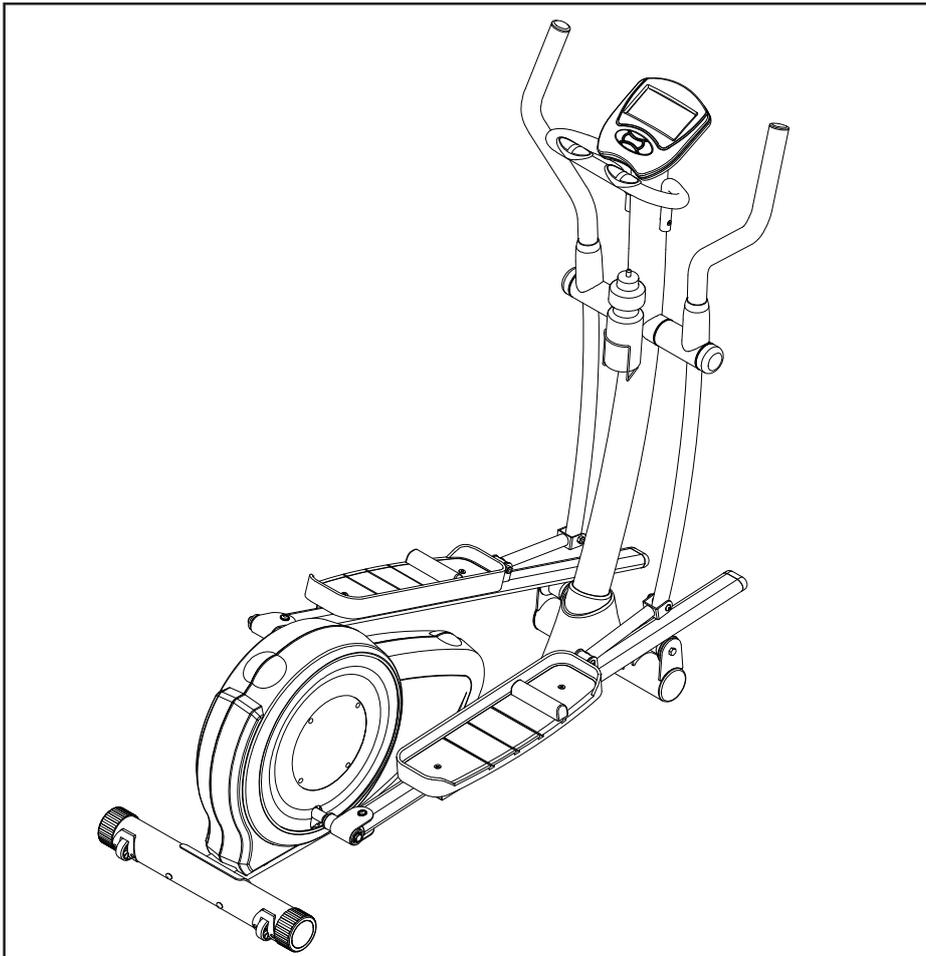# 55-1779
ELECTROMAGNETIC RESISTANCE
elliptical

_{Stamina}

Owner's Manual

⚠ 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 tightened prior to each use. Follow all safety instructions in this manual.

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

55-1779
STAMINA PRODUCTS
MADE IN TAIWAN

**Product May Vary Slightly
From Pictured.**

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

This Product is Produced Exclusively by

Stamina®
PRODUCTS, INC.

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

2008, 05

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the 55-1779 ELLIPTICAL.

1. Read all warnings posted on the **55-1779 ELLIPTICAL.**
2. Read this Owner's Manual and follow it carefully before using the **55-1779 ELLIPTICAL.** Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **55-1779 ELLIPTICAL.** Do not allow children to use or play on the **55-1779 ELLIPTICAL.** Keep children and pets away from the **55-1779 ELLIPTICAL** 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 **55-1779 ELLIPTICAL** on a solid level surface. Do not position the **55-1779 ELLIPTICAL** on loose rugs or uneven surfaces.
7. Inspect the **55-1779 ELLIPTICAL** for worn or loose components prior to use.
8. Tighten/replace any loose or worn components prior to using the **55-1779 ELLIPTICAL.**
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. Consult your physician before using any of the Heart Rate Control Programs (P9 to P12). See page 15 for a description of these programs.
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 **55-1779 ELLIPTICAL.**
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they 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 **55-1779 ELLIPTICAL,** loss of balance may result in a fall and serious bodily injury.
16. Do not use handlebars for upper body strength training.
17. Keep both feet firmly and securely on the Foot Pedals while exercising.
18. The **55-1779 ELLIPTICAL** should not be used by persons weighing over 250 pounds.
19. The **55-1779 ELLIPTICAL** should be used by only one person at a time.
20. The **55-1779 ELLIPTICAL** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST

STAMINA®
PRODUCTS, INC.

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

THANK YOU FOR PURCHASING THE
55-1779 ELLIPTICAL

To help you get started, we have pre-assembled most of your
55-1779 ELLIPTICAL 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 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.

BEFORE YOU BEGIN

Thank you for choosing the **55-1779 ELLIPTICAL.** 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.

Yes, 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 **55-1779 ELLIPTICAL** 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 **55-1779 ELLIPTICAL.**

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 **55-1779 ELLIPTICAL,** please do not return the product. Contact us FIRST!

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

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

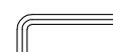Be sure to have the name and model number of the product available when you contact us.
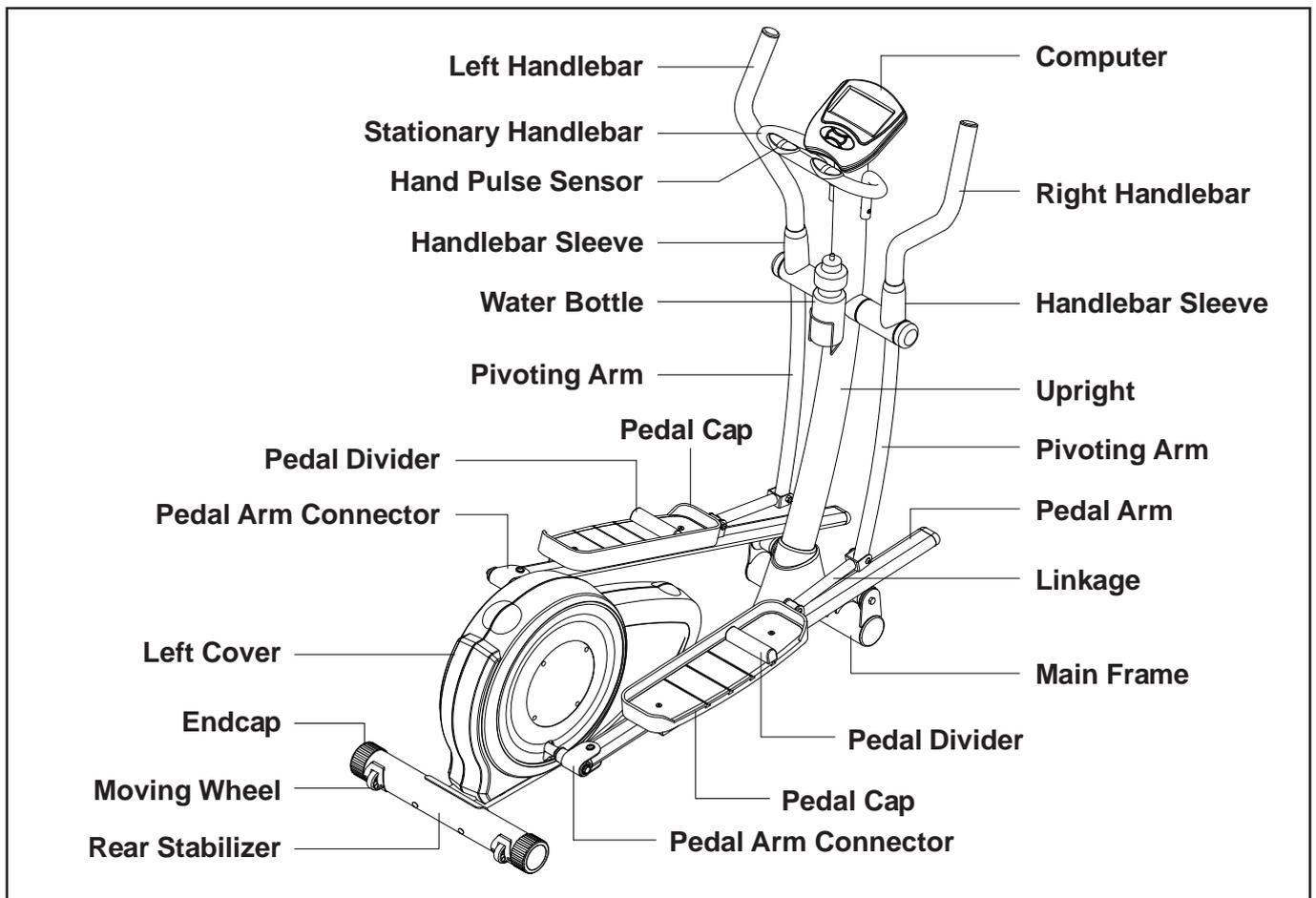
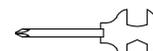**THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :**
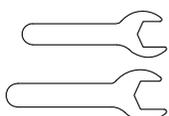
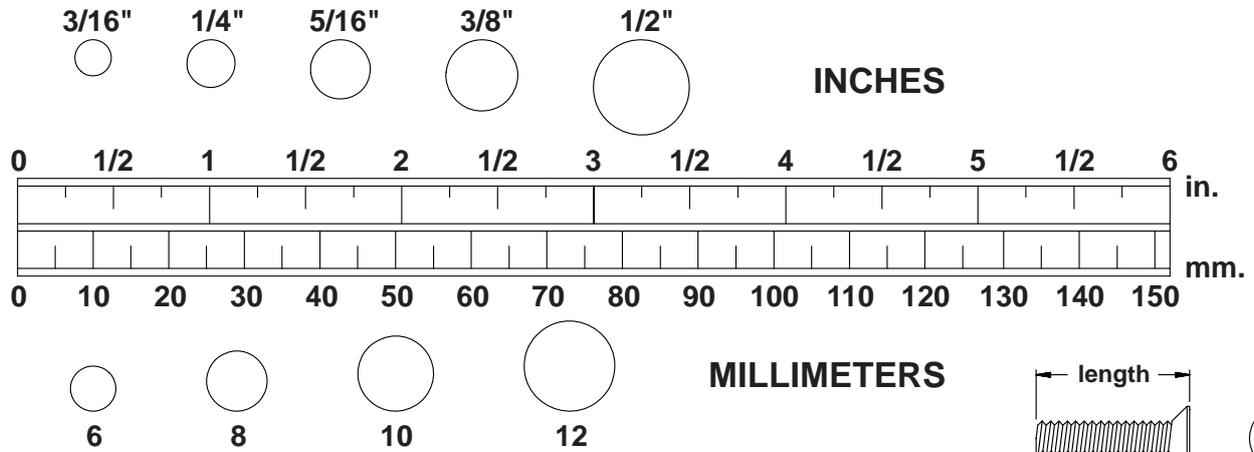Wrench (10mm)

Wrench (17mm)

Allen Wrench (5mm)

Allen Wrench (6mm)

Combination Wrench

HARDWARE IDENTIFICATION CHART

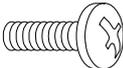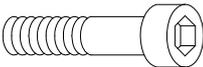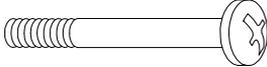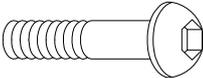This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.

