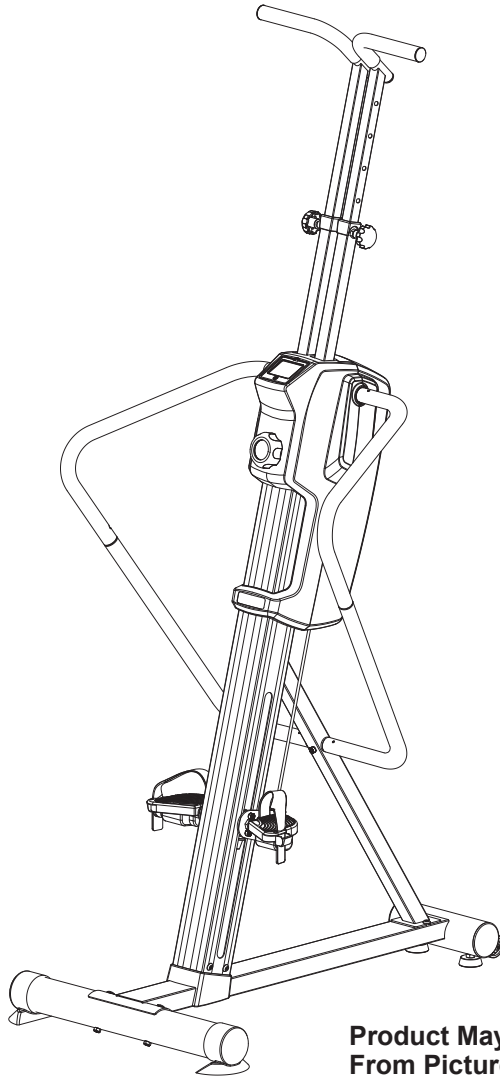


STAMINA[®]

CARDIO CLIMBER

Owner's Manual



Product May Vary Slightly
From Pictured.

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

▲ WARNING

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

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

Model#: 55-2125

S/N: _____

This Product is Distributed Exclusively by



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

STAMINA PRODUCTS
MADE IN TAIWAN

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2020, 08

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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® Cardio Climber.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **STAMINA® Cardio Climber** for the first time.
2. Read all warnings and cautions posted on the **STAMINA® Cardio Climber**.
3. The **STAMINA® Cardio Climber** 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® Cardio Climber**. Do not allow children to use or play on the **STAMINA® Cardio Climber**. Keep children and pets away from the **STAMINA® Cardio Climber** at all times.
6. It is recommended that you place this product on an equipment mat.
7. Set up and operate the **STAMINA® Cardio Climber** on a solid level surface. Do not position the **STAMINA® Cardio Climber** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **STAMINA® Cardio Climber**.
9. Adjust the STANDS(62) on the front stabilizer so that the climber sits on the floor without rocking.
10. Before using, inspect the **STAMINA® Cardio Climber** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Before using, always make sure the CABLE(18), PEDALS(35, 36), and HANDLEBARS(25, 26) are securely tightened.
12. Consult your physician before using this product. If you feel faint, dizzy, or experience pain during use, stop immediately and consult with your physician.
13. Choose the intensity that fits your strength and flexibility level. Know your body's limits and use this product within them. Use common sense when using this product.
14. Do not wear loose or dangling clothing while using the **STAMINA® Cardio Climber**.
15. 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.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **STAMINA® Cardio Climber**, loss of balance may result in a fall and serious bodily injury.
17. The **STAMINA® Cardio Climber** should not be used by persons weighing over 300 pounds.
18. The **STAMINA® Cardio Climber** should be used by only one person at a time.
19. The **STAMINA® Cardio Climber** 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® Cardio Climber**. 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® Cardio Climber** 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 5 for an image of the serial decal. Model number and serial number are required

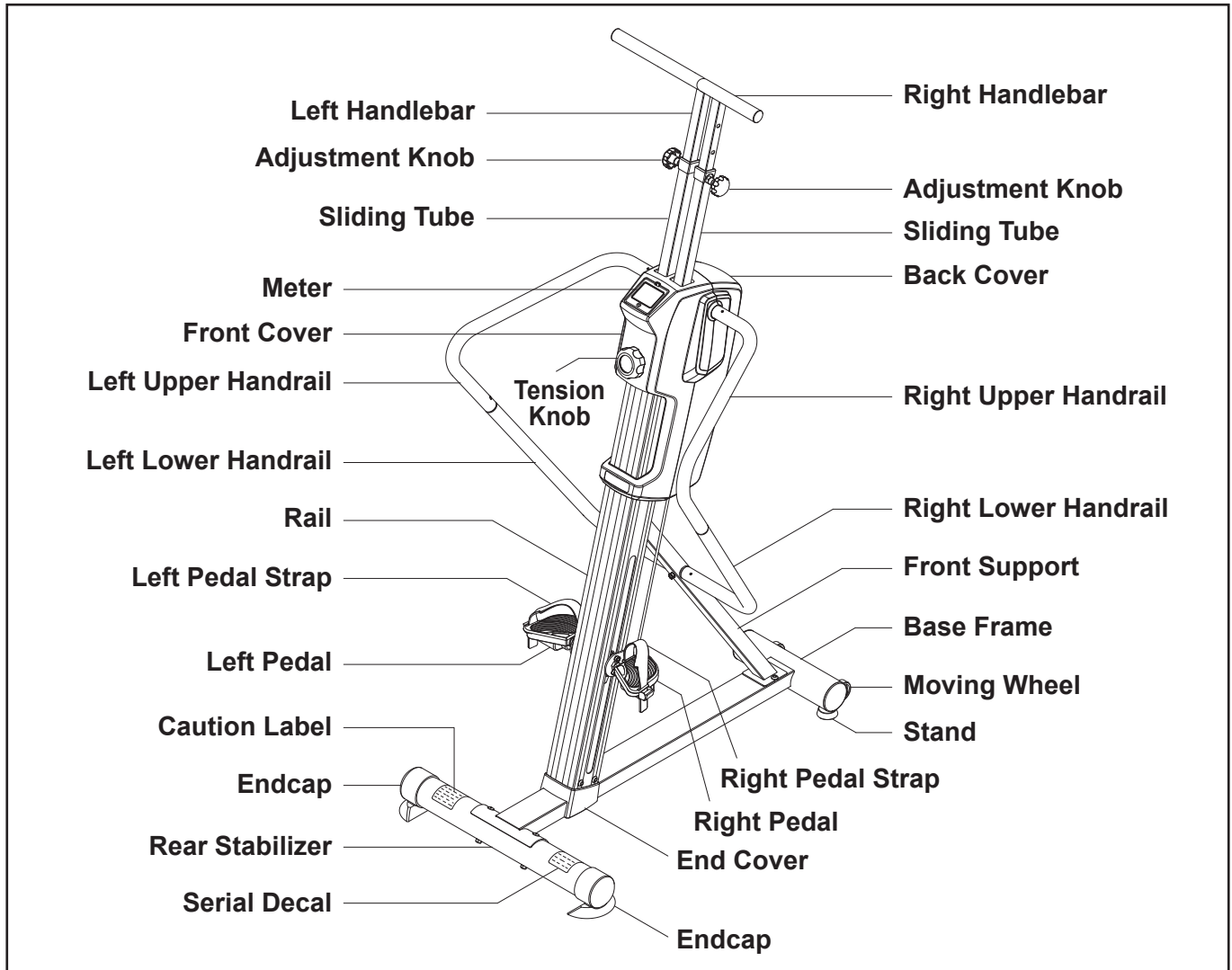
when calling for assistance.

