate Program:** This program allows you to input the Target Heart Rate you desire. Select this program, **PULSE** window displays flashing "100" for presetting the Target Heart Rate value, from 30 to 230.

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

For example:

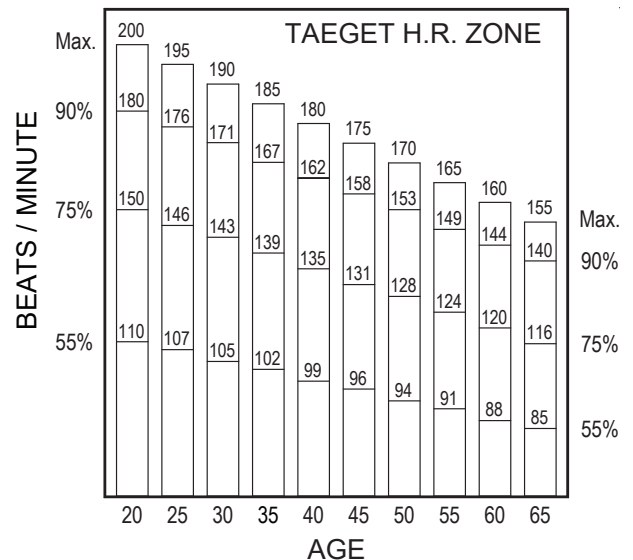
If your age is 25: The maximum heart rate is 195.

If you select the Heart Rate Control Program and preset 75% of maximum heart rate:  $195 \times .75 = 146$ .

Heart rate zone: plus or minus 5 of 146 is 141 to 151.

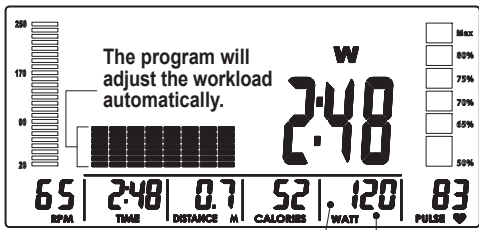
The program will monitor your pulse and adjust the workload automatically to keep your pulse within the heart rate zone (141 to 151) during your workout.

**NOTE:** For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate.





## COMPUTER INSTRUCTIONS



No Arrow Indicator here

Target Watt

When running the target watt control program, the program will monitor your pedaling speed and adjust the workload automatically to keep your workload as close as possible to the preset target WATT. For example, if the preset target WATT is 120 and you pedal with proper speed, the display will be as shown in the illustration. There should be no Arrow Indicator appearing on the display.

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



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



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

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

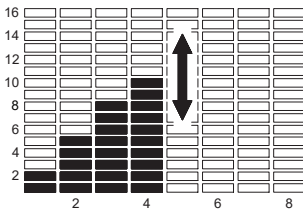


Pedaling speed is too fast, almost out of the range that the program can adjust the workload for you. Please pedal slower.



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

### (U) USER SETTING



**USER SETTING PROGRAM:** Program “U” is an automatic program that allows the user to manually preset each of the 8 intervals. Select this program, use the **UP/DOWN** dial and **MODE** button to edit the program profile. The program profile will be stored in the memory after setup. You can modify the profile anytime once you select this program.

When running the program, you still can use the **UP/DOWN** dial to increase or decrease the load level of each interval and these changes will be stored in memory.

### USER SETTING PROGRAM OPERATION

1. Start pedaling or press any button to wake up the computer. Press the **RESET** button to skip to program selecting mode to select the user setting program. Or, press the **RESET** button and hold it down for two seconds to skip to initial mode. You can select the “user”, then skip to program selecting mode to select the user setting program.
2. Use the **UP/DOWN** dial and **MODE** button to select the program “U” ( User Setting Program).
3. After pressing the **MODE** button, interval 1 will begin flashing. Use the **UP/DOWN** dial to set the load for interval 1. Press the **MODE** button to confirm and proceed to the next interval. Use the **UP/DOWN** dial and **MODE** button to set the load for each interval. When all the intervals are set, press the **MODE** button and hold it down for two seconds to skip to setting mode for presetting the function value of **TIME**, from 1:00 to 99:00 min. Or, press the **START/STOP** button to run the program directly without presetting the **TIME** function value.
4. After using the **UP/DOWN** dial to input the value of **TIME**, press the **START/STOP** button directly to run the program to workout.

