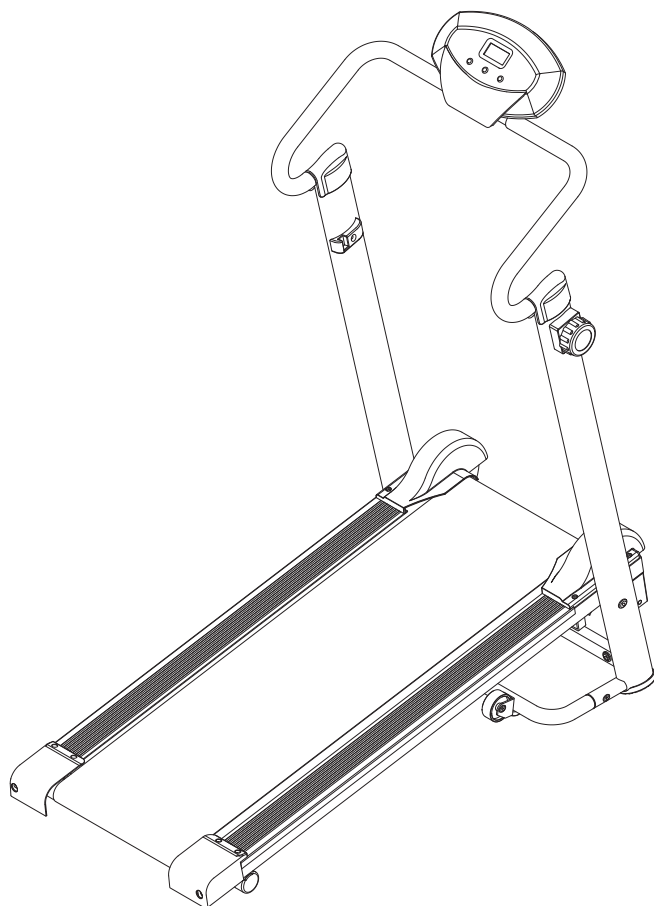


# AVARI<sup>®</sup> Magnetic Treadmill

FITNESS

## Owner's Manual



Product May Vary Slightly From Pictured.

### CAUTION:

Weight on this product should not exceed 250 lbs.

### ⚠ WARNING

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

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

**Model#: A450-255**

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

[www.staminaproducts.com](http://www.staminaproducts.com)

**STAMINA PRODUCTS**  
MADE IN CHINA

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2012, 03

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## SAFETY INSTRUCTIONS

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

**⚠ CAUTION** 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 bodily injury and property damage.

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

1. Read all warnings and cautions posted on the **Avari® Magnetic Treadmill**.
2. The **Avari® Magnetic Treadmill** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **Avari® Magnetic Treadmill**. Do not allow children to use or play on the **Avari® Magnetic Treadmill**. Keep children and pets away from the **Avari® Magnetic Treadmill** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **Avari® Magnetic Treadmill** on a solid level surface. Do not position the **Avari® Magnetic Treadmill** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **Avari® Magnetic Treadmill**.
8. Keep fingers clear of all pinch points when folding and unfolding the **Avari® Magnetic Treadmill**.
9. Before using, inspect the **Avari® Magnetic Treadmill** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Before using, always check the Main Frame(1) is locked securely with the Locking Knob(33).
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **Avari® Magnetic Treadmill**.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Avari® Magnetic Treadmill**, loss of balance may result in a fall and bodily injury.
16. The **Avari® Magnetic Treadmill** should not be used by persons weighing over 250 pounds.
17. The **Avari® Magnetic Treadmill** should be used by only one person at a time.
18. The **Avari® Magnetic Treadmill** is for consumer use only. It is not for use in public or semipublic facilities.

# Call Us First



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

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## THANK YOU FOR PURCHASING THE Avari® Magnetic Treadmill

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

To help you get started, we have pre-assembled most of your  
Avari® Magnetic Treadmill at the factory with the exception  
of those few parts left unassembled for shipping purposes.  
Simply follow the few assembly instructions set forth in this manual.  
With regular workouts, you will be getting your body into shape  
and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**  
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.  
Friday, 8:00 A.M. - 3:00 P.M., Central Time.



**ONLINE**

CUSTOMER SERVICE  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



**TELEPHONE**

CUSTOMER SERVICE  
Tel: 1 (800) 375-7520



**FAX**

CUSTOMER SERVICE  
Fax: (417) 889-8064



**MAIL**

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



## BEFORE YOU BEGIN

Thank you for choosing the **Avari® Magnetic Treadmill**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Avari® Magnetic Treadmill** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

