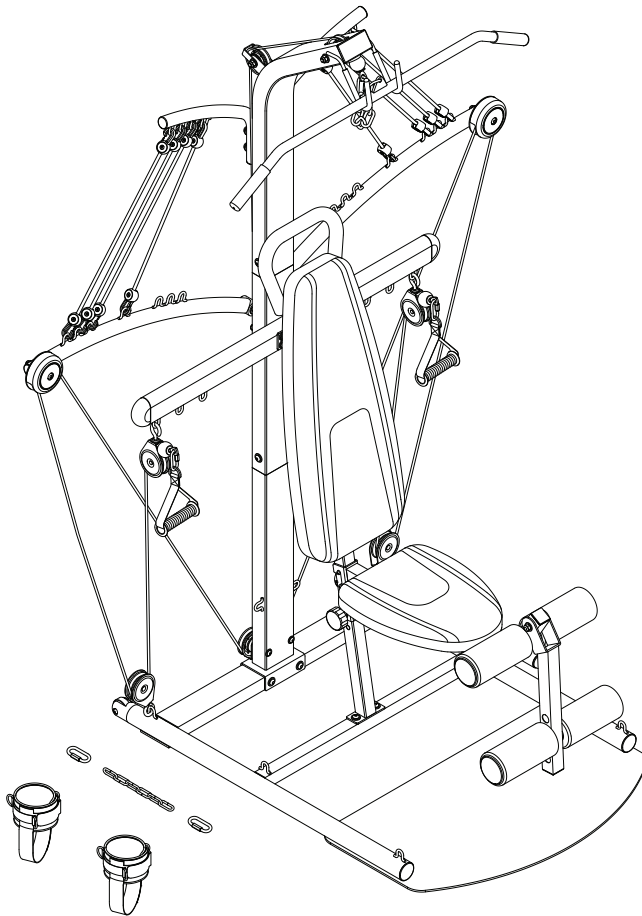


Stamina Bio FLEX 2200

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#: 50-0220

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

www.staminaproducts.com


**STAMINA PRODUCTS
MADE IN CHINA**

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2009, 09


TABLE OF CONTENTS

Safety Instructions	2	Operational Instructions	17
Before You Begin	4	Training Tips & Workout Instructions	18
Equipment Warning & Notice Labels	5	Storage & Maintenance	23
Hardware Identification Chart	6	Product Parts Drawing	24
Assembly Instructions	7	Parts List	25
Setting Up The Accessories.....	14	Warranty	27
Conditioning Guidelines	15	Notes	28
Warm-Up and Cool-Down	16	Fax/Mail Ordering Form	30

SAFETY INSTRUCTIONS

 **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the **BioFLEX 2200**.

1. Read all warnings posted on the **BioFLEX 2200**.
2. The **BioFLEX 2200** 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 **BioFLEX 2200**. Do not allow children to use or play on the **BioFLEX 2200**. Keep children and pets away from the **BioFLEX 2200** 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 **BioFLEX 2200** on a solid level surface. Do not position the **BioFLEX 2200** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **BioFLEX 2200**.
8. Before using, inspect the **BioFLEX 2200** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. Prior to each use, check the condition of the Cables. Replace the Cables if the plastic coatings are cracked or broken.
10. Prior to each use, verify that the Cables are properly installed on the Pulleys.
11. Prior to each use, check the Bungee Cords for wear. Replace Bungee Cords that are frayed or worn.
12. Prior to each use, check the plastic hooks on the both ends of all Bungee Cords and replace any Bungee Cords that have damaged hooks.
13. Prior to each use, check the Pulleys for excessive wear. Replace worn Pulleys.
14. 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.
15. Follow your physician's recommendations in developing your own personal fitness program.
16. 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.
17. Do not wear loose or dangling clothing while using the **BioFLEX 2200**.
18. 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.
19. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **BioFLEX 2200**, loss of balance may result in a fall and serious bodily injury.
20. The **BioFLEX 2200** should not be used by persons weighing over 250 pounds.
21. The **BioFLEX 2200** should be used by only one person at a time.
22. The **BioFLEX 2200** 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



Customer Service
1 (800) 375-7520

www.staminaproducts.com

**THANK YOU FOR PURCHASING THE
BioFLEX 2200**

Your BioFLEX 2200 does require assembly.
Please follow the assembly steps 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.