Read this manual carefully before using the **STAMINA® Cardio Climber**.

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® Cardio Climber**, 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.

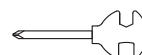
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Allen Wrench (6mm)



Combination Wrench

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA® Cardio Climber**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

CAUTION LABEL(93)



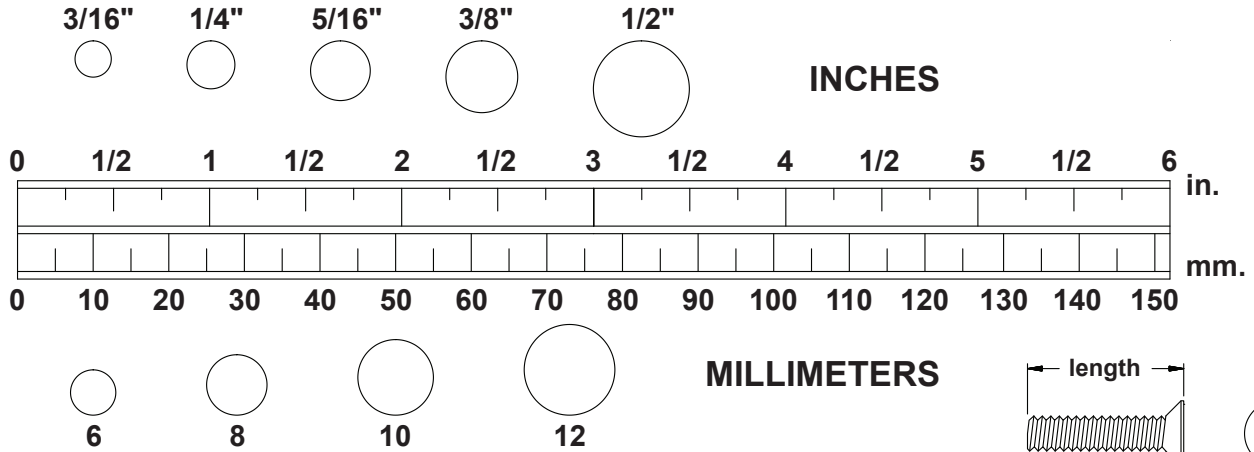
SERIAL DECAL(94)



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.

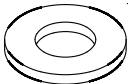
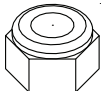
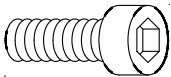
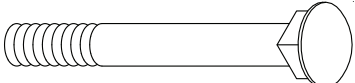
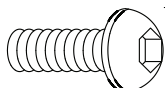
HARDWARE IDENTIFICATION CHART

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 Number and Description	Qty
	66 Plastic Washer (ø8 × ø25 × 3mm thick)	4
	71 Nylock Nut (M8 x 1.25)	4
	81 Bolt, Socket Head (M8 × 1.25 × 25mm)	2
	96 Carriage Bolt (M8 × 1.25 × 85mm)	2
	97 Bolt, Button Head (M8 x 1.25 x 12mm)	2
	98 Bolt, Button Head (M8 x 1.25 x 16mm)	14

Some of the hardware has been attached to the parts at the factory. Remove these before assembling.

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.

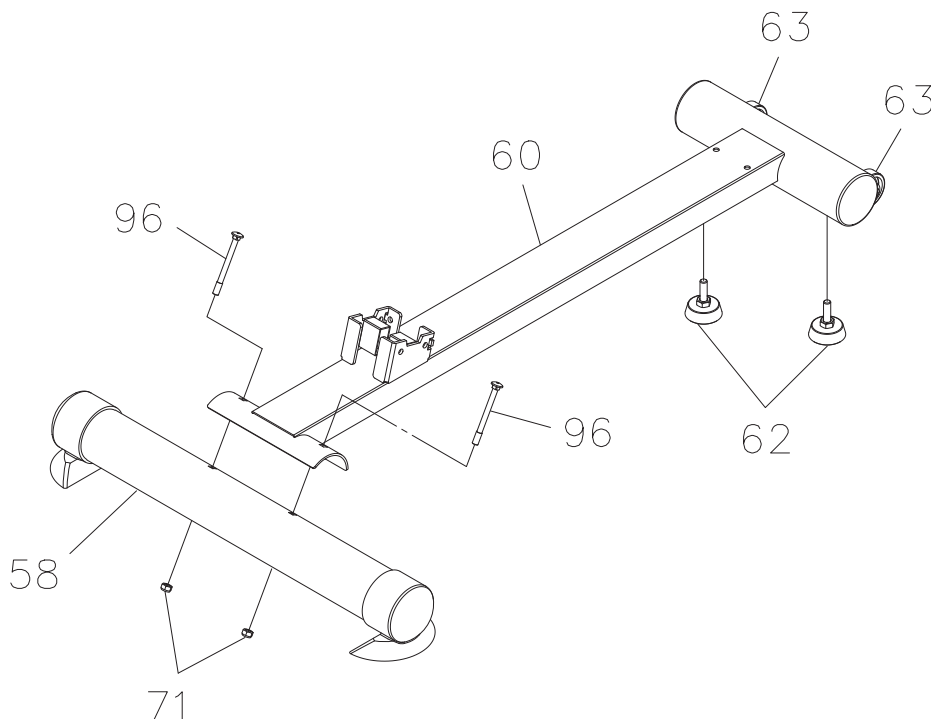
NOTE: Some of the hardware has been attached to the parts at the factory. Remove these before assembling.

STEP 1

Attach the **REAR STABILIZER(58)** to the **BASE FRAME(60)** with **CARRIAGE BOLTS(M8x1.25x85mm)(96)** and **NYLOCK NUTS(M8x1.25)(71)**.

STEP 2

Bolt the **STANDS(62)** into the bottom of the Front Stabilizer in the **BASE FRAME(60)**.