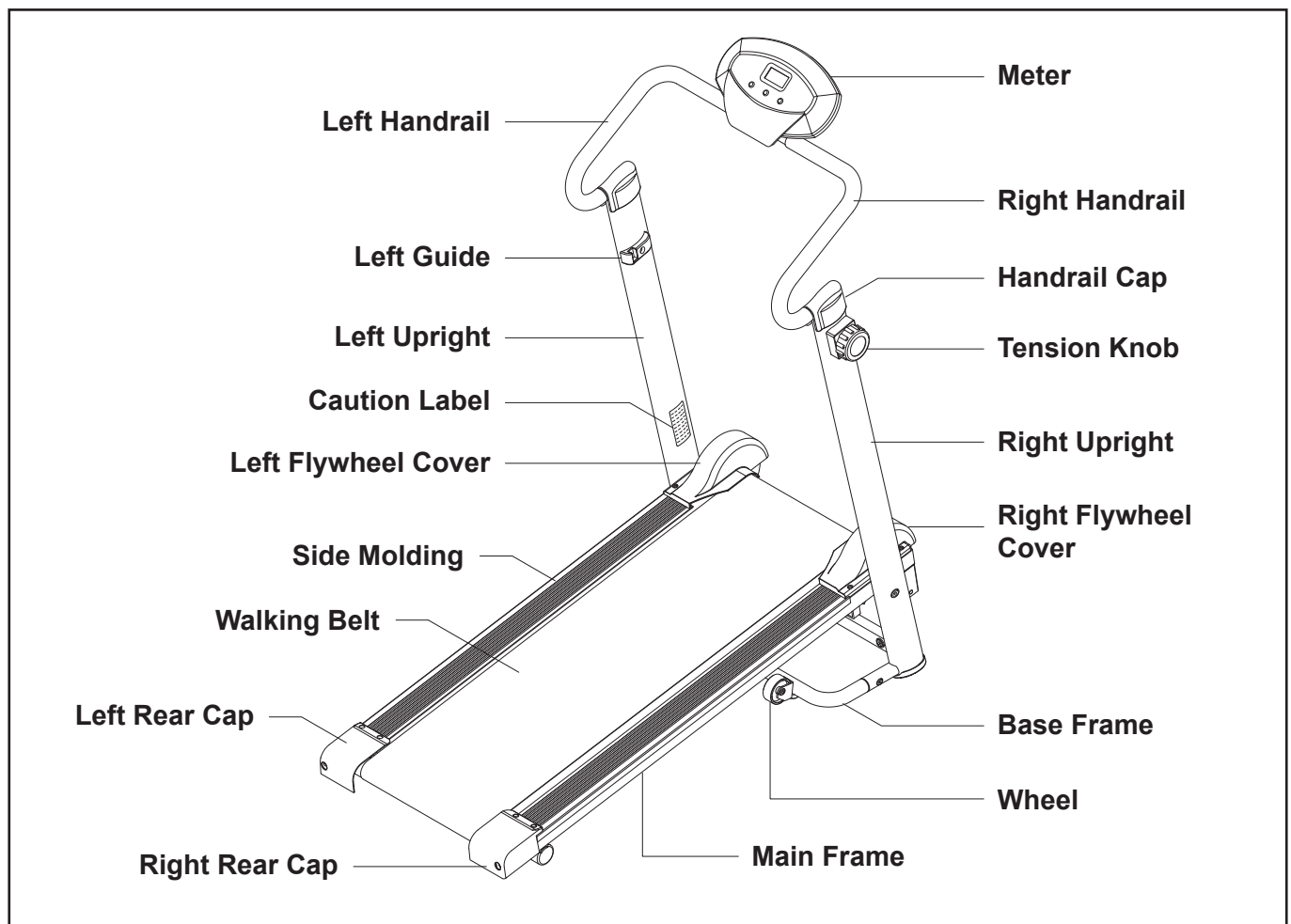
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **Avari® Magnetic Treadmill**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Avari® Magnetic Treadmill**, please do not return the product. Contact us **FIRST!**

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

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



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Wrench



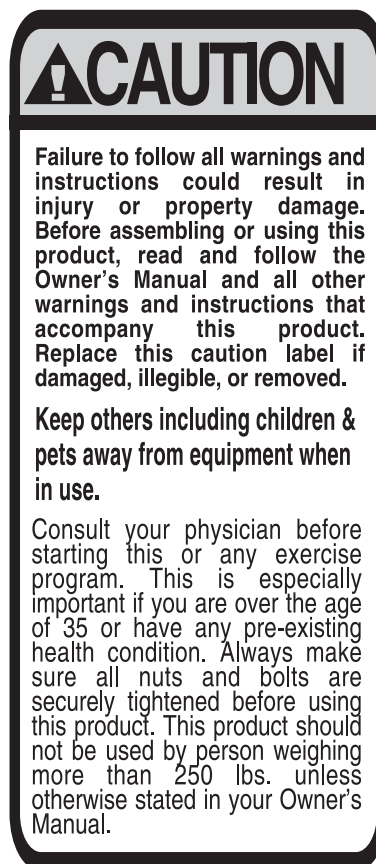
Allen Wrench (5mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

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

Labels are larger than actual size

### **C1** CAUTION LABEL(63)



### **C2** MAINTENANCE DECAL(62)

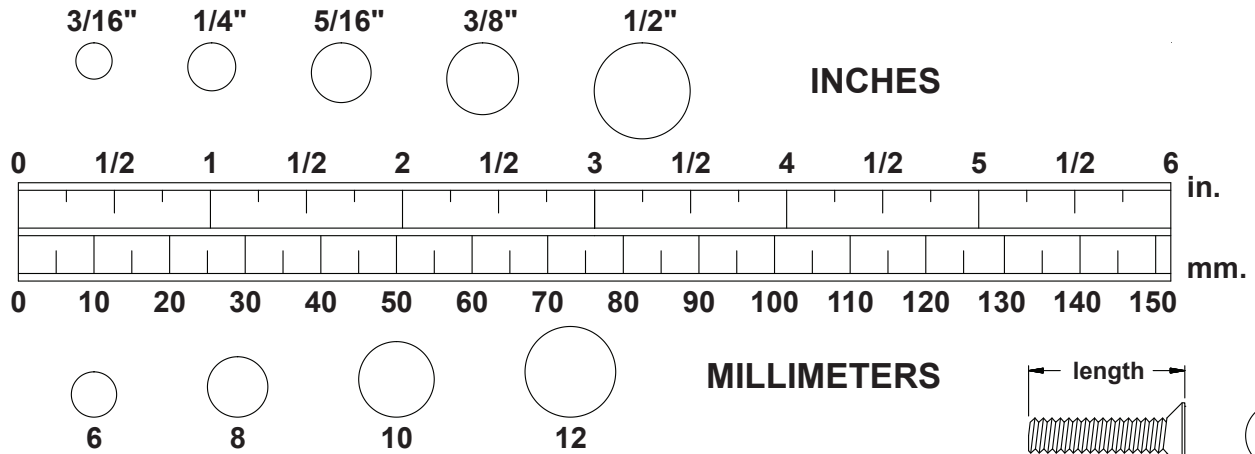
#### **IMPORTANT MAINTENANCE TIP**

If the belt does not move smoothly, lift the belt and wipe the board off with a dry cloth. Then spray a light coat of silicone on the board underneath the belt.

(Remove this decal before using this product.)

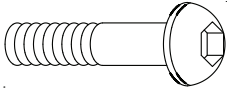
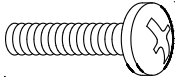
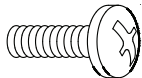

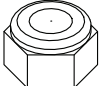
# HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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

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

	Part Number and Description	Qty
	<b>37</b> Bolt, Button Head (M8 x 1.25 x 40mm)	<b>4</b>
	<b>40</b> Screw, Round Head (M5 x 0.8 x 30mm)	<b>1</b>
	<b>41</b> Screw, Round Head (M5 x 0.8 x 10mm)	<b>2</b>
	<b>42</b> Bolt, Round Head (M6 x 1 x 15mm)	<b>1</b>
	<b>51</b> Arc Washer (M8)	<b>4</b>
	<b>53</b> Nylock Nut (M8 x 1.25)	<b>2</b>

## 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) to the Services section and order the part needed, e-mail us at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