## COMPUTER INSTRUCTIONS

### OPERATION NOTES

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

## COMPUTER INSTRUCTIONS

### PULSE RECOVERY FUNCTION

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

**F1.0 = Excellent**

**F2.0 = Good**

**F3.0 = Fair**

**F4.0 = Below Average**

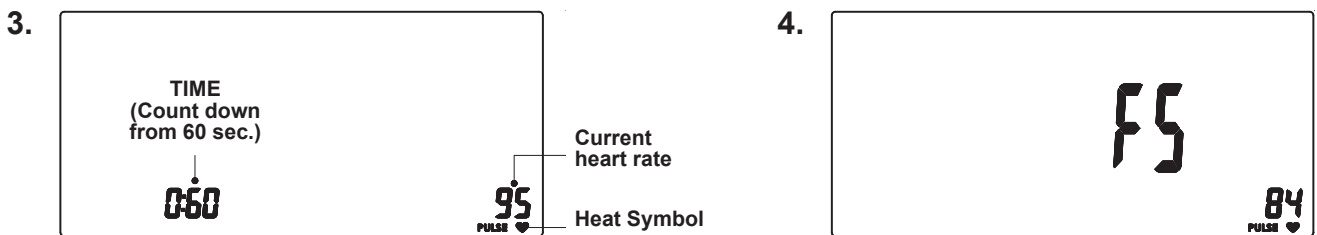
**F5.0 = Not Good**

**F6.0 = Poor**

The readout should only be used as a comparison between workouts. It can be used right after any aerobic exercise. Stop exercising before starting this function.

To start the pulse recovery function, grasp the Pulse Sensors on the Handlebar, one in each hand. Your pulse will be displayed approximately five (5) seconds after the heart symbol is displayed. Then press the **RECOVERY** button and continue to grasp the Pulse Sensors correctly. During the pulse recovery function, only **PULSE** and **TIME** are working and the display will be as shown in illustration 3. **TIME** will count down from 0:60 and the heart symbol "♥" will be blinking. When the **TIME** reaches 0, the computer will show your pulse recovery condition from **F1.0** to **F6.0**. See illustration 4. Press **RECOVERY** button to exit the display.

- NOTE:**
1. When the **PULSE** readout is shown on the screen, you can press the **RECOVERY** button at any time to run pulse recovery program, even during your exercising and running other programs.
  2. You can quit the pulse recovery function by pressing the **RECOVERY** button.
  3. Once the pulse recovery function starts, the **TIME** will count down from 60 seconds to zero even if you remove your hands from the Pulse Sensors. If no pulse signal is available, F6.0 will be displayed as the pulse recovery condition.



### BODY FAT MEASUREMENT

If you are running a program, press the **START/STOP** button to stop the program. To start the body fat measurement, grasp the Pulse Sensors on the Handlebar, one in each hand. Then press the **BODY FAT** button and continue to grasp the Pulse Sensors correctly. After 8 seconds, the computer will display the information for BMI, FAT%, and BODY FAT symbol ( — , + , Δ , and ◊ ), refer to illustration 7. This information will cycle for 30 seconds, press the **BODY FAT** button to exit the display. Refer to the following illustrations for the body fat measurement displays.

- NOTE:**
1. You can quit the body fat measurement by pressing the **BODY FAT** button.
  2. If you do not hold properly or remove your hands from the Pulse Sensors. If no signal is available, an error code **E-1** will be displayed. Press the **BODY FAT** button and do the body fat measurement again.
  3. If the BMI and FAT% result is below 5, or exceeds 50, an error code **E-4** will be displayed.



**Not grasping the Pulse Sensors correctly.**

**Program is working, wait 8 seconds.**

**Body fat measurement result.**

## COMPUTER INSTRUCTIONS

### UNDERSTANDING THE READOUT INFORMATION

#### 1. BMI (BODY MASS INDEX)

Body Mass Index is a height/weight formula used by health and weight professionals around the world to assess a person's body weight. From your body mass index number you can see if you are underweight, normal weight, overweight or obese.

BMI conclusions vary slightly according to gender. Here is a general summary of weight-status based on BMI.

Underweight	Under 20 (19 for women)
Normal Weight	Between 20 and 24.99
Overweight	Between 25 and 29.99
Obese Class 1	Between 30 and 34.99
Obese Class 2	Between 35 and 39.99
Extreme Obesity	40 and above

#### 2. BODY FAT %

Your body fat percentage is simply the percentage of fat your body contains. If you are 150 pounds and 10% fat, it means that your body consists of 15 pounds fat and 135 pounds lean body mass (bone, muscle, organ tissue, blood and everything else).