ASSEMBLY INSTRUCTIONS

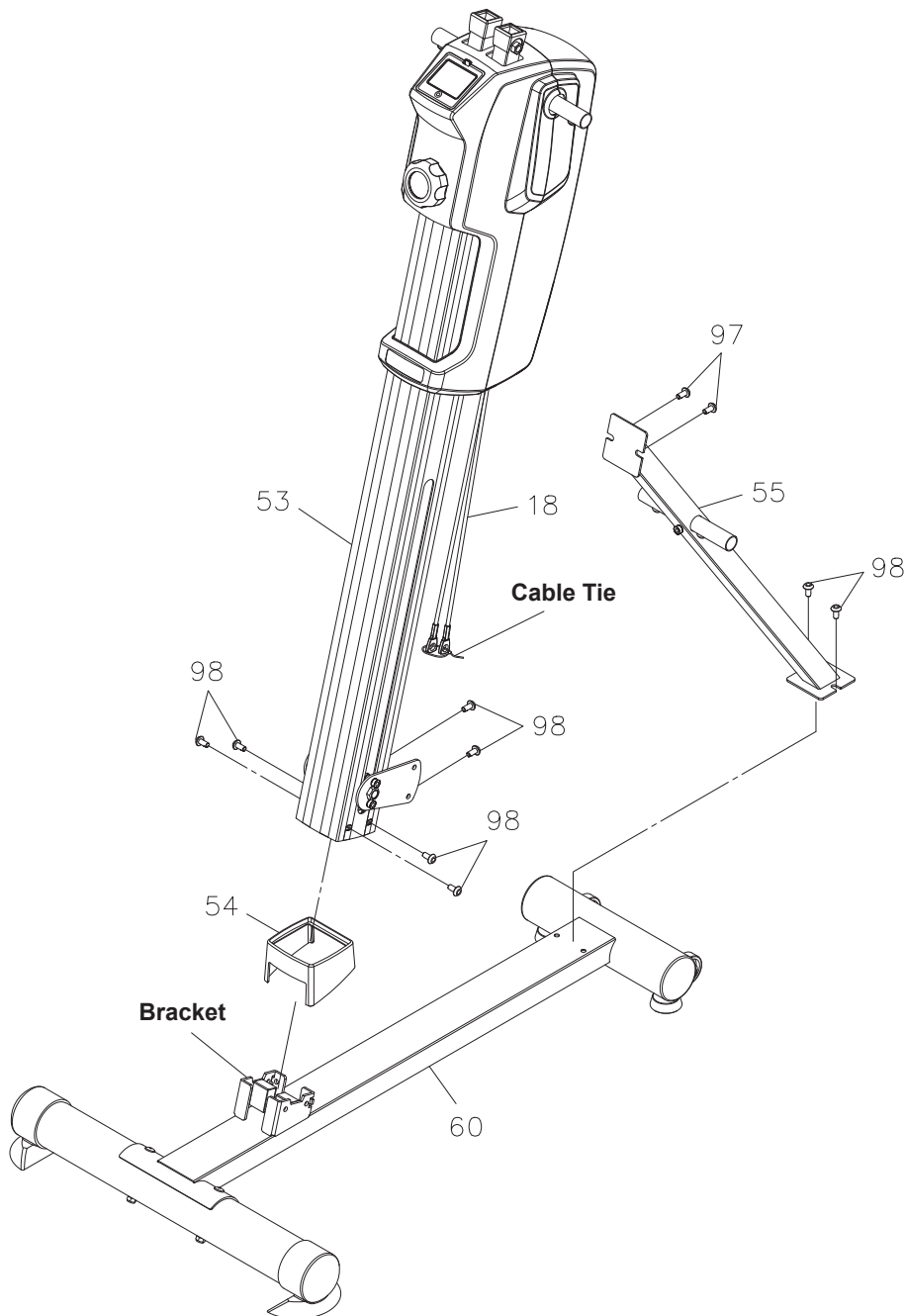
STEP 3

Place the **END COVER(54)** onto the Bracket in the **BASE FRAME(60)**. Insert the **RAIL ASSEMBLY(53)** into the gap between the **END COVER(54)** and the Bracket, then secure with **BUTTON HEAD BOLTS(M8x1.25x16mm)(98)**. Do not securely tighten the Bolts(98) until Step 4.

STEP 4

Attach the **FRONT SUPPORT(55)** to the **BASE FRAME(60)** with **BUTTON HEAD BOLTS (M8x1.25x16mm)(98)**. Attach the **FRONT SUPPORT(55)** to the **RAIL(53)** with **BUTTON HEAD BOLTS (M8x1.25x12mm)(97)**. Make sure all of the Bolts(97 & 98) are securely tightened. Securely tighten all of the Bolts(98) located at the bottom end of the RAIL(53) from STEP 3.

Cut off the cable tie to allow the **CABLES(18)** to hang on both sides of the **FRONT SUPPORT(55)** without crossing.



ASSEMBLY INSTRUCTIONS

STEP 5

NOTE: The **CABLE(18)** can be attached to the **PEDAL SUPPORTS(37, 38)** in two positions. Refer to detail views **A** and **B** below. The upper position offers the stride distance of 16 inches (406mm). The Lower position offers the stride distance of 20 inches (508mm). Try the lower position first.