3/16"   1/4"   5/16"   3/8"   1/2"

INCHES

| 0 | 1/2 | 1 | 1/2 | 2 | 1/2 | 3 | 1/2 | 4 | 1/2 | 5 | 1/2 | 6 |

in.

mm.

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

MILLIMETERS

6   8   10   12

length

length

NOTICE: The length of all bolts and screws except those with flat heads is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.
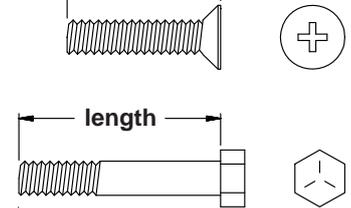
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	65 Carriage Bolt (M8 x 1.25 x 85mm)	**2**
	70 Screw, Round Head (M5 x 0.8 x 12mm)	**6**
	72 Bolt, Socket Head (M6 x 1 x 35mm)	**4**
	74 Bolt, Round Head (M6 x 1 x 50mm)	**4**
	76 Bolt, Button Head (M8 x 1.25 x 20mm)	**4**
	77 Bolt, Button Head (M8 x 1.25 x 50mm)	**2**
	78 Bolt, Button Head (M10 x 1.25 x 55mm)	**2**
	79 Bolt, Flat Head (M6 x 1 x 30mm)	**4**
	83 Nylock Nut (M6 x 1)	**8**
	85 Nylock Nut (M8 x 1.25 x 8mm thick)	**4**
	86 Nylock Nut (M10 x 1.25)	**2**
	89 Lock Washer (M8)	**4**
	90 Washer (M8)	**6**
	91 Washer (M10)	**2**
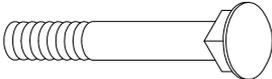
ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at:
**parts@staminaproducts.com**
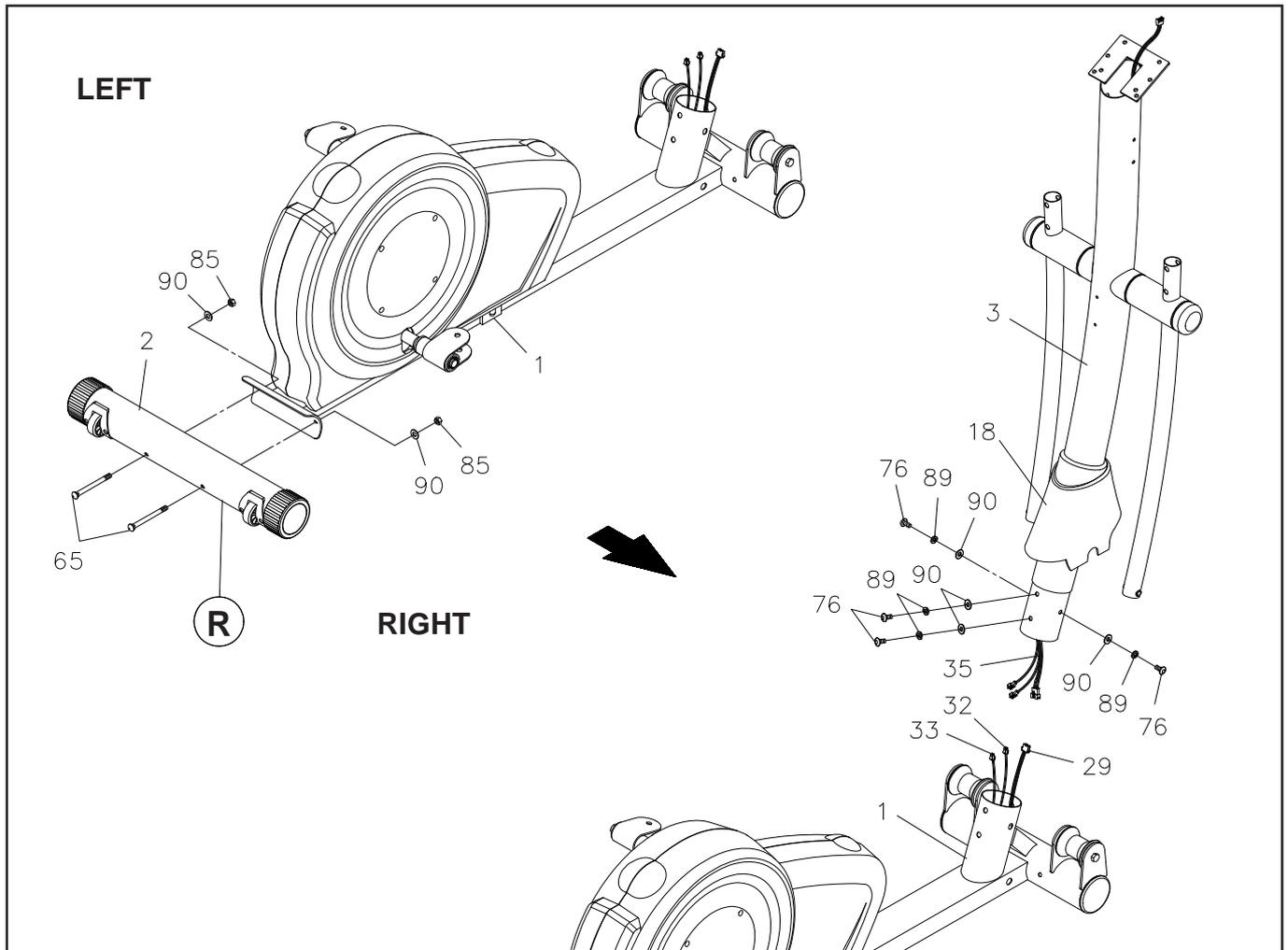
STEP 1
NOTE: There is a **"R"** decal on one end of the **REAR STABILIZER(2).**
Attach the **REAR STABILIZER(2)** onto the **MAIN FRAME(1)** with the **"R"** decal end on the right side and secure with **CARRIAGE BOLTS(M8x1.25x85mm)(65), WASHERS(M8)(90),** and **NYLOCK NUTS(M8x1.25)(85).**

STEP 2
Slide the **UPRIGHT SLEEVE(18)** onto the **UPRIGHT(3).** Connect the **MOTOR CONNECTION WIRE(29), SPEED SENSOR WIRE(32),** and **POWER WIRE(33)** to **UPPER CONNECTION WIRE(35).** Insert the **UPRIGHT(3)** onto the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(76), LOCK WASHERS(M8)(89),** and **WASHERS(M8)(90).** Slide the **UPRIGHT SLEEVE(18)** down to cover the bolts on the **UPRIGHT(3).**