A certain amount of fat is essential to bodily functions. Fat regulates body temperature, cushions and insulates organs and tissues and is the main form of the body's energy storage. The table describes body fat ranges and their associated categories.

General Body Fat Percentage Categories				
Classification	Essential Fat "—"	Standard "+"	Acceptable "△"	Obese "◇"
Men (fat %)	2 - 9%	10 - 19%	20 - 24%	25% plus
Women (fat %)	10 - 19%	20 - 29%	30 - 34%	35% plus

#### POWER SOURCE:

The **COMPUTER(1)** uses the **ADAPTER(85)** as a power source. Use the **Stamina® Magnetic Exercise Bike 345** with the **ADAPTER(85)** plugged into an electrical outlet.

## STORAGE

1. To store the **Stamina® Magnetic Exercise Bike 345**, simply keep it in a clean dry place.
2. The minimum rest dimensions of the **Stamina® Magnetic Exercise Bike 345** are approximately 37.4 inches long x 19.7 inches wide x 50.1 inches tall. These dimensions will vary. Please measure your **Stamina® Magnetic Exercise Bike 345** if exact dimensions are needed.
3. To move the **Stamina® Magnetic Exercise Bike 345**, grasp on the **HANDLEBAR(5)** and tip the **Stamina® Magnetic Exercise Bike 345** forward to use the wheels on the **FRONT STABILIZER(3)**.

## MAINTENANCE

The safety and integrity designed into the **Stamina® Magnetic Exercise Bike 345** can only be maintained when the **Stamina® Magnetic Exercise Bike 345** is regularly examined for damage and wear. Special attention should be given to the following:

1. Use the **UP/DOWN** dial and **MODE** button on the **COMPUTER(1)** to select a program and verify that the magnetic system functions properly and provides different tensions.
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.
3. Do not step on any portion of the plastic cover when getting on or off the **Stamina® Magnetic Exercise Bike 345**. This can cause the plastic cover to crack.
4. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
5. Verify that the **CAUTION LABEL(101)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(101)** 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® Magnetic Exercise Bike 345** removed from service until repair is made.
8. Only Stamina Products supplied components should be used to maintain/repair the **Stamina® Magnetic Exercise Bike 345**.
9. Keep your **Stamina® Magnetic Exercise Bike 345** clean by wiping it off with an absorbent cloth after use.



## CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

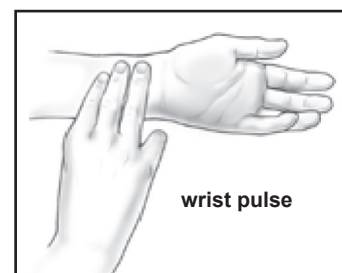
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



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

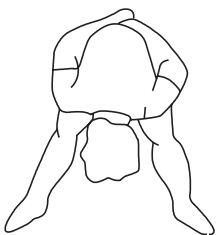
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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

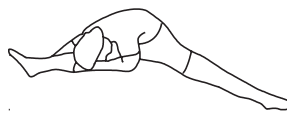


#### Lower Body Stretch

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.

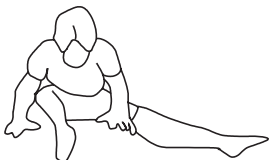


#### Floor Stretch

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.