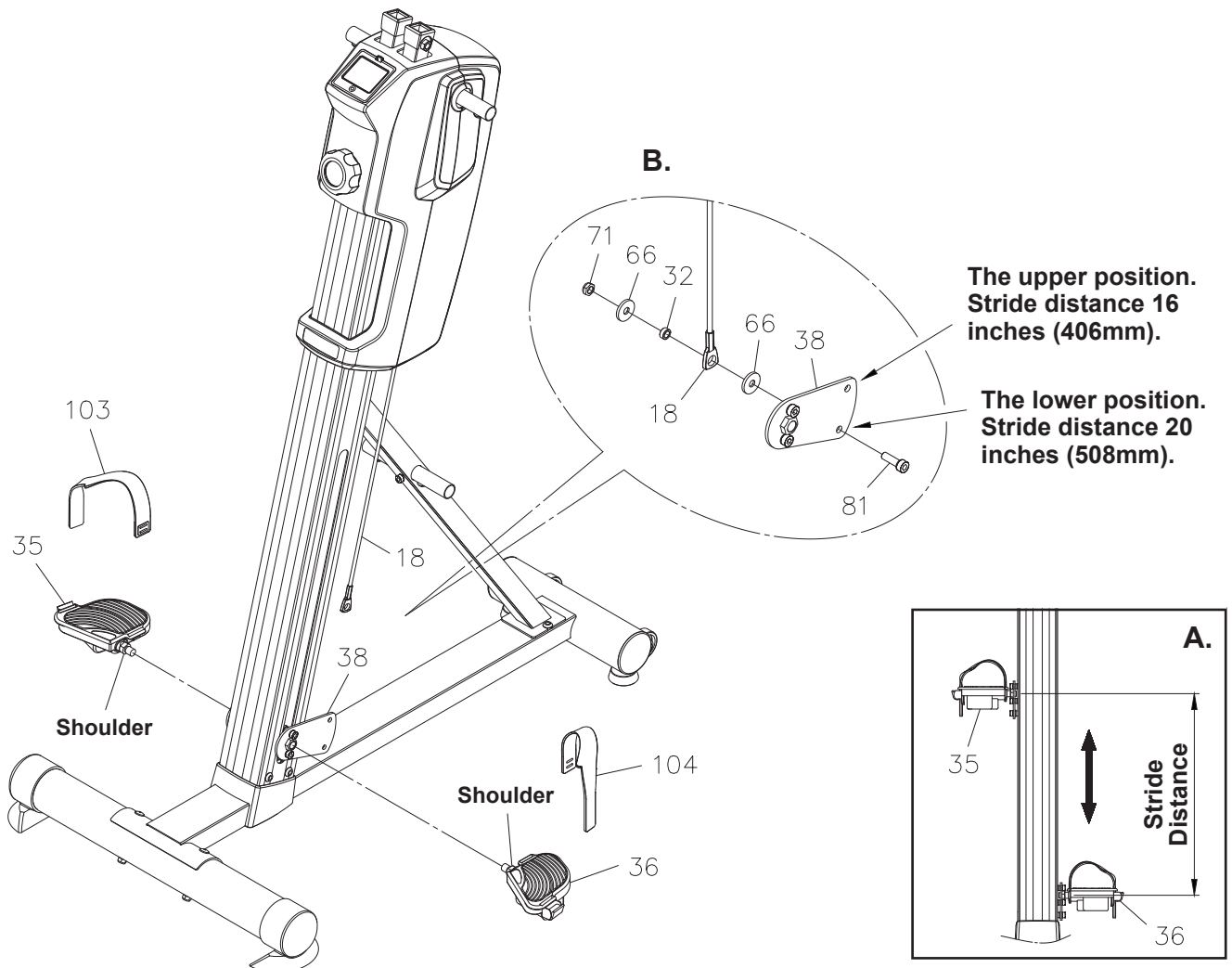
Insert the **SPACER(32)** into the hole in the end of the **CABLE(18)**, then attach the **CABLE(18)** to the **RIGHT PEDAL SUPPORT(38)** with **PLASTIC WASHERS(66)**, **SOCKET HEAD BOLT(M8x1.25x25mm)(81)**, and **NYLOCK NUT(M8)(71)**. Repeat on the left side.

STEP 6

NOTE: The **RIGHT PEDAL(36)** has an **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(36)** 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.

Select the **RIGHT PEDAL STRAP(104)** which has an **R** marked on it. Insert the two hole end of the strap through the slot and snap the strap to the hook on the inside edge of the **RIGHT PEDAL(36)**. Insert the other end of the strap through the slot and clip it to the outside edge of the **RIGHT PEDAL(36)**. Adjust the length of the **PEDAL STRAP(104)** by releasing the clip on the outside edge of the **RIGHT PEDAL(36)** to allow your foot to be easily removed from the pedals. Thread the **RIGHT PEDAL(36)** to the **RIGHT PEDAL SUPPORT(38)** as shown. Tighten the pedal securely. The shoulder of the **PEDALS(35, 36)** should be in contact with the **PEDAL SUPPORTS(37, 38)** when securely tightened.

Repeat on the left side in order to snap the **LEFT PEDAL STRAP(103)** to the **LEFT PEDAL(35)**, and attach the **LEFT PEDAL(35)** to the **LEFT PEDAL SUPPORT(37)**.



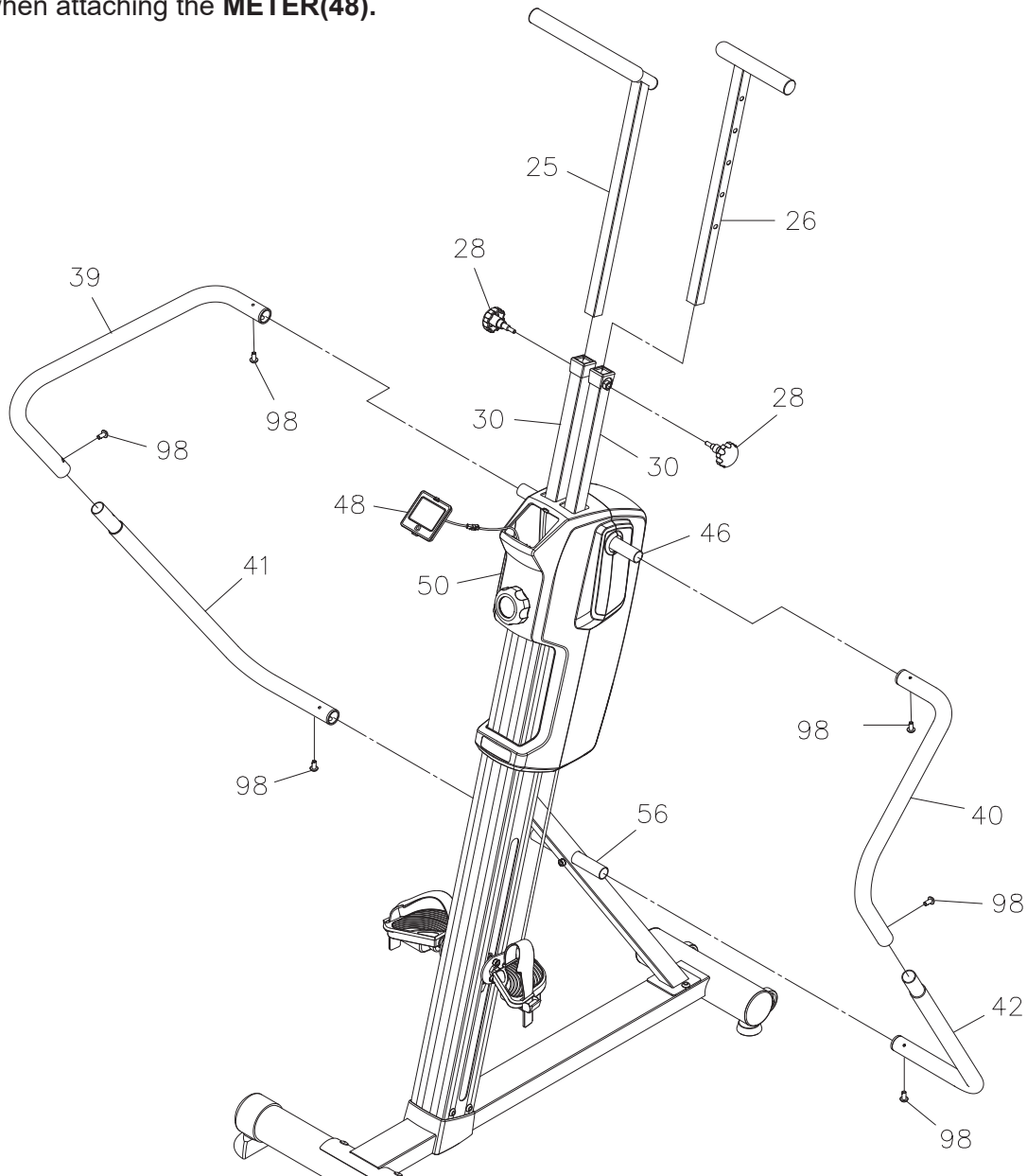
ASSEMBLY INSTRUCTIONS

STEP 7: Push the **PEDALS(35, 36)** to the same height, so the **SLIDING TUBES(30)** come out as shown in the following illustration. Insert the **HANDLEBARS(25, 26)** in the **SLIDING TUBES(30)** and lock in the desired position with the **ADJUSTMENT KNOBS(28)**.