ASSEMBLY INSTRUCTIONS
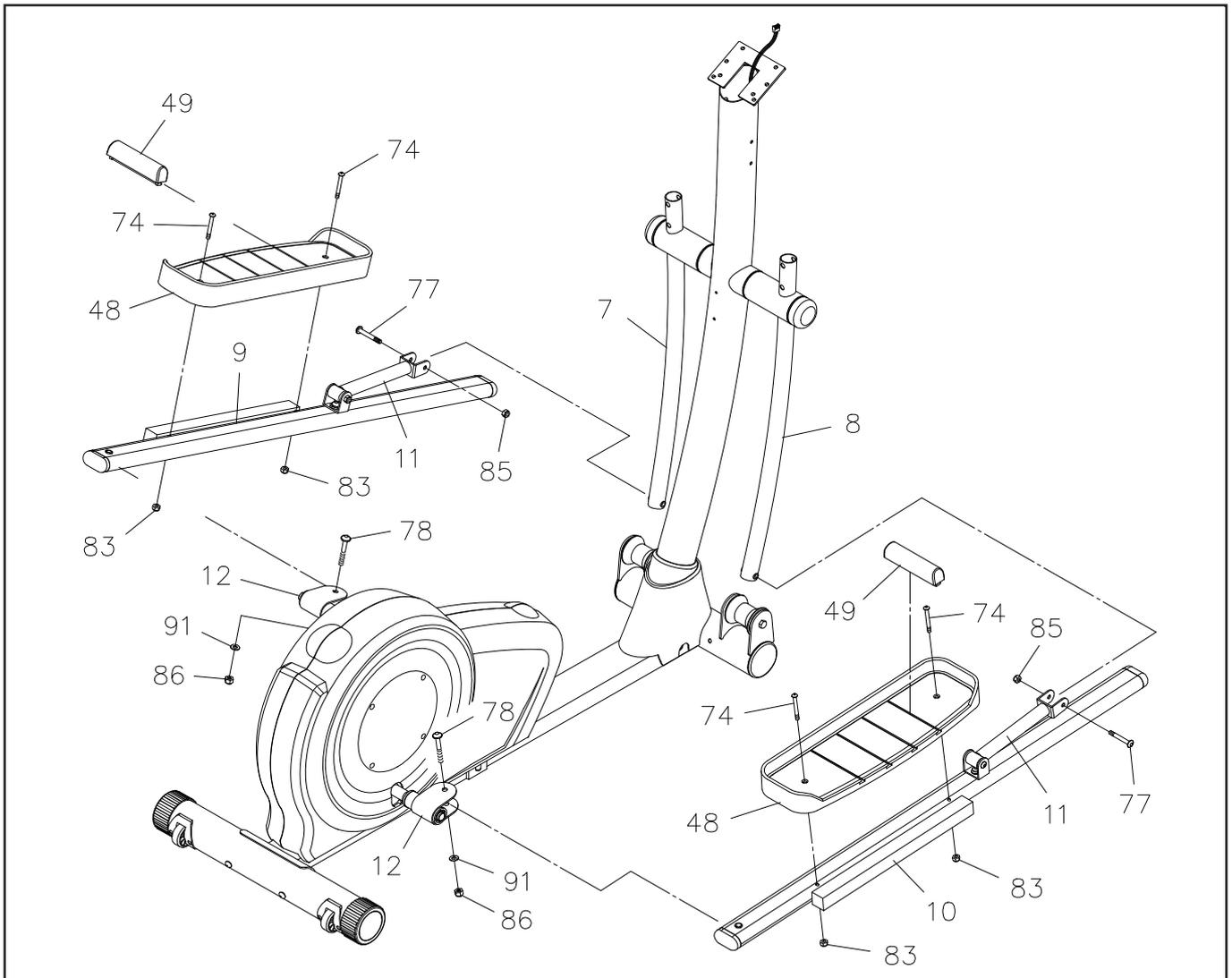
STEP 3

Connect the **LEFT** and **RIGHT PEDAL ARMS(9, 10)** to the **PEDAL ARM CONNECTORS(12)** with **BUTTON HEAD BOLTS(M10x1.25x55mm)(78), WASHERS(M10)(91),** and **NYLOCK NUTS(M10x1.25)(86).**

STEP 4

Connect the **LINKAGES(11)** to the **LEFT** and **RIGHT PIVOTING ARMS(7, 8)** with **BUTTON HEAD BOLTS (M8x1.25x50mm)(77)** and **NYLOCK NUTS(M8x1.25)(85).**

STEP 5

Attach the **PEDAL CAPS(48)** onto the **LEFT** and **RIGHT PEDAL ARMS(9, 10)** with **ROUND HEAD BOLTS (M6x1x50mm)(74)** and **NYLOCK NUTS(M6x1)(83).** Slide the **PEDAL DIVIDERS(49)** into one of the four slots on the **PEDAL CAPS(48)** to fit your shoes. You may select the front or the back of the **PEDAL CAPS(48)** for foot placement. You will have more vertical movement in the Elliptical stride if you place your feet at the back of the **PEDAL CAPS(48).**

CAUTION: The lip on the **PEDAL CAPS(48)** must face inside. The sides without a lip face outside as shown.

ASSEMBLY INSTRUCTIONS
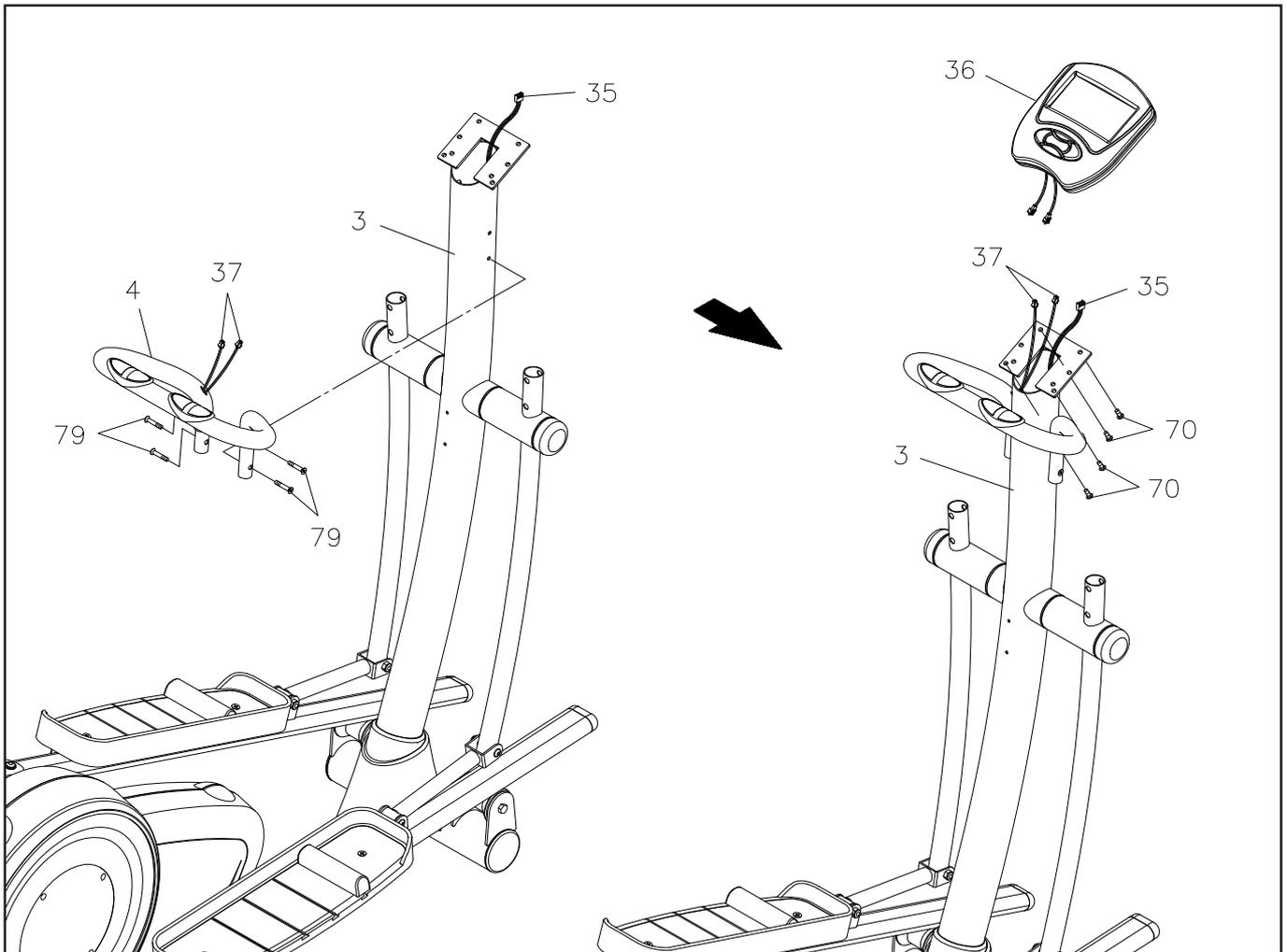
STEP 6
Attach the **STATIONARY HANDLEBAR(4)** onto the **UPRIGHT(3)** with **FLAT HEAD BOLTS(M6x1x30mm) (79).** Run the **PULSE SENSOR WIRES(37)** through the hole on the left side of the **UPRIGHT(3)** and pull out from the slot on the top of the **UPRIGHT(3).**

STEP 7
Connect the **PULSE SENSOR WIRES(37)** to the connection wires on the **COMPUTER(36).** Plug the **UPPER CONNECTION WIRE(35)** into the back of the **COMPUTER(36).** Attach the **COMPUTER(36)** onto the plate on the **UPRIGHT(3)** with **ROUND HEAD BOLTS(M5x0.8x12mm)(70).**
NOTE: Be careful not to damage the wires when attaching the **COMPUTER(36).**

ASSEMBLY INSTRUCTIONS
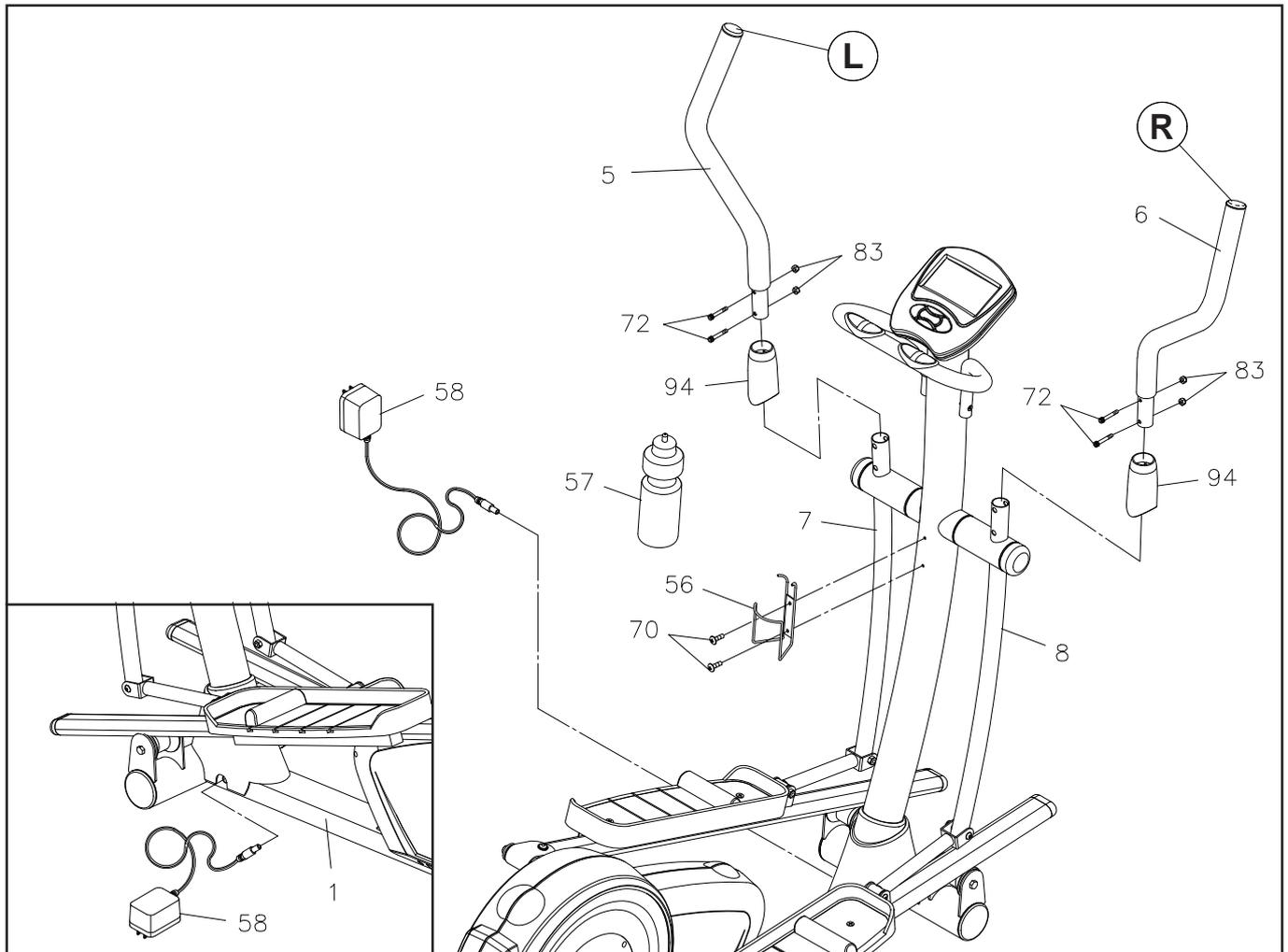
STEP 8

There is a **"L"** decal on the **LEFT HANDLEBAR(5),** and a **"R"** decal on the **RIGHT HANDLEBAR(6).**
Slide the **HANDLEBAR SLEEVE(94)** onto the **LEFT HANDLEBAR(5).** Insert the **LEFT HANDLEBAR(5)**
into the **LEFT PIVOTING ARM(7)** and secure with **SOCKET HEAD BOLTS(M6x1x35mm)(72)** and **NYLOCK
NUTS(M6x1)(83).** Slide the **HANDLEBAR SLEEVE(94)** down to cover the bolts on the **LEFT HANDLEBAR
(5).** Repeat on the right side.