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



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com



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

BEFORE YOU BEGIN

Thank you for choosing the **BioFLEX 2200**. 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 **BioFLEX 2200** 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.

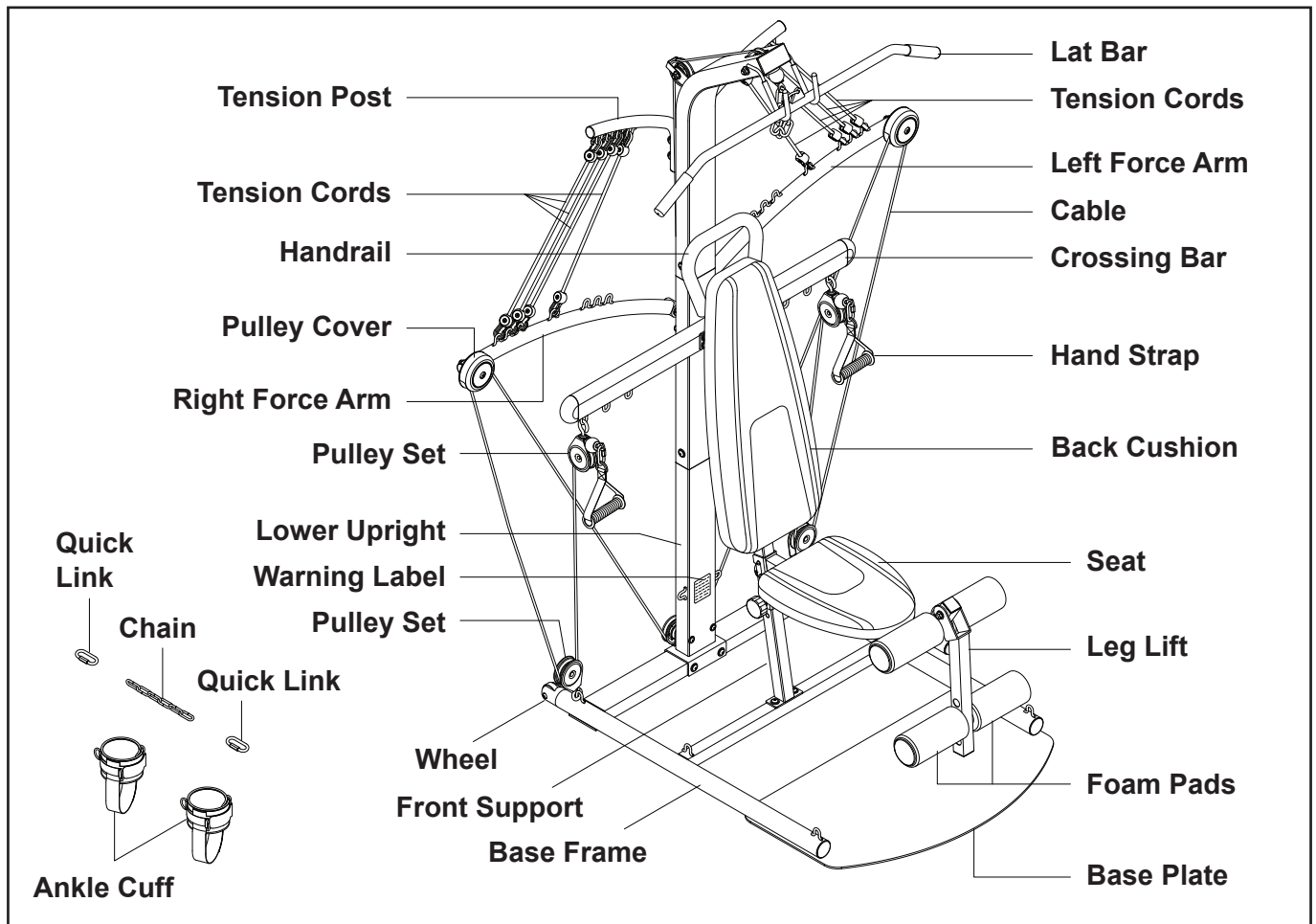
Read this manual carefully before using the **BioFLEX 2200**.