NOTE: Make sure to always adjust both **HANDLEBARS(25, 26)** to the same height. The pin of the **ADJUSTMENT KNOBS(28)** must be inserted into one of the adjustment holes in the **HANDLEBARS(25, 26)** and the **ADJUSTMENT KNOBS(28)** must be screwed in tight to ensure that the **HANDLEBARS(25, 26)** will fit securely in the **SLIDING TUBES(30)**.

STEP 8: Insert the **RIGHT LOWER HANDRAIL(42)** into the **RIGHT UPPER HANDRAIL(40)** and secure with **BUTTON HEAD BOLT(M8x1.25x16mm)(98)**. Do not securely tighten the Bolt(98). Slide the **HANDRAIL ASSEMBLY(40, 42)** to the **HANDRAIL SUPPORTS(46, 56)** and secure with **BUTTON HEAD BOLTS(M8x1.25x16mm)(98)**. Securely tighten all three Bolts(98). Repeat on the left side.

STEP 9: Use your hand or a simple tool to pry the **METER(48)** from the **FRONT COVER(50)**. Install two AAA batteries into the **METER(48)**, the batteries are not included. See page 13 for detailed battery installation instructions. Push the **METER(48)** back to the **FRONT COVER(50)**. Be careful not to damage the wires when attaching the **METER(48)**.

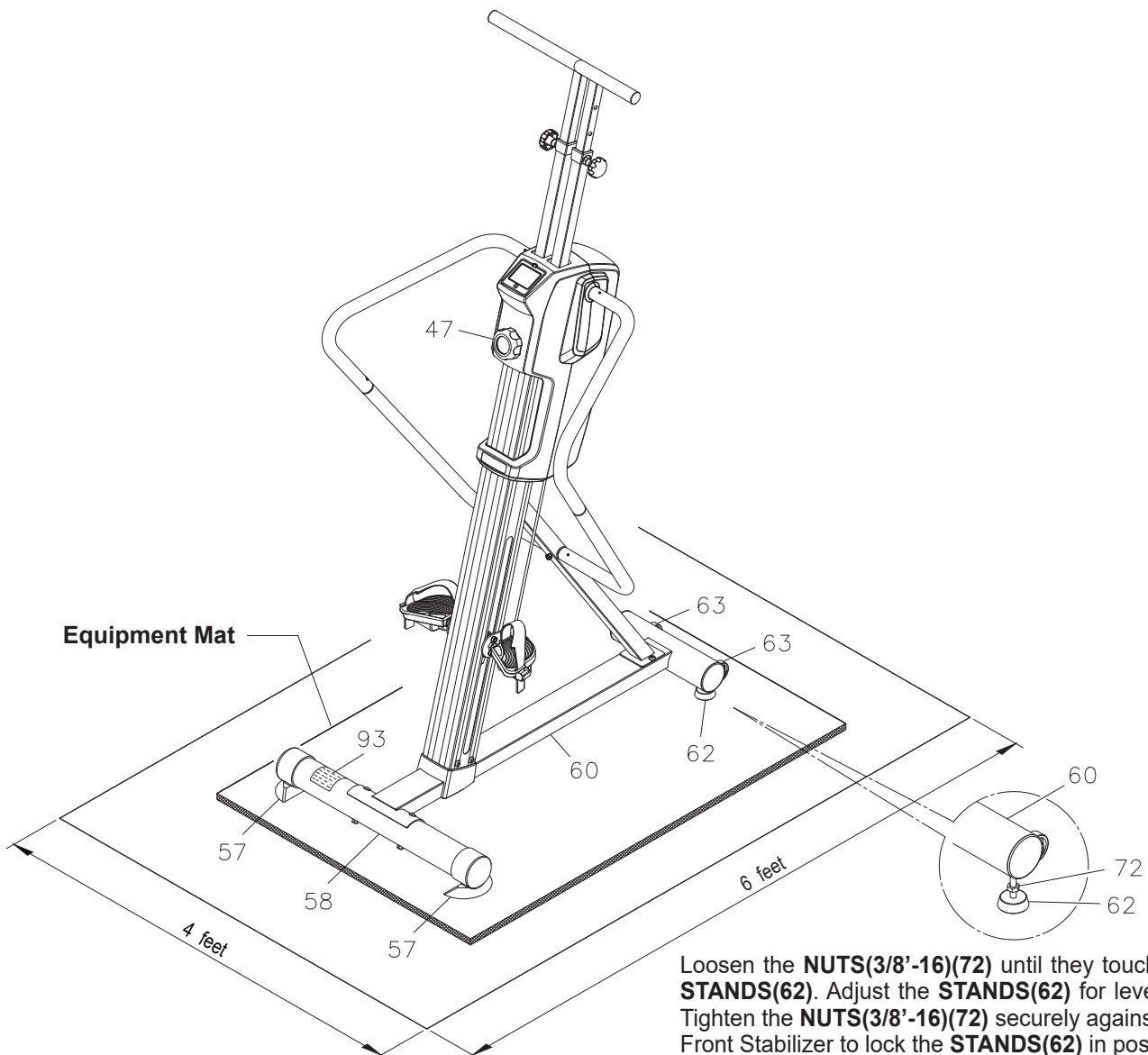


SET UP INSTRUCTIONS

Place the **STAMINA® Cardio Climber** in the area where it will be used. It is recommended that the **STAMINA® Cardio Climber** be placed on an equipment mat. The **STAMINA® Cardio Climber** is approximately 43 inches long x 31.5 inches wide x 92.5 inches tall (max.). An area 4 feet wide x 6 feet long is required for safe operation of the **STAMINA® Cardio Climber**. Make sure that adequate space is available for access to and passage around the **STAMINA® Cardio Climber**.

LEVELING: Adjust the **STANDS(62)** under the Front Stabilizer in the **BASE FRAME(60)** so that the **STAMINA® Cardio Climber** sits on the floor without rocking. Refer to the instructions below the illustration.