STEP 9

Attach the **MOUNTING BRACKET(56)** onto the **UPRIGHT(3)** with **ROUND HEAD SCREWS(M5x0.8x12mm)
(70).** Place the **WATER BOTTLE(57)** into the **MOUNTING BRACKET(56).**

STEP 10

Connect the **ADAPTER(58)** into the outlet located on the base of the **MAIN FRAME(1),** refer to the inset
drawing. Plug the cord on the **ADAPTER(58)** into the connector.

9

SET UP INSTRUCTIONS

Place the **55-1779 ELLIPTICAL** in the area where it will be used. The max. operation dimensions of **55-1779 ELLIPTICAL** are approximately 64 5/8" long x 24 3/4" wide x 64 5/8" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 7 feet long is required for safe operation of the **55-1779 ELLIPTICAL.** Make sure that adequate space is available for access to and passage around the **55-1779 ELLIPTICAL.**

LEVELING: Adjust the **LEVELING STANDS(55)** under the **FRONT STABILIZER** on the **MAIN FRAME(1)** so that the **Elliptical / Stepper** sets on the floor without rocking. Refer the instructions below the illustration.

MOVING: The **55-1779 ELLIPTICAL** has a pair of **MOVING WHEELS(54)** built into the **REAR STABILIZER(2)** at the back. Grasp the **FRONT STABILIZER** and tip the **55-1779 ELLIPTICAL** backward to move.
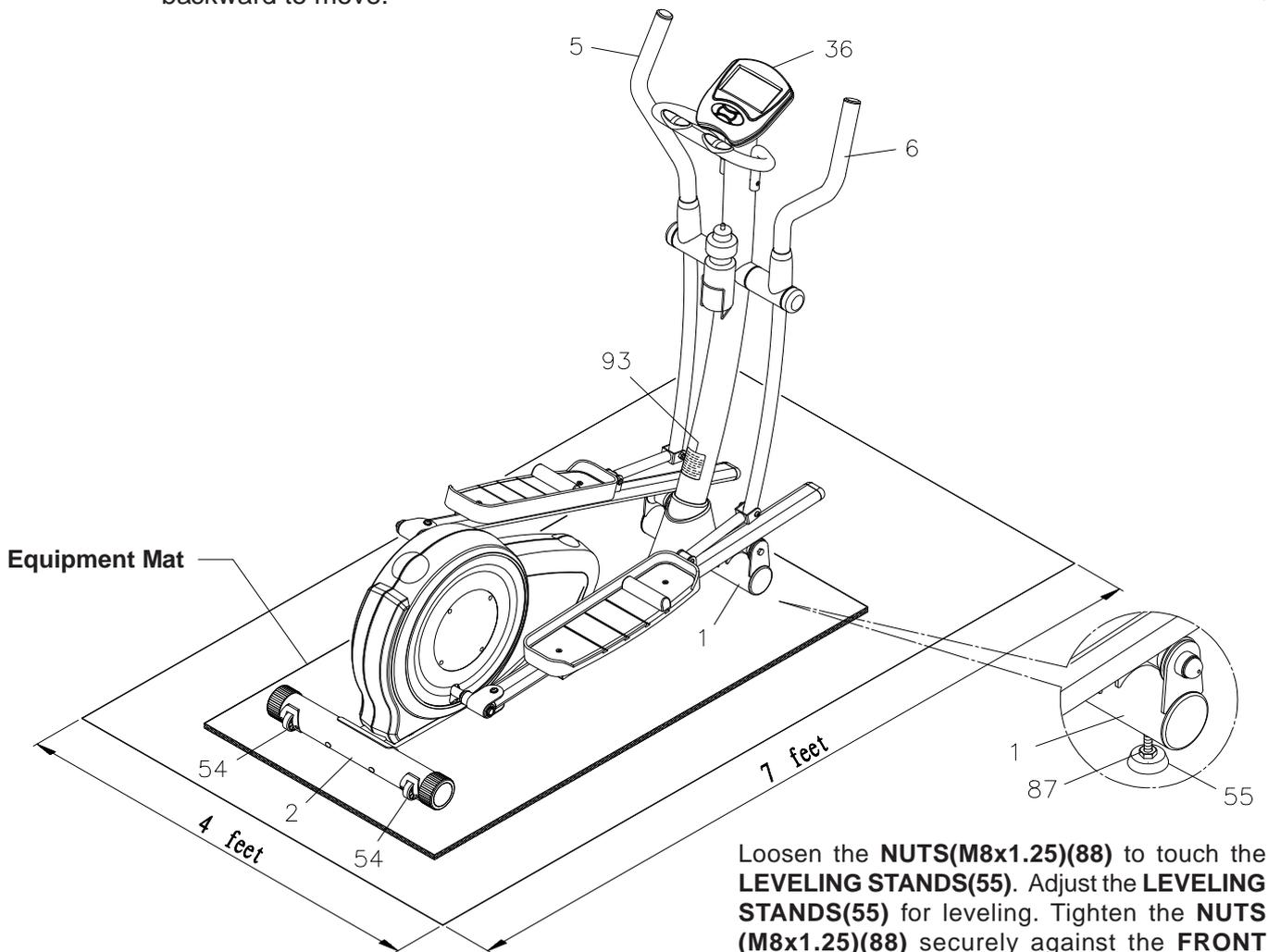
Loosen the **NUTS(M8x1.25)(88)** to touch the **LEVELING STANDS(55)**. Adjust the **LEVELING STANDS(55)** for leveling. Tighten the **NUTS (M8x1.25)(88)** securely against the **FRONT STABILIZER** to lock the stand in position.

FUNCTION INSPECTION:

Visually inspect the **55-1779 ELLIPTICAL** to verify that assembly is as shown in the above illustration. Check the function of the **55-1779 ELLIPTICAL.** Stand on the foot pedals and place your hands at a comfortable position on the handlebars. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Use the "▲ / ▼" buttons on the **COMPUTER(36)** to select a program and verify that the Magnetic System provides different tensions. Refer to the **COMPUTER INSTRUCTIONS** on pages 12 to 20.

CAUTION: Locate and read the **WARNING LABEL(93)** on the **55-1779 ELLIPTICAL.** Make sure that all users read the **WARNING LABEL(93).**

OPERATIONAL INSTRUCTIONS

To start using the **55-1779 ELLIPTICAL,** stand on the foot pedals, grasp the handlebars, move your highest foot forward and follow the natural path of the machine.
CAUTION: Do not use handlebars for upper body strength training.

Start at a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable start adjusting the load level to achieve the workout desired.

Load Level Adjustment
The load level of **55-1779 ELLIPTICAL** can be changed at any time during your workout. Adjusting the load level will allow you to increase or decrease your intensity level.

Forward and Reverse
The **55-1779 ELLIPTICAL** can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout helping you to stay motivated. To change directions, simply slow the pedals down until they stop and switch directions.

STORAGE

1. To store the **55-1779 ELLIPTICAL** simply keep it in a clean dry place.
2. The min. rest dimesions of **55-1779 ELLIPTICAL** are approximately 57 1/2" long x 24 3/4" wide x 64 3/4" tall. These dimensions may vary. Please measure your **55-1779 ELLIPTICAL** if exact dimensions are needed.
3. The **55-1779 ELLIPTICAL** has a pair of **MOVING WHEELS(54)** built into the **REAR STABILIZER(2)** at the back. Grasp the **FRONT STABILIZER** and tip the **55-1779 ELLIPTICAL** backward to move.

MAINTENANCE

The safety and integrity designed into the **55-1779 ELLIPTICAL** can only be maintained when the **55-1779 ELLIPTICAL** is regularly examined for damage and wear. Special attention should be given to the following:

1. Use the "▲ / ▼" buttons on the **COMPUTER(36)** to select a program and verify that the Magnetic System provides different tensions. The Magnetic System should provide many years of use.
2. Verify that the Warning Label is in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement Warning Label if the Warning Label is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
5. Replace worn or damaged components immediately and discontinue using the **55-1779 ELLIPTICAL** until the repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **55-1779 ELLIPTICAL.**
7. Keep your **55-1779 ELLIPTICAL** clean by wiping with an absorbent cloth after use.