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 **BioFLEX 2200**, 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:



EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **BioFLEX 2200**. Please take a moment to familiarize yourself with all of the warning & notice labels.

Label is larger than actual size

W1 WARNING LABEL(72)

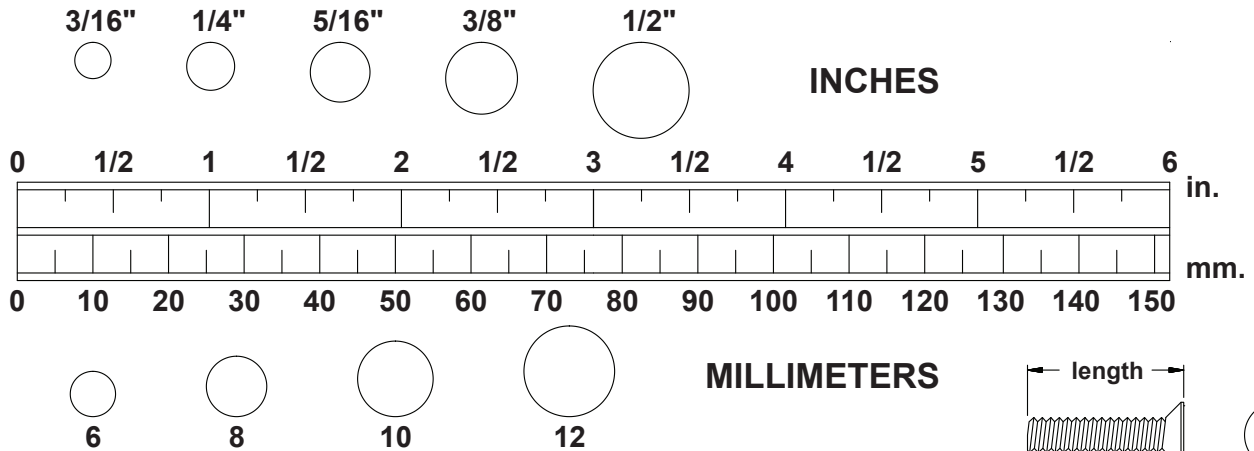


W2 LAT BAR WARNING LABEL(73)

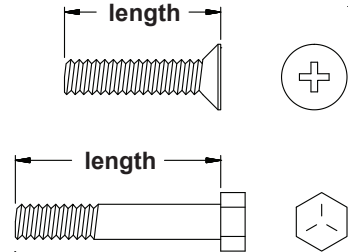


HARDWARE IDENTIFICATION CHART

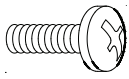
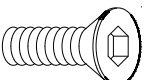
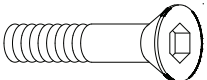
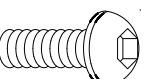