## LIMITED WARRANTY

MODEL 15-5345A

### 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](mailto: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.

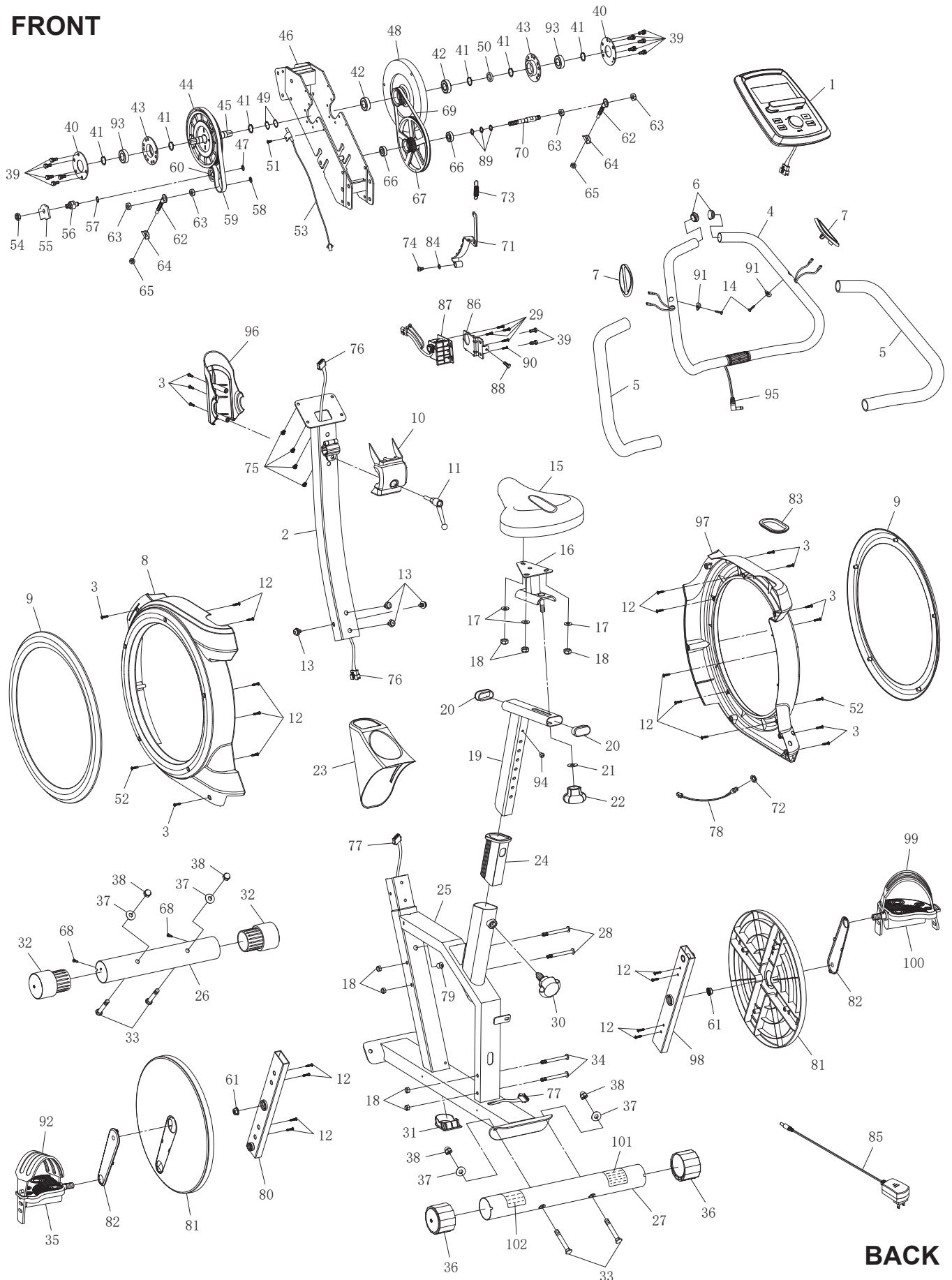
Stamina **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

**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.

# PRODUCT PARTS DRAWING

## FRONT



## BACK

## PARTS LIST

PART#	PART NAME	QTY
1	Computer	1
2	Upright	1
3	Screw, Round Head (M4 x 20mm)	11
4	Handlebar	1
5	Foam Tube (ø23 x ø600 x 3mm thick)	2
6	Round Plug (25mm)	2
7	Pulse Sensor Plate	2
8	Left Cover	1
9	Decoration Ring	2
10	Back Handlebar Cover	1
11	Fixing Lever	1
12	Screw, Round Head (M4 x 12mm)	18
13	Bolt, Button Head w/ Washers (M8 x 1.25 x 16mm)	4
14	Screw, Round Head Self-Drilling (M4 x 22mm)	2
15	Seat	1
16	Seat Slider	1
17	Washer (M8)	3
18	Nylock Nut (M8 x 1.25)	7
19	Seat Post	1
20	Oval Plug (25 x 50 mm)	2
21	Washer (M10)	1
22	Locking Knob	1
23	Upright Cover	1
24	Post Sleeve	1
25	Main Frame	1
26	Front Stabilizer	1
27	Rear Stabilizer	1
28	Bolt, Hex Head (M8 x 1.25 x 72mm)	2
29	Screw, Round Head (M3 x 14mm)	4
30	Adjustment Knob	1
31	D-Shaped Plug	1
32	Wheel Cap	2
33	Carriage Bolt (M10 x 1.5 x 70mm)	4
34	Bolt, Hex Head (M8 x 1.25 x 77mm)	2
35	Left Pedal	1
36	Leveling Cap	2
37	Arc Washer (M10)	4
38	Acorn Nut (M10 x 1.5)	4
39	Bolt, Hex Head w/ Washers (M6 x 1 x 16mm)	12
40	Bearing Housing Cover	2
41	C Ring (ø20mm)	6
42	Bearing (6004Z)	2
43	Bearing Housing	2
44	Crank Pulley	1
45	Crank Shaft	1
46	Transmission Frame	1
47	C Ring (ø15mm)	1
48	Magnetic Flywheel	1
49	Wavy Washer (S20)	2
50	Plastic Spacer (ø20.1 x ø27 x 7mm)	1
51	Screw, Round Head (M4 x 10mm)	1
52	Screw, Round Head (M4 x 16mm)	2
53	Sensor Wire	1
54	Nylock Nut (M10 x 1.5)	1
55	Idler Shaft Support Plate	1