COMPUTER INSTRUCTIONS

Your **55-1779 ELLIPTICAL** 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.
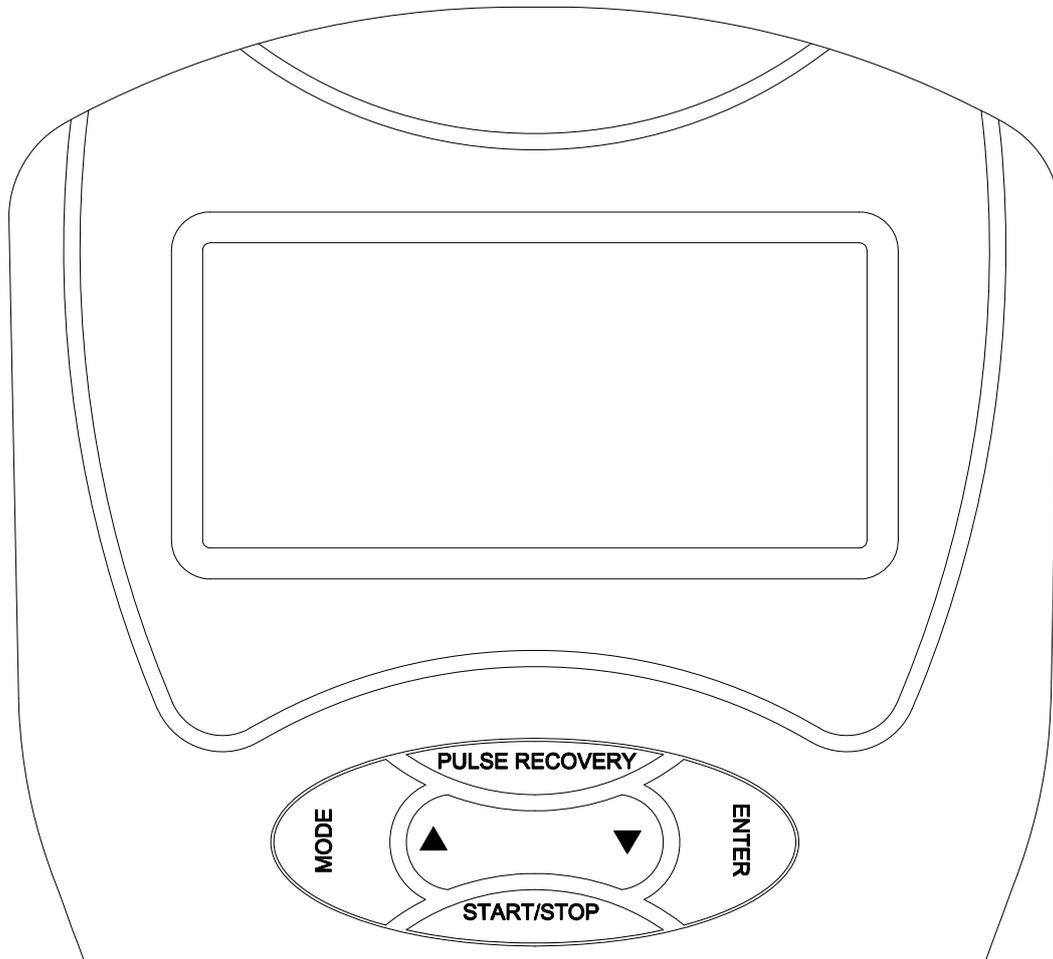
BUTTONS:

MODE : Press to select the function value displays of **RPM, DIST,** and **WATT,** or **SPEED, ODOMETER,** and **CALORIES.**
Press and hold the button down for two seconds to reset all of the function values to zero. Personal information including age, gender, height, and weight will be kept.

ENTER : Press to confirm the selected programs P1 to P16 and the values of the setting 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 use "▲/▼" buttons to select a new program.
Press and hold the button down for two seconds to reset all of the function values to zero.

▲ / UP : Press to select programs P1 to P16. Press to increase the values of the setting mode. Press to increase the level of the workload when running a program.

▼ / DOWN : Press to select programs P1 to P16. Press to decrease the values of the setting mode. Press to decrease the level of the workload when running a program.

PULSE RECOVERY : Press to activate the pulse recovery function after training.

COMPUTER INSTRUCTIONS

| START | STOP | PROGRAM 18 | LEVEL 18 | 🚹 🚺 |

TIME [HEIGHT]	RPM SPEED	DIST ODO	CAL WATT	TARGRT H.R	HEART RATE
88:8.8	888	888.8	888.8	888	888 ♥
[WEIGHT]	MPH	[FAT %]	[BMR]	[BMI] AGE	[BODY TYPE]

LCD DISPLAY INSTRUCTIONS

START — Indicates the program selected has started.

STOP — Indicates the program selected has stopped. You must be in **STOP** mode to setup the programs.

PROGRAM — Displays programs for selection during setup, from P1 to P16.
Displays the selected program during exercise.

LEVEL — Displays resistance level of the current interval of program, from 1 to 16.

🚹 🚺 — Indicates the gender (Male or Female) selected for the Body Fat Program.

TIME [HEIGHT] 88:8.8 [WEIGHT] — Displays flashing **"0:00"** for presetting the program time during setup, from 5:00 to 99:00.
Displays the time during exercise, from 1 sec up to 99:59 minutes.
Displays HEIGHT for input when you select the Body Fat Program, from 44 to 98 inches.
Displays WEIGHT for input when you select the Body Fat Program, from 23 to 440 lbs.
NOTE: Maximum body weight for user is 250 lbs.

RPM SPEED 888 MPH — Displays the current speed, from zero to 99.9 Mile/Hr, or RPM, from 0 to 999 rpm.
Press **"MODE"** button to select the display of SPEED or RPM.

DIST ODO 888.8 [FAT %] — If the program time is **"0:00",** displays flashing **"0.0"** for presetting the DISTANCE of program during setup, from 1 to 999 mile.
Displays the distance during exercise, from zero to 999.9 miles, or ODOMETER, from 0 to 9999 miles. Press **"MODE"** button to select the display of DISTANCE or ODOMETER.
Displays the percentage of body fat in Body Fat Program.

CAL WATT 888.8 [BMR] — Displays the CALORIES burned, from zero to 999.9 Kcal, or WATT, from 0 to 999.9 watt. Press **"MODE"** button to select the display of CAL or WATT.
NOTE: The calorie and watt readouts are an estimate for an average user. It should be used only as a comparison between workouts on this unit.
Displays the BMR in Body Fat Program. (BMR is Basal Metabolic Rate. See page 18.)

COMPUTER INSTRUCTIONS

TARGET H.R
888
BMI   AGE

Displays flashing **"30"** for presetting the AGE for programs during setup, from 10 to 99.
Displays flashing **"90"** for presetting the **TARGET HEART RATE** in the Target Heart Rate Program, P9, from 60 to 220.
Displays the target heart rate of programs during exercise.
Displays the BMI in Body Fat Program. (BMI is Body Mass Index. See page 18.)

HEART RATE
888♥
BODY TYPE
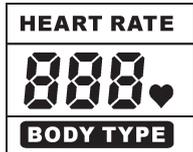
Displays the Heart Rate, from 39 to 240 beats per minute.
NOTE: You must place both of your hands on the Pulse Sensors on the handlebar to input the pulse signal. Each pulse signal will be accompanied with one " ♥ " symbol flash. If you do not place your hands correctly and 8 seconds passes without a pulse input, the computer will turn off the pulse circuit. Place your hands back on the Pulse Sensors correctly, the Heart Rate readout will appear again.
Displays the BODY TYPE in Body Fat Program. (See page 18 for Body Type information.)

PROGRAM DESCRIPTIONS

This computer contains 16 different programs. You can preset your exercise time and the computer will divide the time into 10 intervals. If you do not set the program time in advance, the computer will use the preset value of 30 minutes. In this case, you can preset the DISTANCE for the program to count down.

(P1) MANUAL
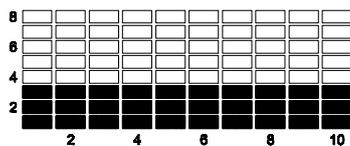
MANUAL PROGRAM: P1 is a manual program allowing the user to have full manual control of the workload. Use the "▲" button to increase the load. Use the "▼" button to decrease the load.

PRESET PROGRAMS: P2 to P7 are preset automatic programs. The profiles are shown on the face of the computer. Use the "▲" button to increase the load level of the program. Use the "▼" button to decrease the load level of the program.

(P2) ROLLING
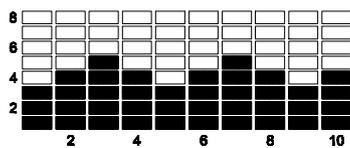
(P3) VALLEY
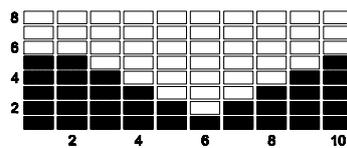
(P4) FAT BURN
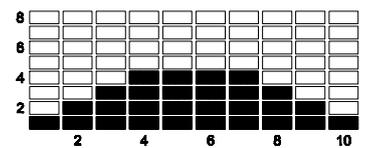
(P5) RAMP
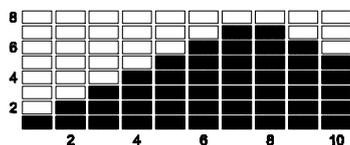
(P6) FITNESS TEST
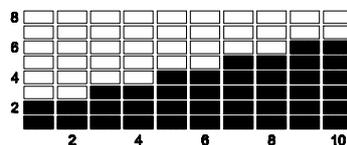
(P7) RANDOM
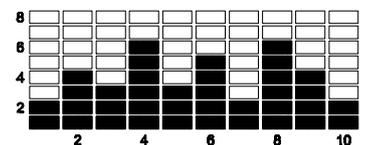
(P8) BODY FAT
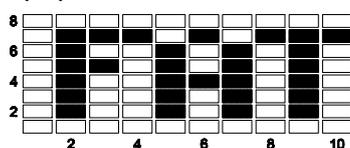
BODY FAT PROGRAM: P8 is a special program designed to calculate your body fat ratio and to suggest a specific preset program profile, resistance level, and TARGET HEART RATE that are suitable for you to burn body fat during your workout. See pages 17 - 18 for details.
Always try to keep your HEART RATE readout close to the TARGET HEART RATE during your workout. Use the "▲" button to increase the load level of the program. Use the "▼" button to decrease the load level of the program.

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COMPUTER INSTRUCTIONS

HEART RATE CONTROL PROGRAMS: P9 to P12 are preset automatic heart rate control programs. You must input your age and always hold the pulse sensors on the Handlebar with both hands when using the heart rate control programs. Program 9 allows you to input the **TARGET HEART RATE** you desire, from 60 to 220. Programs 10 to 12 offer three percentages of maximum heart rate based on your age.