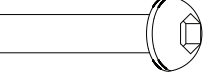







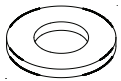


This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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
	52 Bolt, Round Head (M6 x 1 x 15mm)	8
	53 Bolt, Flat Head (M8 x 1.25 x 20mm)	5
	54 Bolt, Flat Head (M8 x 1.25 x 50mm)	2
	55 Bolt, Button Head (M8 x 1.25 x 15mm)	4
	60 Bolt, Button Head (M10 x 1.5 x 15mm)	10
	56 Bolt, Button Head (M8 x 1.25 x 45mm)	1
	61 Bolt, Button Head (M10 x 1.5 x 50mm)	4
	62 Bolt, Button Head (M10 x 1.5 x 60mm)	2
	63 Bolt, Button Head (M10 x 1.5 x 65mm)	1
	57 Bolt, Button Head (M8 x 1.25 x 80mm)	2
	58 Bolt, Button Head (M8 x 1.25 x 90mm)	2
	59 Bolt, Button Head (M8 x 1.25 x 115mm)	1
	64 Bolt, Button Head (M10 x 1.5 x 105mm)	2
	65 Bolt, Button Head (M10 x 1.5 x 110mm)	2
	67 Nylock Nut (M8 x 1.25)	8
	68 Nylock Nut (M10 x 1.5)	7
	69 Washer (M8)	16
	70 Washer (M10)	29
	71 Lock Washer (M10)	6

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 customerservice@staminaproducts.com.

STEP 1

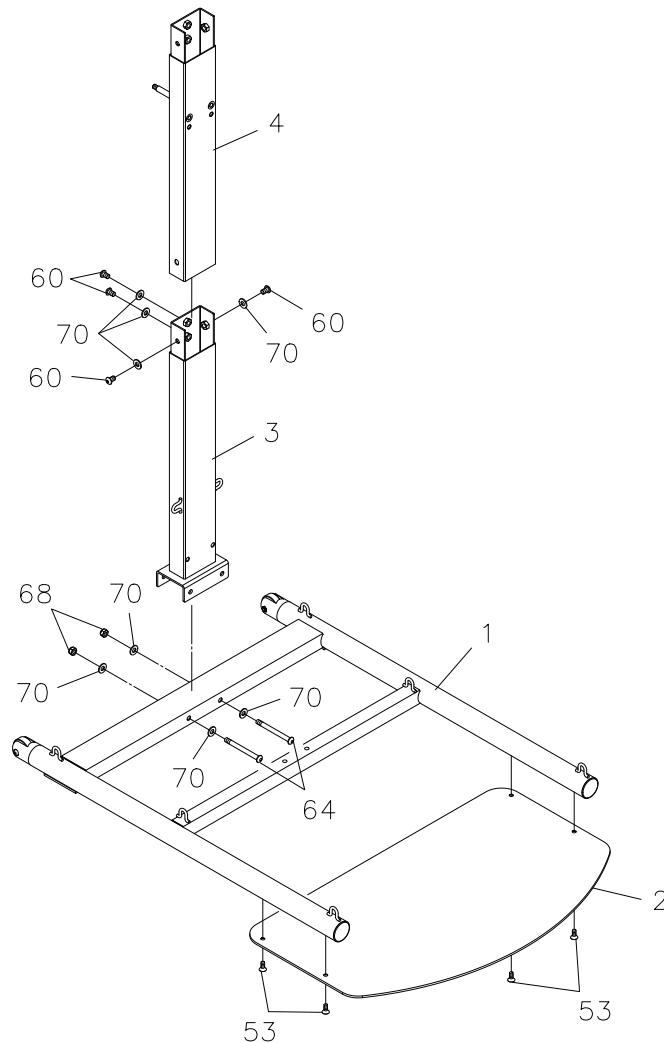
Attach the **BASE PLATE(2)** to the **BASE FRAME(1)** with **FLAT HEAD BOLTS(M8x1.25x20mm)(53)**.

STEP 2

Attach the **LOWER UPRIGHT(3)** to the **BASE FRAME(1)** with **BUTTON HEAD BOLTS (M10x1.5x105mm)(64)**, **WASHERS(M10)(70)**, and **NYLOCK NUTS(M10x1.5)(68)**.

STEP 3

Attach the **UPRIGHT(4)** to the **LOWER UPRIGHT(3)** with **BUTTON HEAD BOLTS(M10x1.5x15mm)(60)** and **WASHERS(M10)(70)**.