MOVING: The **STAMINA® Cardio Climber** has a pair of **MOVING WHEELS(63)** on the Front Stabilizer in the **BASE FRAME(60)**. Lift up from the **REAR STABILIZER(58)** to move.



FUNCTION INSPECTION:

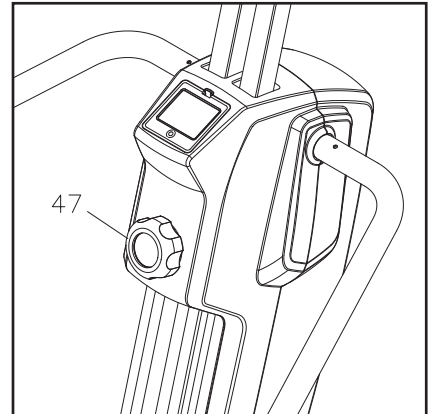
Visually inspect the **STAMINA® Cardio Climber** to verify that assembly is as shown in the above illustration. Check the function of the **STAMINA® Cardio Climber** by sliding the pedals slowly up and down through one complete stroke to verify that the drive train functions properly. Adjust the **TENSION KNOB(47)** and verify that it functions properly and the resistance changes.

CAUTION: Locate and read the **CAUTION LABEL(93)** on the **STAMINA® Cardio Climber**. Make sure that all users read the **CAUTION LABEL(93)** before using.

OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

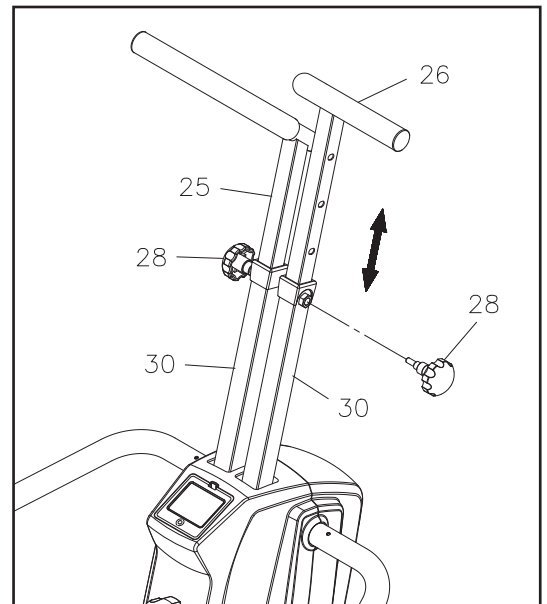
To increase the load, turn the **TENSION KNOB(47)** clockwise. To decrease the load, turn the **TENSION KNOB(47)** counterclockwise. There are eight levels for the load adjustment.



HANDLEBAR HEIGHT ADJUSTMENT

There are five adjustment holes in the **HANDLEBARS(25, 26)** to adjust the height for the **HANDLEBARS(25, 26)**. To adjust, remove the **ADJUSTMENT KNOBS(28)** from the **SLIDING TUBES(30)**. Adjust the **HANDLEBARS(25, 26)** to desired position, then lock in position with the **ADJUSTMENT KNOBS(28)**. Make sure to always adjust both **HANDLEBARS(25, 26)** to the same height.

NOTE: The pin of the **ADJUSTMENT KNOBS(28)** must be inserted into one of the adjustment holes in the **HANDLEBARS(25, 26)** and the **ADJUSTMENT KNOBS(28)** must be screwed in tight to ensure that the **HANDLEBARS(25, 26)** will fit securely in the **SLIDING TUBES(30)**.



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

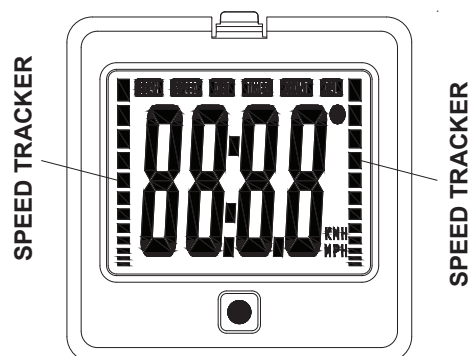
POWER ON : Move the pedals or press the button.

POWER OFF : Automatically shuts off after four minutes of inactivity.

FUNCTION BUTTON:

Press to select display functions, including **SCAN**, **SPEED**, **DISTANCE**, **TIMER**, **COUNT**, and **CALORIES**.

Press and hold for three seconds to reset all functions to zero.



FUNCTIONS:

SCAN: Automatically scans each function of **SPEED**, **DISTANCE**, **TIMER**, **COUNT**, and **CALORIES** in sequence and changes every five seconds. Press and release the button until “**SCAN**” appears on the display.

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

DISTANCE: Displays the distance from zero to 999.9 miles.

TIMER: Displays the time from one second up to 99:59 minutes. After four seconds of inactivity, the meter will automatically stop timing the workout. Restart the workout time by moving the pedals.

COUNT: Displays the number of strides you have taken, from zero to 9999 strides.

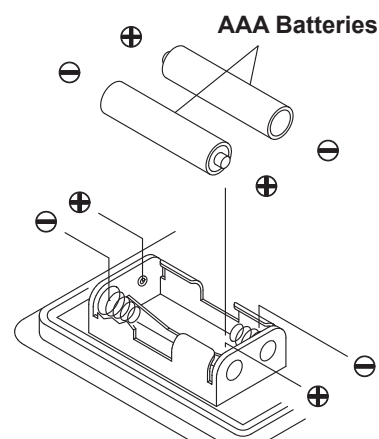
CALORIES: Displays the calories burned from zero to 999.9 Kcal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

SPEED TRACKER: The meter has Speed Trackers on both sides of the display. The Speed Trackers will be shown once the meter sensor notices your workout has started.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Use your hand or a simple tool to pry the **METER(48)** from the **FRONT COVER(50)**.
2. The **METER(48)** operates with two AAA 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.**



STORAGE

1. To store the **STAMINA® Cardio Climber**, simply keep it in a clean dry place.
2. Adjust the **HANDLEBARS(25, 26)** to the shortest position. The **STAMINA® Cardio Climber** is approximately 43 inches long x 31.5 inches wide x 72.3 inches tall (min.). These dimensions will vary. Please measure your **STAMINA® Cardio Climber** if exact dimensions are needed.
3. To move the **STAMINA® Cardio Climber**, lift up from the **REAR STABILIZER(58)** and use the **MOVING WHEELS(63)** on the Front Stabilizer in the **BASE FRAME(60)**.
4. To avoid damage to the electronics, remove the batteries from the **METER(48)** before storing the **STAMINA® Cardio Climber** for one year or more.