(P9, P10)
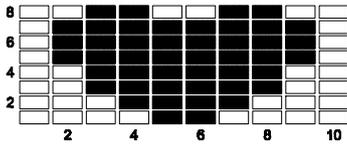
| PROGRAM 9 (P9): | Target Heart Rate |
| PROGRAM 10 (P10): | 60% of Maximum Heart Rate |

(P11, P12)
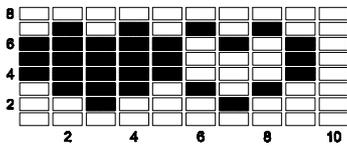
| PROGRAM 11 (P11): | 75% of Maximum Heart Rate |
| PROGRAM 12 (P12): | 85% of Maximum Heart Rate |

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

For example:
If your age is 30 : The maximum heart rate is 190.
If you select P10 : 60% of maximum heart rate is 114.
Heart rate zone: Plus & minus 5 of 114 is 109 to 119.
The program will monitor your pulse and adjust the workload automatically to keep your pulse within the heart rate zone (109 to 119) during your workout.

BEATS / MINUTE vs AGE

AGE	20	25	30	35	40	45	50	55	60	65
Max.	200	195	190	185	180	175	170	165	160	155
85%	170	165	161	157	153	148	144	140	136	131
80%	160	156	152	148	144	140	136	132	128	124
75%	150	146	142	138	135	131	127	123	120	116
60%	120	117	114	111	108	105	102	99	96	93
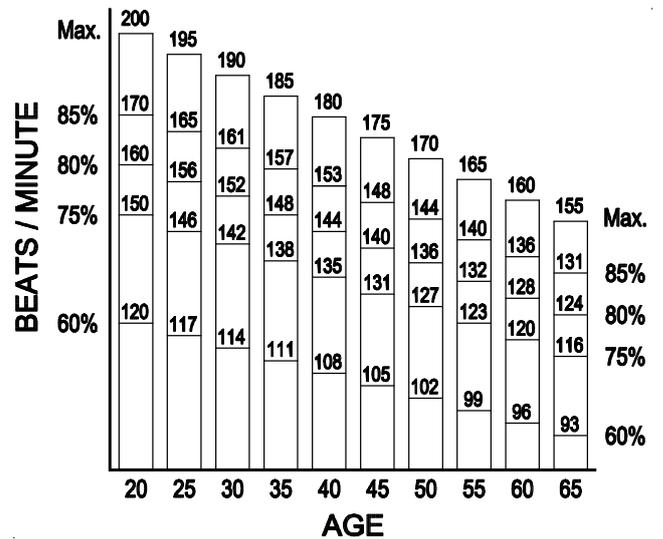
USER SETTING PROGRAMS: P13 to P16 are the automatic programs that allows the user to manually preset each of the 10 intervals. Under **STOP** mode, use "▲ / ▼" and "**ENTER**" buttons to edit the program profile. The program profile will be stored in the memory after setup. You can modify the profile anytime under the **STOP** mode. **NOTE: The changes can be stored only under STOP mode.**
When running a program, you still can use the "▲" button to increase the load level of the program. Use the "▼" button to decrease the load level of the program. But, these changes will not be stored in memory.

(P13, P14, P15, P16)
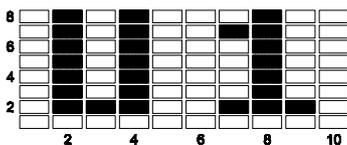
PROGRAM 13 (P13):	U1
PROGRAM 14 (P14):	U2
PROGRAM 15 (P15):	U3
PROGRAM 16 (P16):	U4

NOTE: Displays U1 to U4 for Program 13 to 16.

COMPUTER INSTRUCTIONS

OPERATION INSTRUCTIONS

The advanced computer with diversified programs allows you to control the following features:

- **Workout Time**   **(Except in Program 8)**
- **Distance**   **(Except in Program 8)**
- **Heart Rate Control** **(Program 9 to 12)**
- **Body Fat**   **(Program 8)**

Select the program that you desire and set the function values to adjust your workout. The different categories of programs operate in different ways but, the computer will guide you step by step to setup the program easily. Refer to the following list to learn what you may change in the programs.

CATEGORY	PROGRAM	VARIABLES
Manual Program	**P1**	**Time, Distance, Age**
Preset Program	**P2 ~ P7**	**Time, Distance, Age**
Body Fat Program	**P8**	**Gender, Height, Weight, Age**
Target Heart Rate Program	**P9**	**Time, Distance, Target H.R.**
Heart Rate Control Program	**P10 ~ P12**	**Time, Distance, Age**
User Setting Program	**P13 ~ P16**	**Time, Distance, Age, 10 Intervals**

NOTE: You may preset **TIME** or **DISTANCE** for a program. If you preset a value for **TIME,** the computer will not allow you to set **DISTANCE.** If you keep **TIME** at **"0:00",** the computer will flash **"0.0"** allowing you to input **DISTANCE**, use 30 minutes for the program time and time will count up from 0.

A. MANUAL PROGRAM (P1)

STEP 1: POWER ON
Pedaling or press one of **MODE, ENTER,** and **START / STOP** buttons.

STEP 2 : SELECT PROGRAM
The Manual Program (P1) is always displayed first when you turn on the computer. If necessary, press "▲/▼" buttons to select the Manual Program.

STEP 3: SET THE PROGRAM TIME OR DISTANCE, CALORIES, AND AGE
Press the **ENTER** button, the **TIME** function mode will appear with the display flashing **"0:00".** Use "▲/▼" buttons to set the program time, from 1 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as **"0:00"** and press the **ENTER** button to enter the mode to set the **DISTANCE.** Use "▲/▼" buttons to set the **DISTANCE,** from 1 mile up to 999 miles with 1 mile increments. Press the **ENTER** button to enter the mode to set the **CALORIES.** Use "▲/▼" buttons to set the **CALORIES,** from 10 cal. up to 9990 cal. with 10 cal. increments.

Press the **ENTER** button to enter the mode to set the **AGE.** Use "▲/▼" buttons to set the **AGE,** from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

NOTE: With the input of age, the computer will display a **TARGET HEART RATE** when running the program. The **TARGET HEART RATE** is 85% of your Maximum Heart Rate, and your Maximum Heart Rate is (220 - AGE). If your pulse is equal to or greater than the **TARGET HEART RATE** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

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

COMPUTER INSTRUCTIONS

B. PRESET PROGRAMS (P2 to P7)

STEP 1: POWER ON
Pedaling or press one of **MODE, ENTER,** and **START/STOP** buttons.

STEP 2 : SELECT PROGRAM
Press "▲/▼" buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME OR DISTANCE, CALORIES, AND AGE
Press the **ENTER** button, the **TIME** function mode will appear with the display flashing **"0:00".** Use "▲/▼" buttons to set the program time, from 5 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as **"0:00"** and press the **ENTER** button to enter the mode to set the **DISTANCE.** Use "▲/▼" buttons to set the **DISTANCE,** from 1 mile up to 999 miles with 1 mile increments. Press the **ENTER** button to enter the mode to set the **CALORIES.** Use "▲/▼" buttons to set the **CALORIES,** from 10 cal. up to 9990 cal. with 10 cal. increments.
Press the **ENTER** button to enter the mode to set the **AGE.** Use "▲/▼" buttons to set the **AGE,** from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

NOTE: With the input of age, the computer will display a **TARGET HEART RATE** when running the program. The **TARGET HEART RATE** is 85% of your Maximum Heart Rate, and your Maximum Heart Rate is (220 - AGE). If your pulse is equal to or greater than the **TARGET HEART RATE** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

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

C. BODY FAT PROGRAM (P8)

STEP 1: POWER ON
Pedaling or press one of **MODE, ENTER,** and **START/STOP** buttons.

STEP 2 : SELECT PROGRAM
Press "▲/▼" buttons until **PROGRAM 8** is displayed.

STEP 3: SELECT GENDER AND INPUT YOUR HEIGHT, WEIGHT, AND AGE
Press the **ENTER** button, the **GENDER** mode will appear with the display flashing " ⚲ ". Use "▲/▼" buttons to display the correct gender. Press the **ENTER** button and use "▲/▼" buttons to set the values of your **HEIGHT, WEIGHT,** and **AGE.** After you input your age and press the **ENTER** button, the **"PROGRAM 8"** display will keep flashing.

STEP 4: CALCULATE YOUR BODY FAT
Press the the **START/STOP** button and hold the pulse sensors on the handlebar with both hands. A few seconds later, the computer will show the information for **BODY FAT%, BMR, BMI, BODY TYPE,** and the suitable program profile for you. Press the **START/STOP** button to start to workout. Now, you can see your **TARGET HEART RATE.** Always try to keep your **HEART RATE** readout close to the **TARGET HEART RATE** during workout.

NOTE: 1. If you don't hold the pulse sensors on the handlebar with both hands properly, the pulse sensors won't be able to pick up the signals. The computer will display an error message **"E3".** Press the the **START/STOP** button and hold the pulse sensors with both hands properly to calculate again.
   2. **The values calculated or measured are for average people and they are for exercise purposes. They are not for medical purposes.**

COMPUTER INSTRUCTIONS

UNDERSTANDING THE READOUT INFORMATION

1. 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	**Women (fat %)**	**Men (fat %)**
Essential Fat	**10 - 12%**	**2 - 4%**
Athletes	**14 - 20%**	**6 - 13%**
Fitness	**21 - 24%**	**14 - 17%**
Acceptable	**25 - 31%**	**18 - 25%**
Obese	**32% plus**	**25% plus**

2. 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

3. BMR (BASAL METABOLIC RATE)

Basal Metabolic Rate is the rate at which the body burns calories to maintain normal body functions while at rest. BMR is the largest factor in determining overall metabolic rate and how many calories you need to maintain, lose or gain weight.

To lose weight, you should try to eat fewer calories than your basic calorie need. In order to lose weight, calories should not be your only concern. Exercise is vital, too.

4. BODY TYPE

There are 9 BODY TYPES divided according to the BODY FAT % calculated.

Type 1: 5% to 9%	Type 6: 30% to 34%
Type 2: 10% to 14%	Type 7: 35% to 39%
Type 3: 15% to 19%	Type 8: 40% to 44%
Type 4: 20% to 24%	Type 9: 45% to 50%
Type 5: 25% to 29%	

Refer to the list to determine what body type you are.

When you know which type you are and diet and exercise correctly for that type, you will make much better progress.