### STEP 1

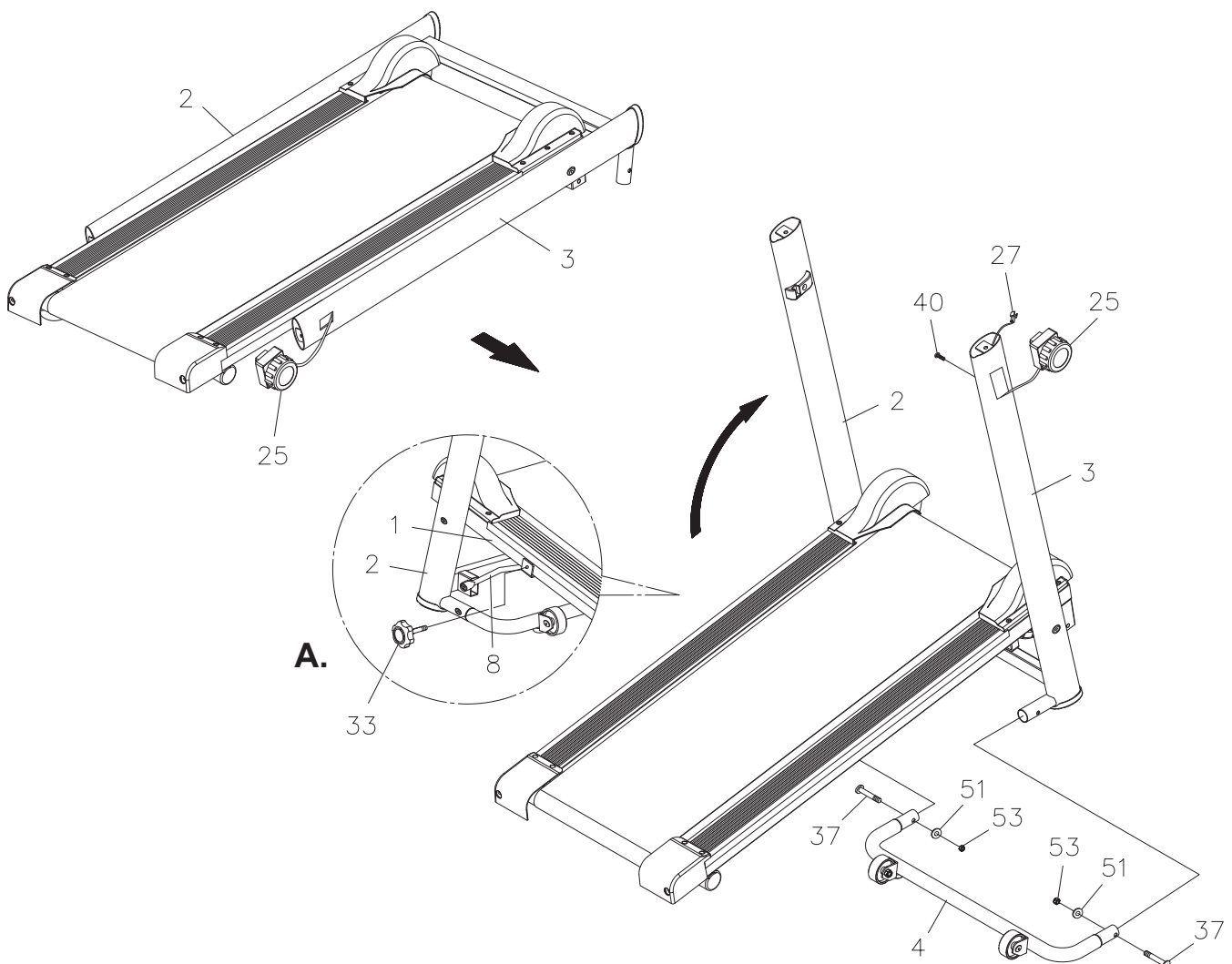
Refer to the illustrations below. Rotate the **LEFT** and **RIGHT UPRIGHT(2, 3)** to the upright position. Install the **TENSION KNOB(25)** into the opening in the **RIGHT UPRIGHT(3)** and secure with **ROUND HEAD SCREW(M5x0.8x30mm)(40)**.

### STEP 2

Insert the **BASE FRAME(4)** into the **LEFT** and **RIGHT UPRIGHT(2, 3)** and secure with **BUTTON HEAD BOLTS(M8x1.25x40)(37)**, **ARC WASHERS(M8)(51)**, and **NYLOCK NUTS(M8x1.25)(53)**.

### STEP 3

Refer to detail view A. Lock the **MAIN FRAME(1)** in the unfolded position by inserting the **LOCKING KNOB(33)** through the hole in the **SUPPORT BAR(8)** and screwing it into the **MAIN FRAME(1)**.