MAINTENANCE

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

1. Use a wrench to verify that the **PEDALS(35, 36)** are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **CAUTION LABEL(93)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(93)** if it is missing or damaged.
4. Check the condition of the **CABLE(18)** and replace if they are frayed or worn.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components must be replaced immediately or the **STAMINA® Cardio Climber** removed from service until repair is made.
7. Only Stamina Products supplied components should be used to maintain/repair the **STAMINA® Cardio Climber**.
8. Keep your **STAMINA® Cardio Climber** 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.

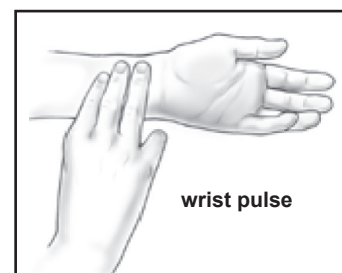
Remember to follow these essentials:

- 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

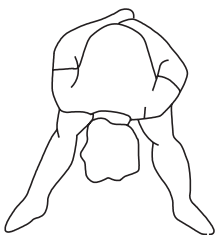
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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.

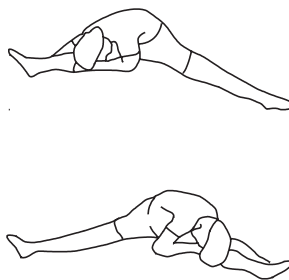
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



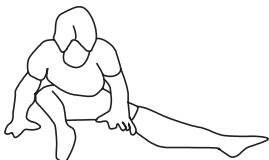
Lower Body Stretch

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.



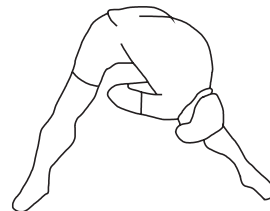
Floor Stretch

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 55-2125

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 five 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.

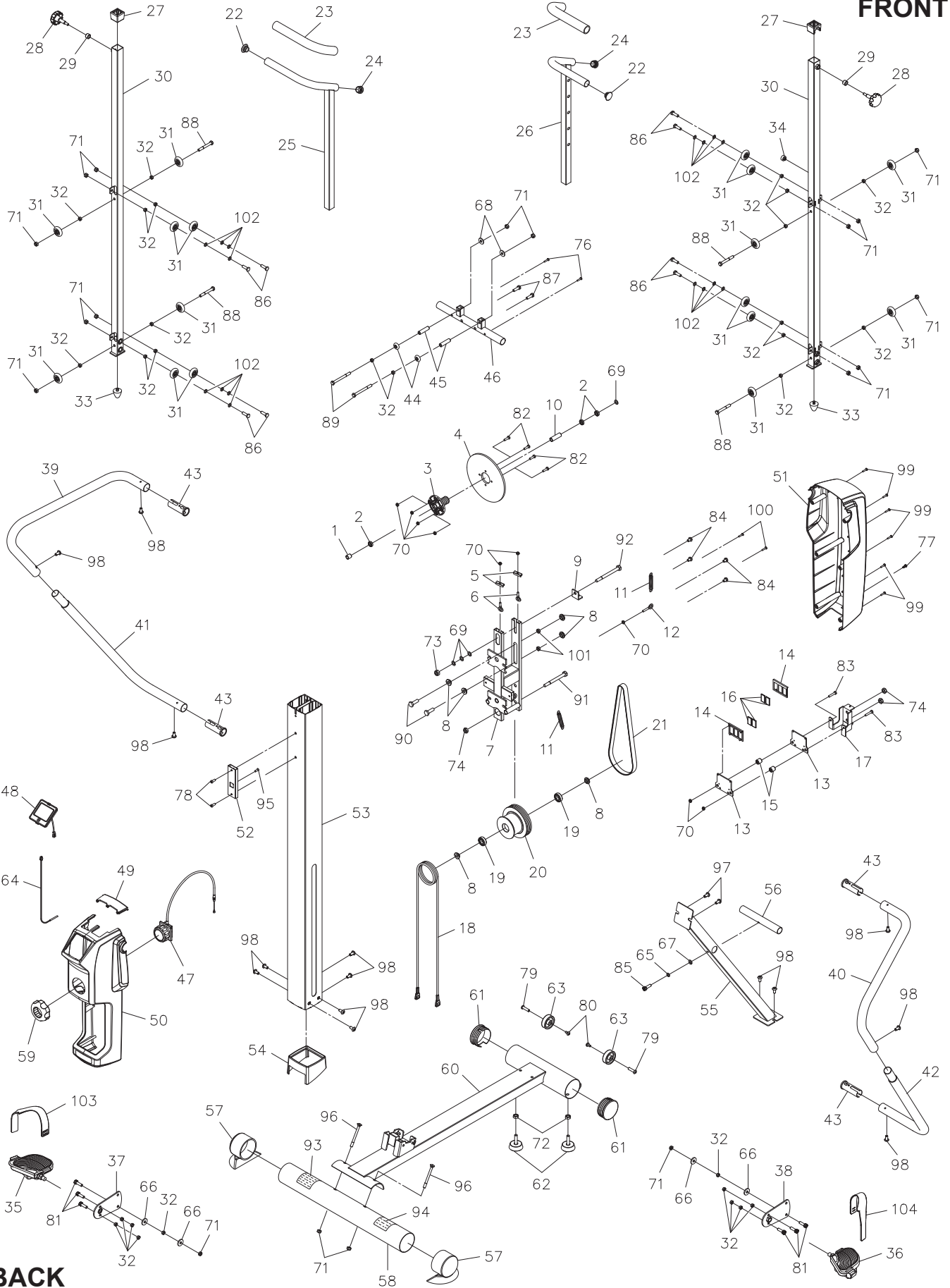
Stamina **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

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.

PRODUCT PARTS DRAWING

FRONT



BACK

PARTS LIST

PART#	PART NAME	QTY
1	Pulley Spacer (ø10 x ø14 x 15mm)	1
2	Bearing (6800)	3
3	Small Pulley	1
4	Magnetic Flywheel	1
5	Tension Bracket	2
6	Eye Bolt (M6 x 1.0 x 67mm)	2
7	Resistance Bracket	1
8	Bearing Adapter	6
9	Cable Mounting Plate	1
10	Long Pulley Spacer (ø10 x ø14 x 45mm)	1
11	Tension Spring	2
12	Eye Bolt (M6 x 1.0 x 57mm)	1
13	Magnetic Brake Plate	2
14	Magnetic Grille	2
15	Brake Plate Spacer	2
16	Magnet	4
17	Magnetic Brake Slider	1
18	Cable	1
19	Bearing (6002)	2
20	Cable Pulley	1
21	V-Ribbed Belt (864-J8)	1
22	Larger Round Plug (ø25.4mm)	2
23	Foam Grip	2
24	Round Plug (ø25.4mm)	2
25	Left Handlebar	1
26	Right Handlebar	1
27	Handlebar Bushing	2
28	Adjustment Knob	2
29	Foam Spacer	2
30	Sliding Tube	2
31	Roller	16
32	Spacer (ø8 x ø12 x 5mm)	28
33	Bumper Stand	2
34	Sensor Magnet	1
35	Left Pedal	1
36	Right Pedal	1
37	Left Pedal Support	1
38	Right Pedal Support	1
39	Left Upper Handrail	1
40	Right Upper Handrail	1
41	Left Lower Handrail	1
42	Right Lower Handrail	1
43	Handlebar Bushing	4
44	Guide Roller (ø24 x 8mm)	2
45	Guide Roller Spacer (ø8 x ø12 x 45mm)	2
46	Upper Handrail Support	1
47	Tension Knob	1
48	Meter	1
49	Decoration Cover	1
50	Front Cover	1
51	Back Cover	1
52	Tension Knob Support	1
53	Rail	1
54	End Cover	1
55	Front Support	1
56	Lower Handrail Support	1
57	Endcap (ø76mm)	2
58	Rear Stabilizer	1