COMPUTER INSTRUCTIONS

D. HEART RATE CONTROL PROGRAMS (P9 to P12)

STEP 1: POWER ON
Pedaling or press one of **MODE, ENTER,** and **START/STOP** buttons.

STEP 2 : SELECT PROGRAM
Press "▲/▼" buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME OR DISTANCE, CALORIES, AND AGE
Press the **ENTER** button, the **TIME** function mode will appear with the display flashing **"0:00".** Use "▲/▼" buttons to set the program time, from 1 minute up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as **"0:00"** and press the **ENTER** button to enter the mode to set the **DISTANCE.** Use "▲/▼" buttons to set the **DISTANCE,** from 1 mile up to 999 miles with 1 mile increments. Press the **ENTER** button to enter the mode to set the **CALORIES.** Use "▲/▼" buttons to set the **CALORIES,** from 10 cal. up to 9990 cal. with 10 cal. increments.

Press the **ENTER** button to enter the mode to set the **AGE.** Use "▲/▼" buttons to set the **AGE,** from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

When you select the **TARGET HEART RATE** Program, P9, you must input a value for **TARGET HEART RATE** instead of **AGE.** When the **TARGET HEART RATE** display flashing, use "▲ / ▼" buttons to input your desired **TARGET HEART RATE,** from 60 up to 220 beats per minute.

STEP 4 : START TO WORKOUT
Press the **START/STOP** button to start to workout. Always hold the pulse sensors on the Handlebar with both hands.

E. USER SETTING PROGRAMS (P13 to P16)

STEP 1: POWER ON
Pedaling or press one of **MODE, ENTER,** and **START/STOP** buttons.

STEP 2 : SELECT PROGRAM
Press "▲/▼" buttons until the desired program is displayed.

STEP 3: SET THE PROGRAM TIME OR DISTANCE, CALORIES, AND AGE
Press the **ENTER** button, the **TIME** function mode will appear with the display flashing **"0:00".** Use "▲/▼" buttons to set the program time, from 5 minutes up to 99 minutes with 1 minute increments. Or, you can keep **TIME** as **"0:00"** and press the **ENTER** button to enter the mode to set the **DISTANCE.** Use "▲/▼" buttons to set the **DISTANCE,** from 1 mile up to 999 miles with 1 mile increments. Press the **ENTER** button to enter the mode to set the **CALORIES.** Use "▲/▼" buttons to set the **CALORIES,** from 10 cal. up to 9990 cal. with 10 cal. increments.

Press the **ENTER** button to enter the mode to set the **AGE.** Use "▲/▼" buttons to set the **AGE,** from 10 up to 99 years old. Please note that although the computer is designed for children down to 10 years old, this product is not designed for children.

NOTE: With the input of age, the computer will display a **TARGET HEART RATE** when running the program. The **TARGET HEART RATE** is 85% of your Maximum Heart Rate, and your Maximum Heart Rate is (220 - AGE). If your pulse is equal to or greater than the **TARGET HEART RATE** during workout, the value of **HEART RATE** will keep flashing. **Please note that this is a warning for you to slow down or lower the Level of resistance.**

STEP 4 : EDIT THE PROGRAM PROFILE
Press the **ENTER** button, interval 1 will begin flashing. Use "▲/▼" buttons to set the load for interval 1. Press the **ENTER** button to proceed to the next interval. Use "▲/▼" buttons to set the load for each interval.

STEP 5 : START TO WORKOUT
Now you are ready to begin exercising. The program will not start until you press the **START/STOP** button.

COMPUTER INSTRUCTIONS

OPERATION DESCRIPTIONS

1. 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. Or, you can use "▲/▼" buttons to select a new program.

2. When you complete a program, the computer will remind you with an audible alarm. You can press any button to stop the audible alarm.

3. To restart with a new program and keep your persional information, such as age, gender, height, weight, and TARGET HEART RATE for Program, P9, press and hold the **MODE** button down for two seconds to reset all of the function values to zero. Use "▲/▼" buttons to select a new program.

4. To reset the computer to initial mode, press and hold the **START/STOP** button down for two seconds to reset all of the function values to zero, and reset all personal setting values back to preset values of the computer. To restart with a new program, use "▲/▼" buttons to select a new program.

5. The computer will shut off automatically after 4 minutes of inactivity and all function values will be reset to zero.

PULSE RECOVERY:

The **PULSE RECOVERY** function measures how quickly you return to a resting pulse rate after exercising. You can use this function to measure improvement as you get into shape. The COMPUTER will monitor your pulse for 60 seconds and calculate a Pulse Recovery value from **F1.0** to **F6.0**. **F1** is best. 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 Stationary Handlebar, one in each hand. Your pulse will be displayed approximately five (5) seconds after the heart symbol is displayed. Then press the **PULSE RECOVERY** button and continue to grasp the Pulse Sensors correctly. During the pulse recovery function, only **TIME** and **HEART RATE** are working and the display will be as shown in illustration A. **TIME** will count down from 00:60 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 B. Press the any button to exit the pulse recovery function.

NOTE: 1. You can quit the pulse recovery function at any time by pressing and hold the **START/STOP** button down for two seconds.
2. 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 displayed as the pulse recovery condition.
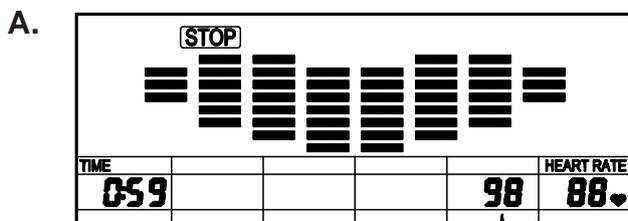
The number in this box is the highest Heart Rate detected during the first 20 seconds of Pulse Recovery.
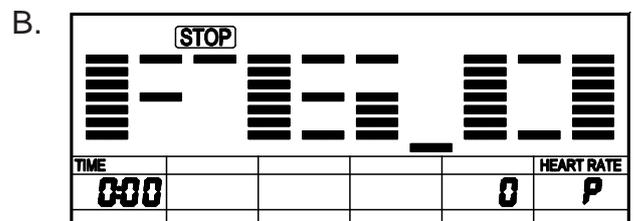
POWER SOURCE:

The computer uses the **ADAPTER(58)** as a power source. Use the **55-1779 ELLIPTICAL** with the adapter plugged into an electrical outlet.

COMPUTER TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSE	SOLUTION
E1	No speed signal	Refer to the Assembly Instructions and verify all the Wire Plugs are connected FIRMLY and correctly.
	Magnetic System gets stuck causing excessive tension in adjustment cable and the adjustment motor does not function normally.	Check Magnetic System(25) and Control Motor(29). The motor should be able to adjust the resistance of Magnetic System freely. If the Motor makes abnormal sounds and struggles to adjust the resistance, try to locate and correct the problem in the Magnetic System. It may be necessary to replace the Magnetic System. After correcting the problem, verify that the motor works correctly.
	Motor Problems	If an unusually loud noise come from the Motor, it means gears in the motor gearbox do not mesh correctly. Reverse to adjust the resistance, and try again. If this fails, replace the Motor.
		If the Motor does not move at all, reverse to adjust the resistance, and try again. If this fails, replace the Motor.
E2	The Computer cannot make contact with the IC Chip.	Disconnect the Adaptor. Reconnect the Adaptor to REBOOT the system. Wait two minutes then verify that the system works correctly.
		Remove and reinsert the IC Chip. If reinsertion fails, replace the Computer.
The LCD Screen does not display anything	You have the wrong Adaptor.	Verify that the correct Adaptor is used.
	The Adaptor is not plugged in.	Check that the Adaptor is correctly connected to an electrical outlet and plugged into the socket on the machine correctly.
	The Computer is faulty.	Replace the Computer.
The Speed Display shows 0	The Computer isn't receiving a signal from the Speed Sensor ?	Verify that the Sensor Magnet(31) is installed correctlly and passes in front of the Speed Sensor.
		Verify the gap between Speed Sensor and the Magnet is 5mm or less.
		Verify all the Connection Wires(32, 35) are connected FIRMLY and correctly.
		Verify that the Connection Wires(32, 35) are not damaged.
	The Sensor is faulty.	If all the above checks fail, then replace the Speed Sensor(32).
	The Computer is faulty.	Replace the Computer.
The LCD Screen Partially displays	The connection between the Circuit Board and the LCD Membrane is loose. Gently press down on the LCD Screen, on the Computer face, if the partial display disappears, then it is a connection problem.	Verify that the Circuit Board is securely fastened to the Computer Case. Retighten the Screws. Take care NOT to over tighten the Screws as this may destroy the Circuit Board. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance.
	the Rubber Membranes between the Circuit Board and the LCD Screen is misaligned. You might be able to see that the LCD Screen is on a slight angle and NOT inline or parallel with the Computer Case.	Open the Computer Case. Remove the Circuit Board Screws, gently remove the Circuit Board. Realign the LCD Screen and the Rubber Membrane. Reassemble the Circuit Board taking care not to bump or knock the Rubber Membrane out of alignment before the Circuit Board Screws are tight. You just need to keep the Circuit Board firm, STOP tightening screws when you meet resistance.
	The Computer is faulty	Replace the Computer.
No Hand Pulse Signal or Incorrect Hand Pulse Signal	The Computer is NOT receiving a Pulse Signal.	Verify that the Pulse Sensor Wires(37) are connected FIRMLY and correctly.
	The Computer is receiving a faint or intermittent Pulse Signal.	The Hand Pulse Sensors will NOT operate correctly if your skin is extremely dry. Moisten your hands with a little water and try again.
		Grasp the Hand Pulse Sensors firmly and avoid moving your hands while exercising. The computer will need a few seconds to detect and display your correct pulse rate. If this does not work, try relaxing your grip on the Hand Pulse Sensors.
		Clean the Hand Pulse Sensors to ensure a good contact between your body and the Pulse Sensors.
		Remove the Hand Pulse Sensors and verify that the spade terminals are correctly attached.
		If the problem still exists, replace the Hand Pulse Sensors.
	The Computer is faulty.	Replace the Computer.

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, too, by monitoring your heart rate while you exercise.