## ASSEMBLY INSTRUCTIONS

### STEP 4

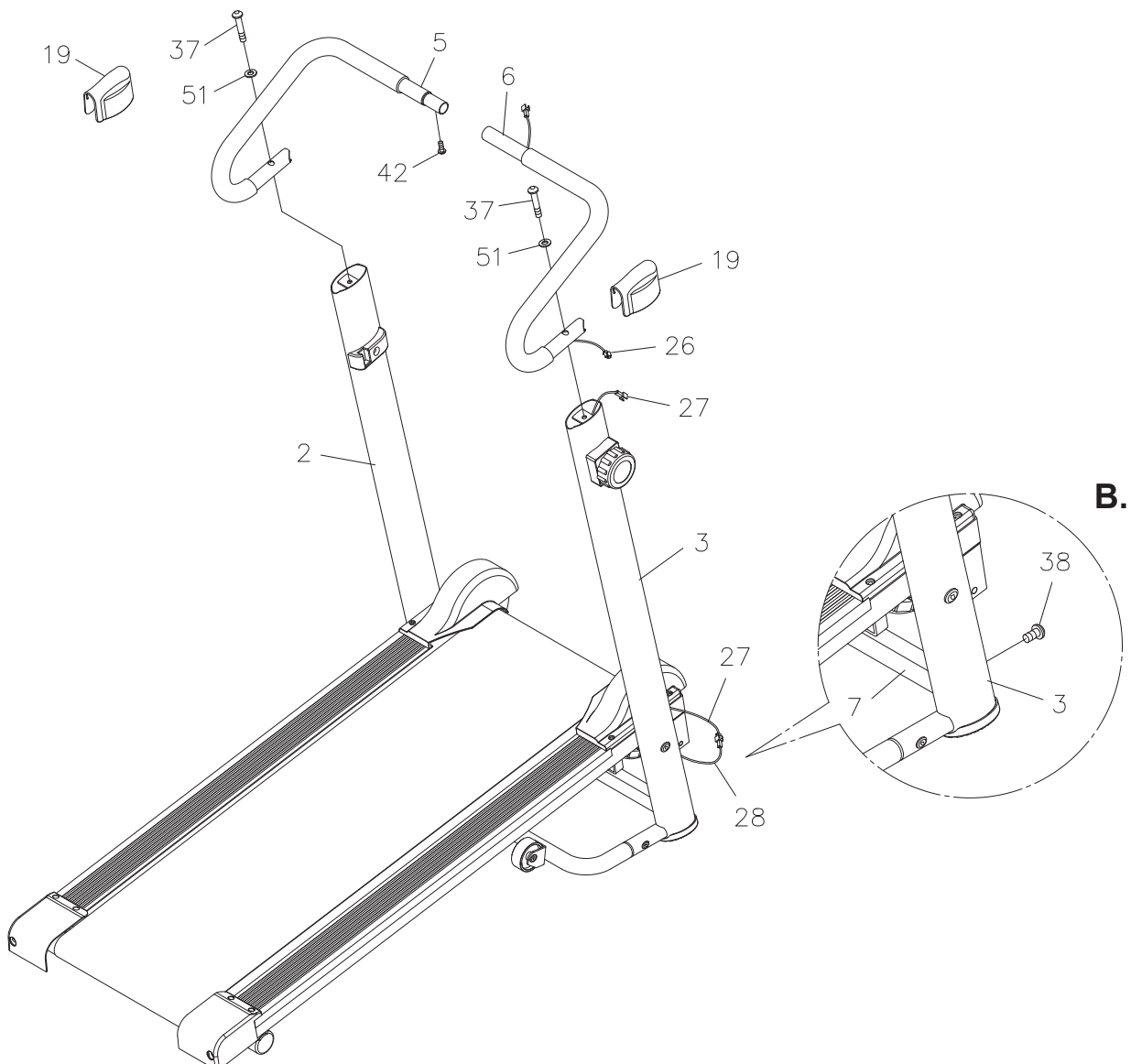
The **BUTTON HEAD BOLTS(M8x1.25x15mm)(38)** are attached on the **LEFT** and **RIGHT UPRIGHT (2, 3)**. Refer to detail view B. Tighten the **BUTTON HEAD BOLTS(M8x1.25x15mm)(38)** to bolt the **LEFT UPRIGHT(2)**, **RIGHT UPRIGHT(3)**, and **CONNECTING BAR(7)** together securely. Please verify that the **SENSOR WIRE(28)** and **SENSOR CONNECTING WIRE(27)** have already been connected at the factory. If it has not been pre-connected, then please plug the **SENSOR WIRE(28)** into the **SENSOR CONNECTING WIRE(27)** at this time.

### STEP 5

Insert the **LEFT HANDRAIL(5)** into the **RIGHT HANDRAIL(6)** and secure with the **ROUND HEAD BOLT(M6x1x15mm)(42)**. Attach the **HANDRAIL ASSEMBLY(5, 6)** to the **LEFT** and **RIGHT UPRIGHT(2, 3)** with **BUTTON HEAD BOLTS(M8x1.25x40)(37)** and **ARC WASHERS(M8)(51)**.

### STEP 6

Plug the **SENSOR CONNECTING WIRE(27)** into the **METER CONNECTING WIRE(26)**. Push the wires back inside of the **RIGHT UPRIGHT(3)**. Press the **HANDRAIL CAPS(19)** onto the **LEFT** and **RIGHT HANDRAILS(5, 6)** to cover the top ends of the **LEFT** and **RIGHT UPRIGHT(2, 3)**.





## ASSEMBLY INSTRUCTIONS

### STEP 7

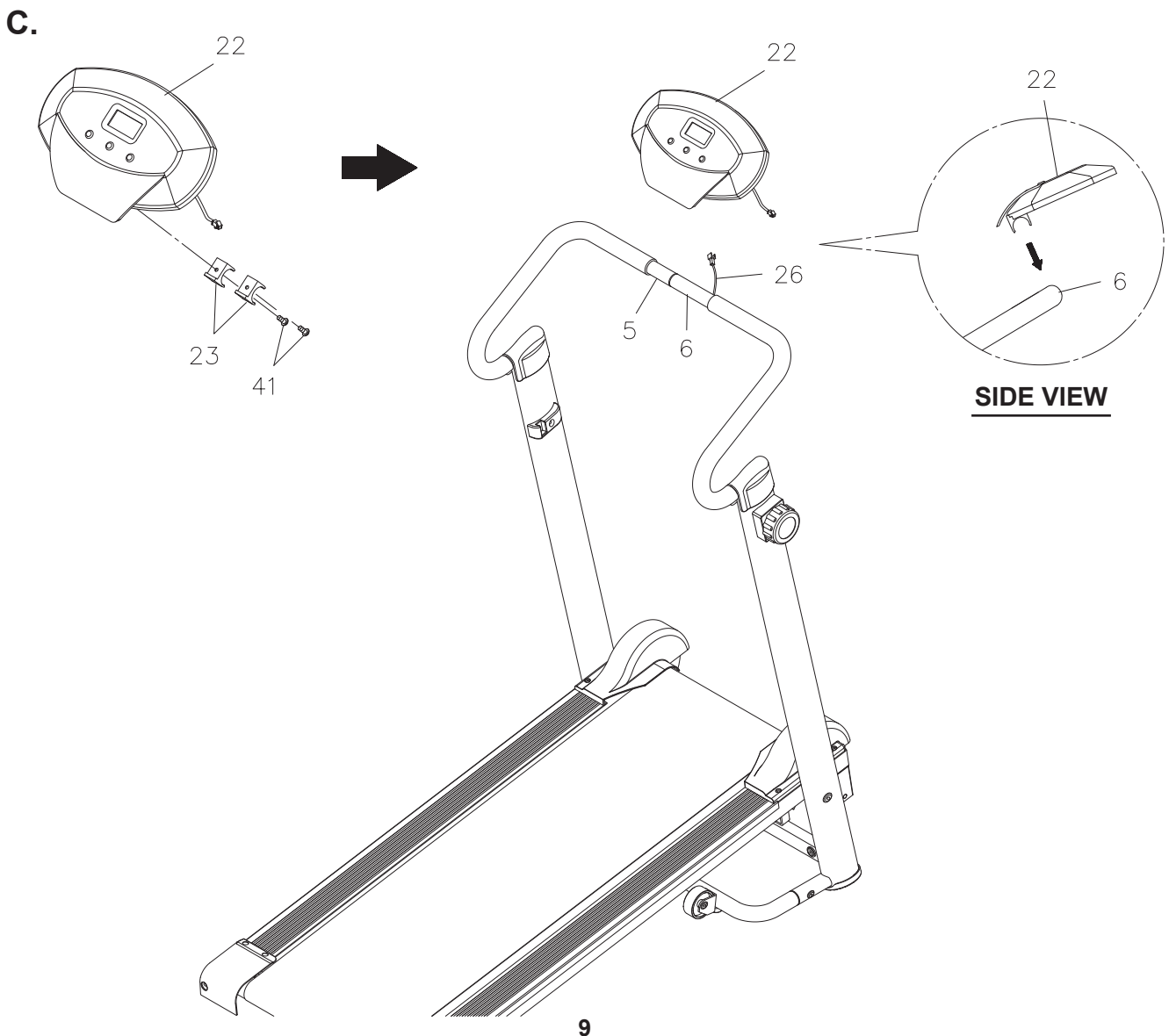
Refer to illustration C. Attach the **METER CLIPS(23)** to the back of the **METER(22)** with **ROUND HEAD SCREWS(M5x0.8x10mm)(41)**.