PARTS LIST

PART#	PART NAME	QTY
59	Tension Knob Cover	1
60	Base Frame	1
61	Round Plug (ø76mm)	2
62	Stand	2
63	Moving Wheel	2
64	Sensor Wire	1
65	Lock Washer (M8)	1
66	Plastic Washer (ø8 x ø25 x 3mm thick)	4
67	Washer (ø8 x ø16 x 2mm thick)	1
68	Washer (ø8 x ø23 x 2mm thick)	2
69	Washer (ø10 x ø16 x 1mm thick)	4
70	Nylock Nut (M6 x 1)	9
71	Nylock Nut (M8 x 1.25)	18
72	Nut (3/8"-16)	2
73	Nylock Nut (M10 x 1.5)	1
74	Thin Nylock Nut (M10 x 1.5)	3
76	Screw, Round Head (M4 x 32mm)	2
77	Screw, Round Head (M5 x 18mm)	1
78	Screw, Round Head (M5 x 0.8 x 20mm)	2
79	Barrel Bolt, Button Head (ø8 x 30mm, M6x1 threaded)	2
80	Bolt, Button Head (M6 x 1 x 12mm)	2
81	Bolt, Socket Head (M8 x 1.25 x 25mm)	6
82	Bolt, Hex Head (M6 x 1.0 x 20mm)	4
83	Bolt, Hex Head (M6 x 1.0 x 30mm)	2
84	Bolt, Hex Head (M8 x 1.25 x 10mm)	4
85	Bolt, Hex Head (M8 x 1.25 x 16mm)	1
86	Bolt, Hex Head (M8 x 1.25 x 25mm)	8
87	Bolt, Hex Head (M8 x 1.25 x 30mm)	2
88	Bolt, Hex Head (M8 x 1.25 x 62mm)	4
89	Bolt, Hex Head (M8 x 1.25 x 85mm)	2
90	Bolt, Hex Head (M10 x 1.5 x 30mm)	2
91	Bolt, Hex Head (M10 x 1.5 x 100mm)	1
92	Bolt, Hex Head (M10 x 1.5 x 110mm)	1
93	Caution Label	1
94	Serial Decal	1
95	Screw, Round Head (M5 x 0.8 x 15mm)	1
96	Carriage Bolt (M8 x 1.25 x 85mm)	2
97	Bolt, Button Head (M8 x 1.25 x 12mm)	2
98	Bolt, Button Head (M8 x 1.25 x 16mm)	14
99	Screw, Round Head (M4 x 20mm)	6
100	Screw, Round Head (M4 x 25mm)	2
101	Slider Spacer (ø10 x ø14 x 5mm)	2
102	Washer (ø8 x ø14 x 1mm thick)	16
103	Left Pedal Strap	1
104	Right Pedal Strap	1
105	Allen Wrench (6mm)	1
106	Combination Wrench	1
107	Manual	1

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 receive 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:	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

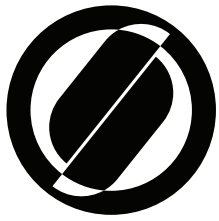
If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer care. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



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	



STAMINA®

CARDIO CLIMBER

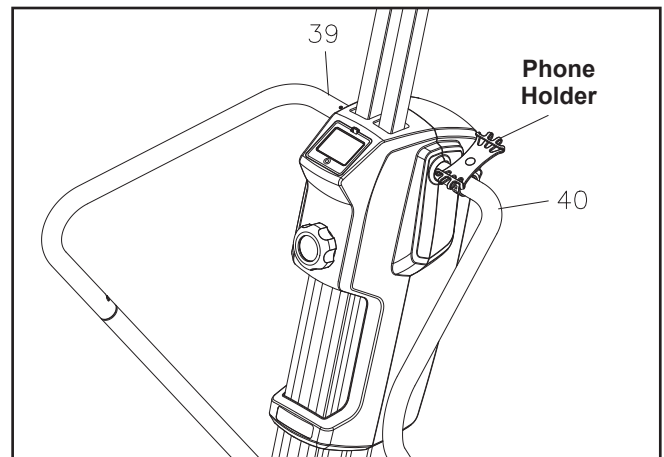
PHONE HOLDER

Owner's Manual

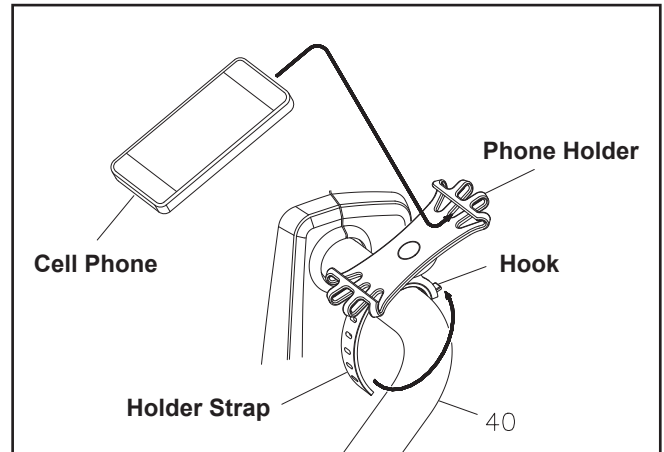
ASSEMBLY INSTRUCTIONS

Sep., 2020
55-2125

The **PHONE HOLDER** can be attached to either side of the **STAMINA® Cardio Climber** on the **LEFT** or **RIGHT UPPER HANDRAIL(39, 40)** as you like.



To assemble, place the **PHONE HOLDER** on the **RIGHT UPPER HANDRAIL(40)** and adjust it to the desired angle. Then tie the **PHONE HOLDER** in position by wrapping the **HOLDER STRAP** around the **RIGHT UPPER HANDRAIL(40)** and snap it on the **HOOK**. Insert your cell phone into the **PHONE HOLDER** for use.



NOTE: The **PHONE HOLDER** can be rotated 90 degrees as shown in the illustration for use.