## PARTS LIST

PART#	PART NAME	QTY
56	Idler Shaft	1
57	Wavy Washer (S15)	1
58	C Ring (ø10mm)	1
59	V-Ribbed Belt (240-J5)	1
60	Bearing (6202RS)	1
61	Flange Nut (M10 x 1.0)	2
62	Eyelet Bolt (M8 x 1.25 x 63mm)	2
63	Nut (M10 x 1.5)	4
64	Tension Bracket	2
65	Nut (M8 x 1.25)	2
66	Bearing (6000Z)	2
67	Pulley	1
68	Screw, Round Head (M4 x 10mm)	2
69	V-Ribbed Belt (230-J3)	1
70	Pulley Shaft	1
71	Magnetic Brake	1
72	Plug Nut	1
73	Spring	1
74	Bolt, Round Head (M6 x 1 x 10mm)	1
75	Screw, Round Head (M5 x 0.8 x 10mm)	4
76	Extension Control Cable (650mm long)	1
77	Control Cable (950mm long)	1
78	Power Wire	1
79	Grommet Plug	1
80	Left Crank	1
81	Crank Disc	2
82	Crank Decoration	2
83	Seat Post Decoration Ring	1
84	Plastic Washer (ø6.5 x ø16 x 2mm thick)	1
85	Adapter, Output 9V, 500mA	1
86	Mounting Bracket	1
87	Control Motor	1
88	Bolt, Hex Head (M6 x 1 x 16mm, with threadlocker)	1
89	Wavy Washer (S10)	3
90	Screw, Round Head (M3 x 10mm)	1
91	Arc Washer (M4)	2
92	Left Pedal Strap	1
93	Bearing (6904Z)	2
94	Bolt, Flat Socket Head (M6 x 1 x 10mm)	1
95	Pulse Sensor Wire	1
96	Front Handlebar Cover	1
97	Right Cover	1
98	Right Crank	1
99	Right Pedal Strap	1
100	Right Pedal	1
101	Caution Label	1
102	Serial Decal	1
103	Allen Wrench (6mm) w/ Screwdriver	1
104	Wrench	1
105	Opening Wrench	1
106	Manual	1

## TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at [customer.care@staminaproducts.com](mailto: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 receive email information or special offers from Stamina Products? Register at [contact.staminaproducts.com](http://contact.staminaproducts.com)

## TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to [register.staminaproducts.com](http://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.

<b>PRODUCT REGISTRATION FORM</b>		<b>Stamina Products, Inc.</b> 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: .....	Phone #: ( ) .....	Zip Code: .....
Email Address: .....		Phone #: ( ) .....	
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> 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](http://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



<b>PARTS ORDER FORM</b>		<b>Stamina Products, Inc.</b> 2040 N Alliance Ave, Springfield, MO 65803	
Mr./Ms: .....			
Address: .....		Apt. #: .....	
City: .....	State: .....	Zip Code: .....	
<b>IMPORTANT : We require your phone number to process the order!</b>			
Phone #: ( ) .....		Work Phone #: ( ) .....	
Date of Purchase: .....			
Model #: .....			
Purchased From: .....			
<b>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!</b>			
PART #	DESCRIPTION	QUANTITY	
EXAMPLE: 1	Rear Unit Assembly	1	