### STEP 8

Install two AA batteries into the **METER(22)**, the batteries are not included. See page 10 for detailed battery installation instructions.

### STEP 9

Refer to illustration below and the Side View. Press and clip the **METER(22)** onto the **LEFT and RIGHT HANDRAILS(5, 6)**. Plug the **METER CONNECTING WIRE(26)** into the **METER(22)**. Adjust the **METER(22)** to find the best angle to fit with your workout.



## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

**POWER ON:** Walking Belt movement or press any button.

**POWER OFF:** Automatic shut off after 4 minutes of inactivity.

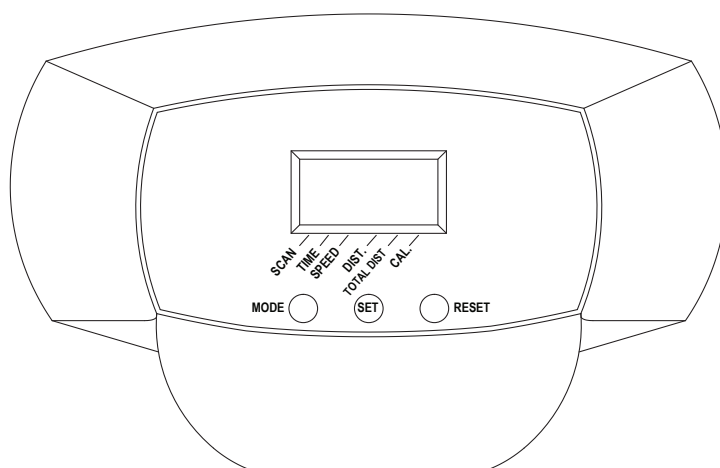
### FUNCTION BUTTONS:

**MODE:** Press and release to select each function for display or preset target values. Press the button and hold it down for three seconds to reset all functions to zero.

**SET:** Press to set target values for **TIME**, **DISTANCE**, and **CALORIES**.

**RESET:** This button will reset each function to zero.

To reset all functions to zero, press the button and hold it down for four seconds.



### PRESET VALUES OPERATION:

Stop walking for four seconds. Press the **MODE** button to select functions for preset target values. The meter will cycle through the functions as follows and allow you to set the function values.

**TIME (0:00 to 99:00) → DISTANCE (0.0 to 99.99 mile) → CALORIES (0 to 999.9 Kcal)**

Use **SET** & **RESET** buttons to enter desired values and press **MODE** button to confirm and move to next function for presetting. To pass the setting of some functions, just press the **MODE** button. Start to run the Meter functions by Walking.

### FUNCTIONS:

**SCAN:** Automatically scans **SPEED**, **TIME**, **DISTANCE**, **TOTAL DIST**, and **CALORIES** in sequence with a change every six seconds.

**TIME:** Counts upward to 99:59 in one second increments. Counts down from preset value.

**SPEED:** Displays the current speed, from zero to 999.9 Mile/Hr.

**DISTANCE:** Displays distance up to 99.99 miles in increments of 0.01 miles. Counts down from preset value.

**TOTAL DIST:** Displays the total accumulated distance you have taken from zero to 99.99 miles. The total accumulated distance is retained when the meter is turned off.

**CALORIES:** Displays the calories consumption, from zero to 999.9 Kcal. Counts down from preset value.

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

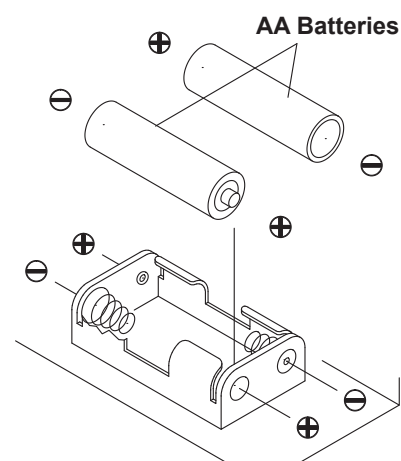
**NOTE:** The **TOTAL DIST** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

### NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



## OPERATIONAL INSTRUCTIONS

### TREADMILL ADJUSTMENTS

When adjusted properly, the **Avari® Magnetic Treadmill's WALKING BELT(10)** will roll smoothly around the **BOARD(9)** and over the front and rear rollers without catching or rubbing. For the belt to run smoothly, there are a few points that need to be noted

#### BELT ALIGNMENT

The **WALKING BELT(10)** must be in the center of the **BOARD(9)** to prevent it from rubbing against the **FLYWHEEL COVERS(15, 16)**. If the belt rubs a flywheel cover, it will be difficult to keep the belt moving and will eventually damage the edge of the belt. The treadmill has belt guides welded to the bottom of the treadmill frame that move the belt toward the center of the treadmill. However, the **REAR ROLLER(13)** must be properly aligned with the treadmill frame and **FRONT ROLLER w/FLYWHEELS(12)** if the belt is to remain centered on the treadmill. The bolts in the rear of the treadmill (one on the left and the other on the right) adjust the alignment of the **REAR ROLLER(13)** as well as the tension of the belt

**The belt will run to the side of the loose rear bolt.**

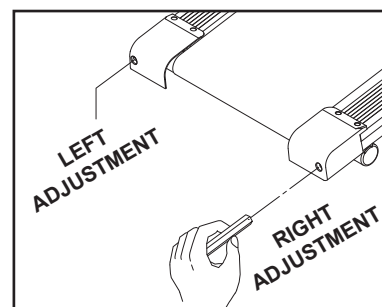
**Hint:** Visually check the **REAR ROLLER(13)** to make sure both the right side and the left side of the **REAR ROLLER(13)** are the same distance from the back edge of the treadmill. Using the 5mm **ALLEN WRENCH**, make adjustments by turning the bolts clockwise to tighten and counterclockwise to loosen.