Remember to follow these essentials:

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

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

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

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

wrist pulse
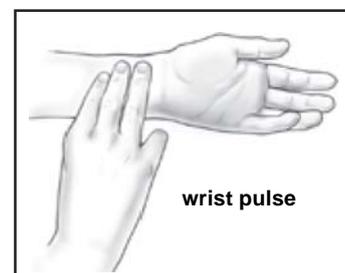
Target Heart Rate Zone Estimated by Age*

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

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

WARM-UP and COOL-DOWN

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

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

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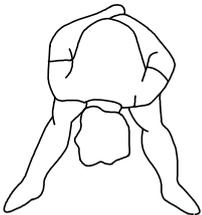
Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessen, try a lower position gradually.
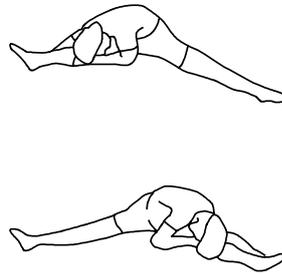
Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.
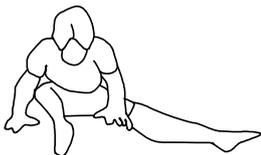
Bent Torso Pulls
While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.
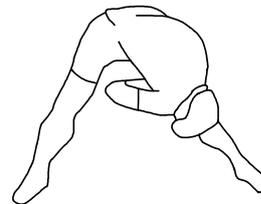
Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch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

Remember always to 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
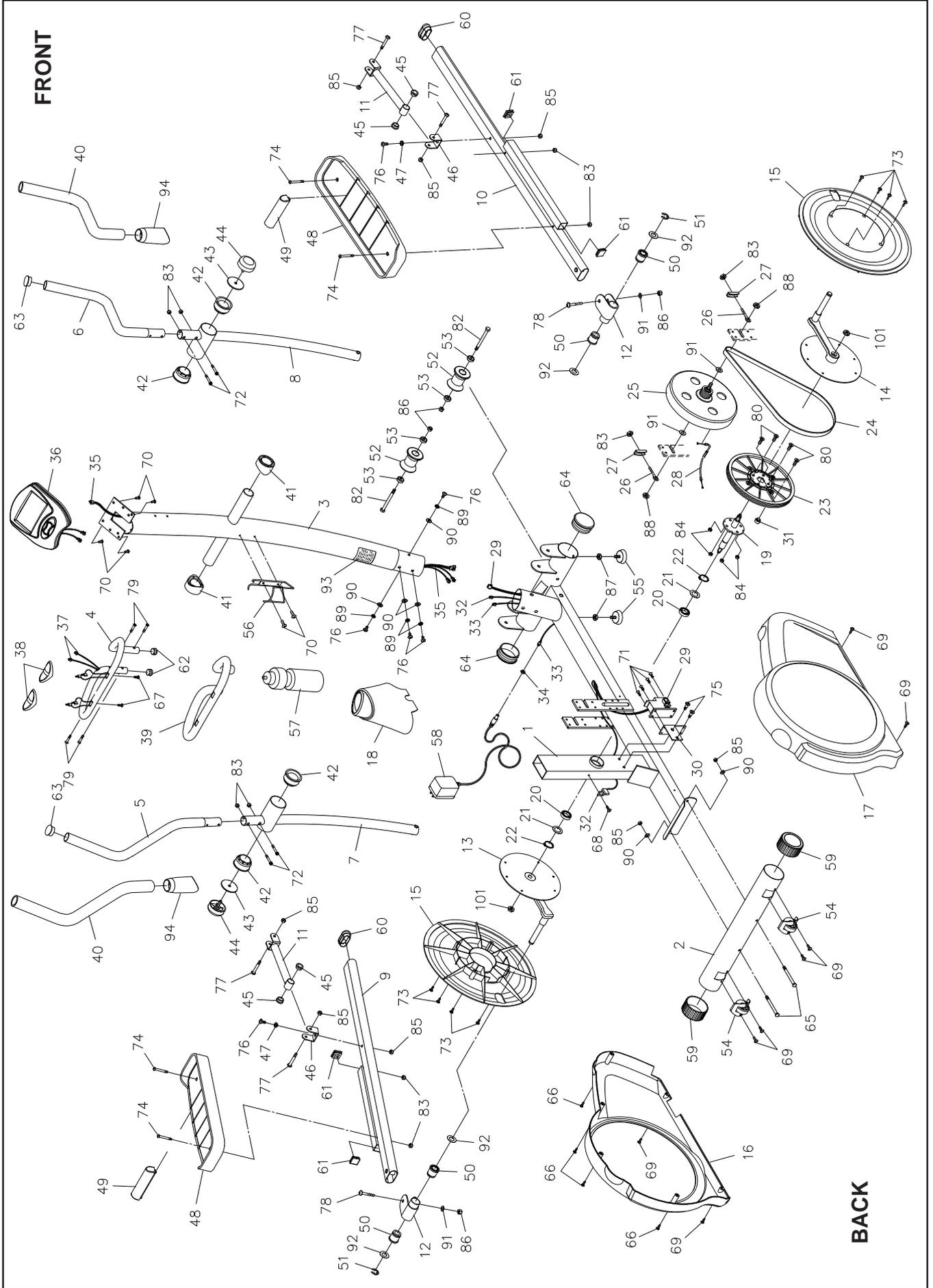
PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Upright	1
4	Stationary Handlebar	1
5	Left Handlebar	1
6	Right Handlebar	1
7	Left Pivoting Arm	1
8	Right Pivoting Arm	1
9	Left Pedal Arm	1
10	Right Pedal Arm	1
11	Linkage	2
12	Pedal Arm Connector	2
13	Left Crank	1
14	Right Crank	1
15	Crank Cover	2
16	Left Cover	1
17	Right Cover	1
18	Upright Sleeve	1
19	Shaft	1
20	Bearing (6004z)	2
21	Washer (M20)	2
22	C Ring (20mm)	2
23	Pulley	1
24	V-Ribbed Belt	1
25	Magnetic System	1
26	Eye Bolt (M6 x 1 x 35mm)	2
27	Tension Bracket	2
28	Cable	1
29	Control Motor /w Connection Wire	1
30	Motor Bracket	1
31	Sensor Magnet	1
32	Speed Sensor/w Connection Wire	1
33	Power Wire	1
34	Plug Nut	1
35	Upper Connection Wire	1
36	Computer	1
37	Pulse Sensor Wire	2
38	Pulse Sensor Plate	2
39	Long Foam Grip	1
40	Foam Grip	2
41	Spacer	2
42	Pivot Bar Bushing	4
43	Large Waser (M8 x 60mm x 3t)	2
44	Securing Knob	2
45	Linkage Bushing	4
46	Pivot Bracket	2
47	Pivot Bushing	2
48	Pedal Cap	2
49	Pedal Divider	2
50	Connector Bushing	4

PARTS LIST

DIAGRAM#	PART NAME	QTY
51	E Ring (17mm)	2
52	Roller	2
53	Bearing (6000ZZ)	4
54	Moving Wheel	2
55	Leveling Stand	2
56	Mounting Bracket	1
57	Water Bottle	1
58	Adapter, Output 6VDC, 1000mA	1
59	Endcap (76mm)	2
60	Oval Plug / Dome Type (30mm x 60mm)	2
61	Square Plug (30mm x 30mm)	4
62	Round Plug (22mm)	2
63	Round Plug (32mm)	2
64	Round Plug (76mm)	2
65	Carriage Bolt (M8 x 1.25 x 85mm)	2
66	Screw, Round Head (M4 x 20mm)	4
67	Screw, Round Head (M4 x 25mm)	2
68	Screw, Round Head (M5 x 12mm)	1
69	Screw, Round Head (M5 x 18mm)	8
70	Screw, Round Head (M5 x 0.8 x 12mm)	6
71	Screw, Flat Head (M5 x 0.8 x 10mm)	4
72	Bolt, Socket Head (M6 x 1 x 35mm)	4
73	Bolt, Round Head (M6 x 1 x 10mm)	8
74	Bolt, Round Head (M6 x 1 x 50mm)	4
75	Bolt, Round Head (M8 x 1.25 x 16mm)	2
76	Bolt, Button Head (M8 x 1.25 x 20mm)	6
77	Bolt, Button Head (M8 x 1.25 x 50mm)	4
78	Bolt, Button Head (M10 x 1.25 x 55mm)	2
79	Bolt, Flat Head (M6 x 1 x 30mm)	4
80	Bolt, Flat Head (M8 x 1.25 x 16mm)	4
82	Bolt, Hex Head (M10 x 1.25 x 90mm)	2
83	Nylock Nut (M6 x 1)	10
84	Nylock Nut (M8 x 1.25 x 6mm thick)	4
85	Nylock Nut (M8 x 1.25 x 8mm thick)	8
86	Nylock Nut (M10 x 1.25)	4
87	Nut (M8 X 1.25)	2
88	Flange Nut (M10 x 1.25)	2
89	Lock Washer (M8)	4
90	Washer (M8)	6
91	Washer (M10)	4
92	Washer (M17)	4
93	Warning Label	1
94	Handlebar Sleeve	2
95	Wrench (10mm)	1
96	Wrench (17mm)	1
97	Allen Wrench (5mm)	1
98	Allen Wrench (6mm)	1
99	Combination Wrench	1
100	Manual	1
101	Small Flange Nut (M10 x 1.25)	2

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NOTES

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FAX/MAIL ORDERING FORM

Please do not return the product. For your convenience, Stamina's Customer Service Department can be reached by email at parts@staminaproducts.com or toll free at 1-800-375-7520 (in the U.S.). Should a part be missing or a defective part found, please call us 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. on Friday or fill out the fax sheet ordering form below and fax it to **(417) 889-8064.** Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.

TELEPHONE	**FAX**	**ONLINE**	**MAIL**
CUSTOMER SERVICE	CUSTOMER SERVICE	CUSTOMER SERVICE	STAMINA PRODUCTS, INC.
Tel: 1 (800) 375-7520	Fax: (417) 889-8064	parts@staminaproducts.com	ATTN: Customer Service
		customerservice@staminaproducts.com	P.O. Box 1071
		www.staminaproducts.com	Springfield, MO. 65801-1071

Detach and Mail or Fax the Form Below

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: _____

Address: _____ Apt. #: _____

City: _____ State: _____ Zip Code: _____

IMPORTANT : We must have your phone number in order to process the order!

Phone #: (   ) _____ Work Phone #: (   ) _____

Date Purchased: _____

Model #: _____

Purchased From: _____

IMPORTANT : Before filling out the form below make sure you have the right information.
Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: **1**	**Rear Unit Assembly**	**1**