#### BELT DRIFTING LEFT

Adjust by turning the left screw 1/4 turn **CLOCKWISE** and the right screw 1/4 turn **COUNTERCLOCKWISE**. Walk on the treadmill to check alignment. Repeat if needed.

#### BELT DRIFTING RIGHT

Adjust by turning the left screw 1/4 turn **COUNTERCLOCKWISE** and the right screw 1/4 turn **CLOCKWISE**. Walk on the treadmill to check alignment. Repeat if needed.



#### NOTE:

When you believe the **WALKING BELT(10)** is centered, use the treadmill for three (3) minutes to verify the **WALKING BELT(10)** won't drift to one side or the other. If the **WALKING BELT(10)** continues to drift, the floor may not be level. Rotate the treadmill 90 degrees or move the treadmill to another location.

#### BELT TENSION

The **WALKING BELT(10)** should be taut and not lying loosely on the treadmill **BOARD(9)**. If the belt is too loose, it will slip on the front roller and you will notice a jerky movement when you walk on the treadmill. If the belt is too tight, the edges of the belt will begin to curl and more effort will be required to move the belt. Excessive belt tension can also damage the bearings in the rollers. The bolts on the ends of the **MAIN FRAME(1)** (one on the left and the other on the right) adjust the **WALKING BELT(10)** tension as well as the **REAR ROLLER(13)** alignment.

**BELT TOO LOOSE:** Use the 5mm **ALLEN WRENCH** to tighten the bolts on the ends of the **MAIN FRAME(1)**. Tighten both bolts 1/4 turn clockwise at a time until the belt stops slipping on the **FRONT ROLLER w/FLYWHEELS(12)**.

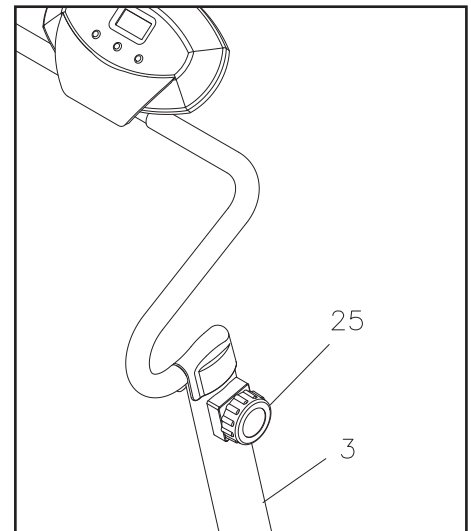
**BELT TOO TIGHT:** Use the 5mm **ALLEN WRENCH** to loosen the bolts on the ends of the **MAIN FRAME(1)**. Loosen both bolts 1/2 turn counterclockwise at a time until the belt begins to slip on the **FRONT ROLLER w/FLYWHEELS(12)**. Then use the procedure above to tighten the belt to the proper tension.

## OPERATIONAL INSTRUCTIONS

### WALKING RESISTANCE

The walking resistance or effort needed to push the treadmill belt can be adjusted by turning the **TENSION KNOB(25)**.

To increase the load, turn the **TENSION KNOB(25)** clockwise. To decrease the load, turn the **TENSION KNOB(25)** counterclockwise. There are eight levels for the load adjustment.



### NOTE:

1. Since this is a new machine, you may need some time to get used to walking on the treadmill and to break it in.
2. If the walking resistance is too high, check the **BELT TENSION**. Refer to page 11 for instructions to adjust belt tension.
3. The belt resistance can be reduced by adding silicone lubricant between the belt and the board. Wipe the board under the belt with a clean, dry cloth then spray or spread silicone lubricant on the board under the belt.

## MAINTENANCE

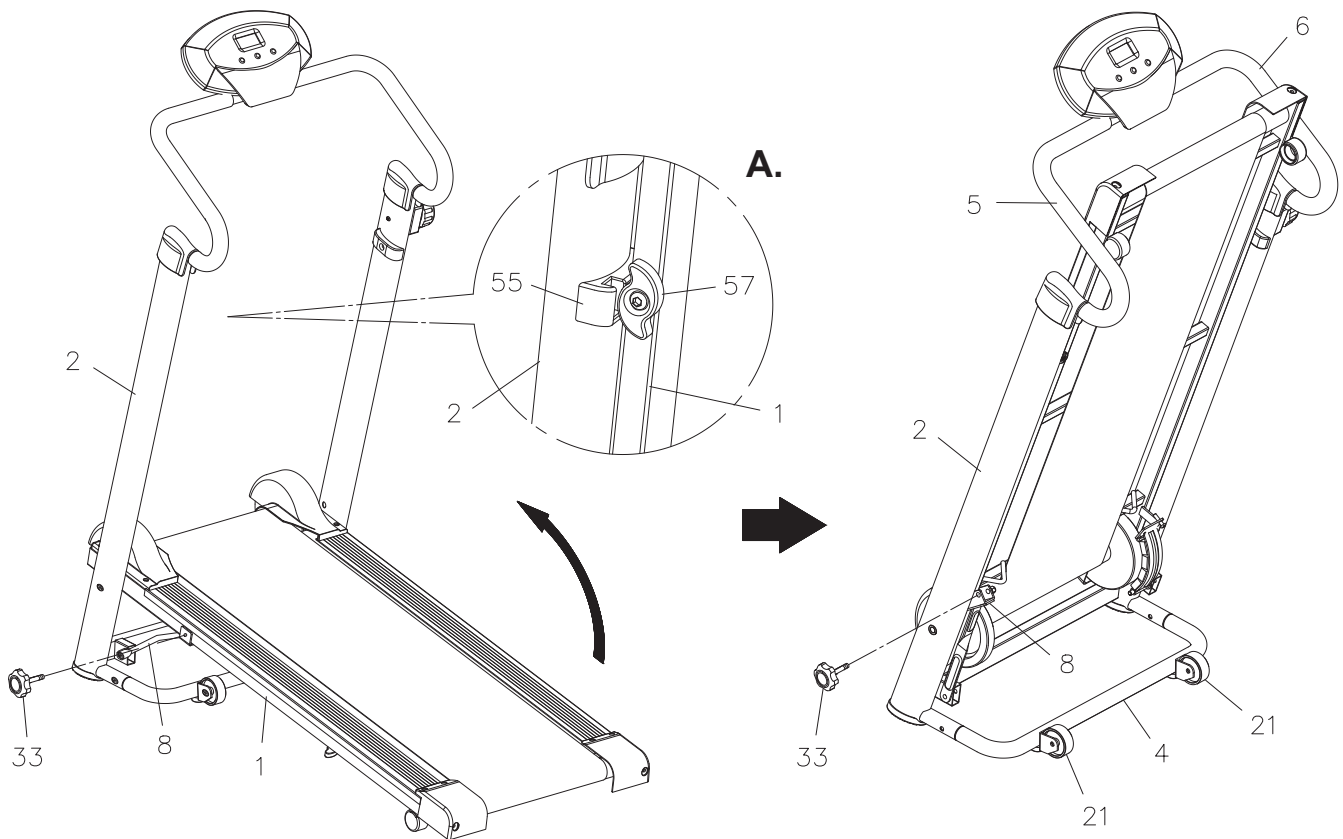
The safety and integrity designed into the **Avari® Magnetic Treadmill** can only be maintained when the **Avari® Magnetic Treadmill** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(25)** and verify that the Magnetic System provides tension. The Magnetic System should provide many years of use.
2. Clean the exposed surfaces of the walking belt and the board with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the **CAUTION LABEL(63)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **CAUTION LABEL(63)** if it is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the **Avari® Magnetic Treadmill** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **Avari® Magnetic Treadmill**.
8. Keep your **Avari® Magnetic Treadmill** clean by wiping it off with an absorbent cloth after use.
9. If the **WALKING BELT(10)** does not move easily, lubricate the **BOARD(9)** under the **WALKING BELT(10)** with silicone lubricant.

## STORAGE

1. To store the **Avari® Magnetic Treadmill**, simply keep it in a clean dry place.
2. To avoid damage to the electronics, remove the batteries before storing the **Avari® Magnetic Treadmill** for one year or more.
3. To fold the **Avari® Magnetic Treadmill** for easy storage, follow this process. Refer to the illustrations below.
  - a. Remove the **LOCKING KNOB(33)** to unlock the **MAIN FRAME(1)**.
  - b. Fold up the **MAIN FRAME(1)**. To lock the **MAIN FRAME(1)** in the folded position, find the **LOCKING LATCH(57)** located on the bottom of the **MAIN FRAME(1)** and slide it into the **LEFT GUIDE(55)** which is on the **LEFT UPRIGHT(2)**, refer to detail view A.
  - c. To store the **LOCKING KNOB(33)**, insert the **LOCKING KNOB(33)** through the hole in the **SUPPORT BAR(8)** and screw into the **SUPPORT BAR(8)**.

**CAUTION:** Make sure the **MAIN FRAME(1)** is locked securely in folded position by the **LOCKING LATCH(57)**.
4. Move the **Avari® Magnetic Treadmill** with the **WHEELS(21)** on the **BASE FRAME(4)**. Stand behind the **Avari® Magnetic Treadmill**, grasp the **HANDRAILS(5, 6)** and tilt it toward you to easily roll the **Avari® Magnetic Treadmill**.



## UNFOLD THE Avari® Magnetic Treadmill

- a. Remove the **LOCKING KNOB(33)** from the **SUPPORT BAR(8)**.
- b. Slide the **LOCKING LATCH(57)** out from the **LEFT GUIDE(55)** to unlock the **MAIN FRAME(1)**.
- c. Unfold the **MAIN FRAME(1)** by lowering it. Lock the **MAIN FRAME(1)** in position by inserting the **LOCKING KNOB(33)** through the hole in the **SUPPORT BAR(8)** and screwing it into the **MAIN FRAME(1)**.

## CONDITIONING GUIDELINES

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

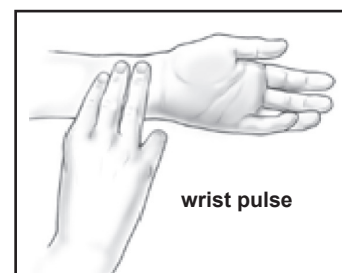
Remember to follow these essentials:

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

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

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

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



Target Heart Rate Zone Estimated by Age\*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

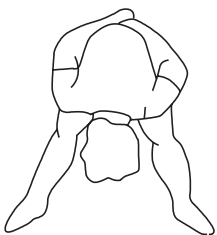
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## WARM-UP and COOL-DOWN

**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

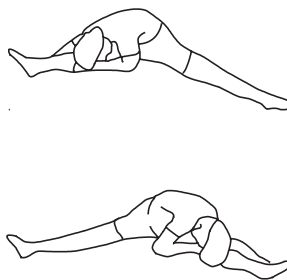
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



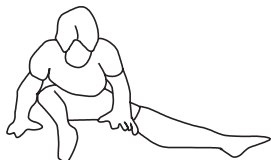
#### Lower Body Stretch

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



#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



#### Bent Torso Pulls

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



#### Bent Over Leg Stretch

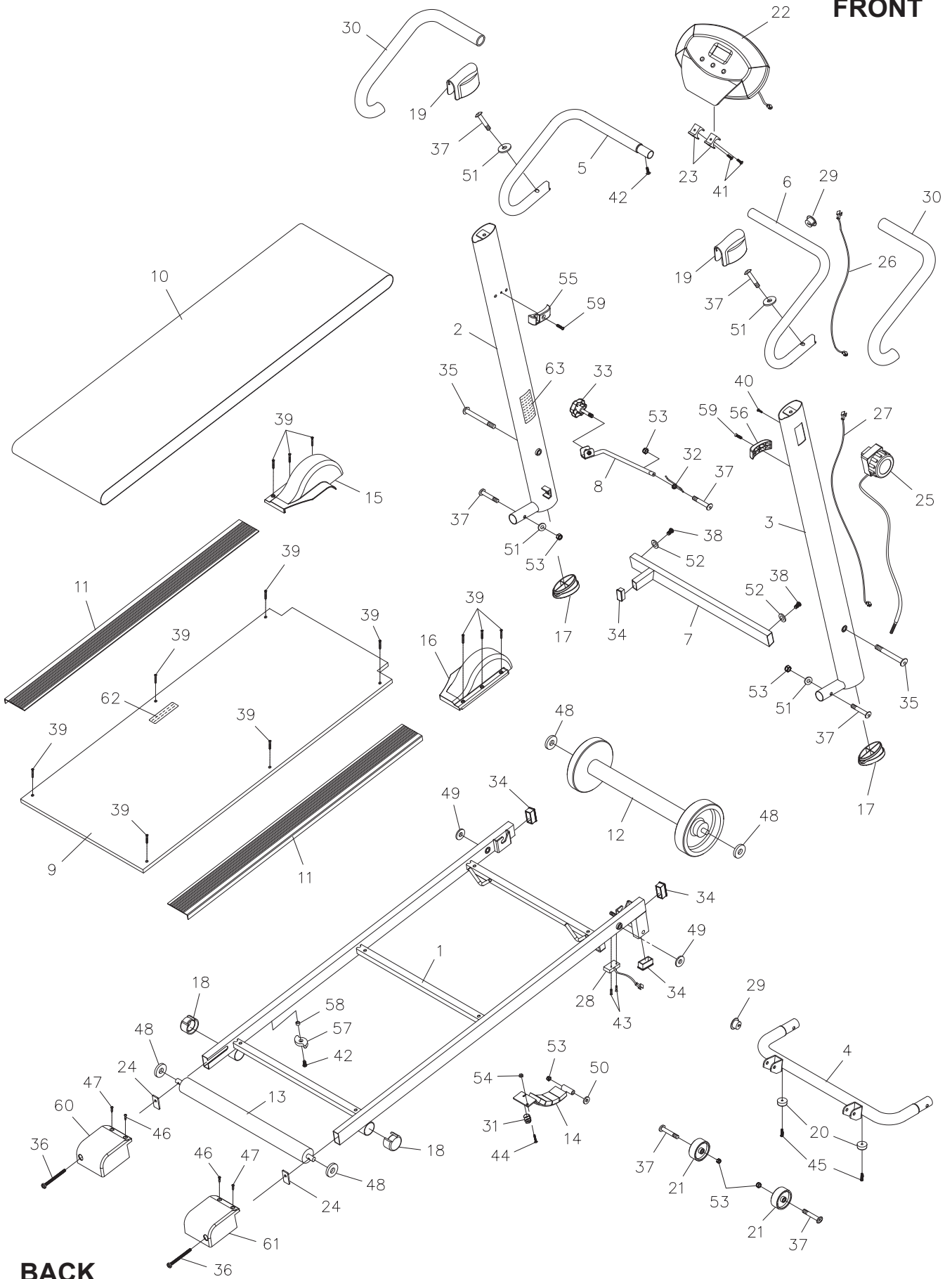
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times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

**Remember to always check with your physician before starting any exercise program.**

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

# PRODUCT PARTS DRAWING

FRONT



BACK



## PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Left Upright	1
3	Right Upright	1
4	Base Frame	1
5	Left Handrail	1
6	Right Handrail	1
7	Connecting Bar	1
8	Support Bar	1
9	Board	1
10	Walking Belt	1
11	Side Molding	2
12	Front Roller w/ Flywheels	1
13	Rear Roller	1
14	Magnetic Brake	1
15	Left Flywheel Cover	1
16	Right Flywheel Cover	1
17	Stand Cap	2
18	Round Cap (38mm)	2
19	Handrail Cap	2
20	Stand	2
21	Wheel	2
22	Meter	1
23	Meter Clip	2
24	Adjustment Plate	2
25	Tension Knob	1
26	Meter Connecting Wire	1
27	Sensor Connecting Wire	1
28	Sensor Wire	1
29	Grommet	2
30	Foam Tube	2
31	Spring	1
32	Twist Spring	1
33	Locking Knob	1
34	Rectangular Plug (20mm x 40mm)	4
35	Bolt, Button Head (M10 x 1.5 x 65mm)	2
36	Bolt, Socket Head (M6 x 1 x 65mm)	2
37	Bolt, Button Head (M8 x 1.25 x 40mm)	7
38	Bolt, Button Head (M8 x 1.25 x 15mm)	2
39	Screw, Round Head (M4 x 25mm)	12
40	Screw, Round Head (M5 x 0.8 x 30mm)	1
41	Screw, Round Head (M5 x 0.8 x 10mm)	2
42	Bolt, Round Head (M6 x 1 x 15mm)	2
43	Screw, Round Head (M3 x 15mm)	2
44	Bolt, Round Head (M6 x 1 x 25mm)	1
45	Screw, Round Head (M5 x 0.8 x 20mm)	2
46	Self-Drilling Screw, Round Head (M4 x 15mm)	2
47	Screw, Round Head (M4 x 15mm)	2

## PARTS LIST

PART#	PART NAME	QTY
48	Plastic Washer (ø13 x ø16 x 3mm)	4
49	Plastic Washer (M10)	2
50	Plastic Washer (M8)	1
51	Arc Washer (M8)	4
52	Washer (M8)	2
53	Nylock Nut (M8 x 1.25)	6
54	Nut (M6 x 1)	1
55	Left Guide	1
56	Right Guide	1
57	Locking Latch	1
58	Spacer	1
59	Screw, Flat Head (M5 x 0.8 x 20mm)	2
60	Left Rear Cap	1
61	Right Rear Cap	1
62	Maintenance Decal	1
63	Caution Label	1
64	Wrench	1
65	Allen Wrench (5mm)	1
66	Owner's Manual	1

## LIMITED WARRANTY

MODEL A450-255

### WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

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## **NOTES**

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ATTN: Customer Service  
P.O. Box 1071 Springfield, MO. 65801-1071

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## 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 service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

<b>PRODUCT REGISTRATION FORM</b>	<b>Stamina Products, Inc.</b> P.O. Box 1071 Springfield, MO 65801-1071
Model Number: .....	Serial Number: .....
Product Name: .....	
Place Purchased: .....	
Date of Purchase: .....	Purchase Price: .....
First Name: .....	Last Name: .....
City: .....	State: ..... Zip Code: .....
Email Address: .....	Phone #: (     ) .....
Would you like to receive email information or special offers from Stamina Products?* <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 service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



<b>PARTS ORDER FORM</b>	<b>Stamina Products, Inc.</b> P.O. Box 1071 Springfield, MO 65801-1071	
Mr./Ms: .....		
Address: ..... Apt. #: .....		
City: ..... State: ..... Zip Code: .....		
<b>IMPORTANT : We must have your phone number to process the order!</b>		
Phone #: (     ) ..... Work Phone #: (     ) .....		
Date of Purchase: .....		
Model #: .....		
Purchased From: .....		
<b>IMPORTANT : Before filling out the form below make sure you have the correct information. Refer to the parts list to make sure you're ordering the right parts!</b>		
PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1

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