ASSEMBLY INSTRUCTIONS

STEP 4

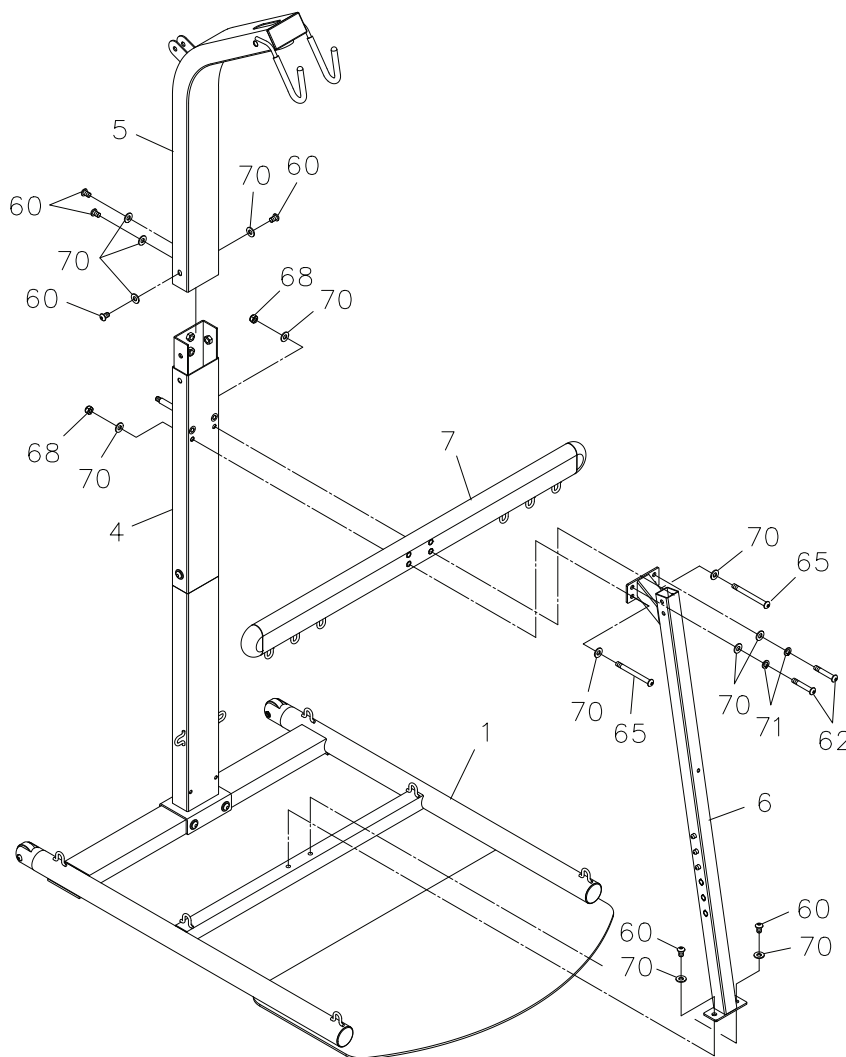
Attach the **TOP BEAM(5)** to the **UPRIGHT(4)** with **BUTTON HEAD BOLTS(M10x1.5x15mm)(60)** and **WASHERS(M10)(70)**.

STEP 5

Attach the **CROSSING BAR(7)** and **FRONT SUPPORT(6)** to the **UPRIGHT(4)** with **BUTTON HEAD BOLTS(M10x1.5x110mm)(65)**, **WASHERS(M10)(70)**, **NYLOCK NUTS(M10x1.5)(68)**, **LOCK WASHERS(M10)(71)**, and **BUTTON HEAD BOLTS(M10x1.5x60mm)(62)**. Do not tighten the bolts.

STEP 6

Attach the **FRONT SUPPORT(6)** to the **BASE FRAME(1)** with **BUTTON HEAD BOLTS(M10x1.5x15mm)(60)** and **WASHERS(M10)(70)**. Securely tighten all of the bolts from STEP 5.



ASSEMBLY INSTRUCTIONS

STEP 7

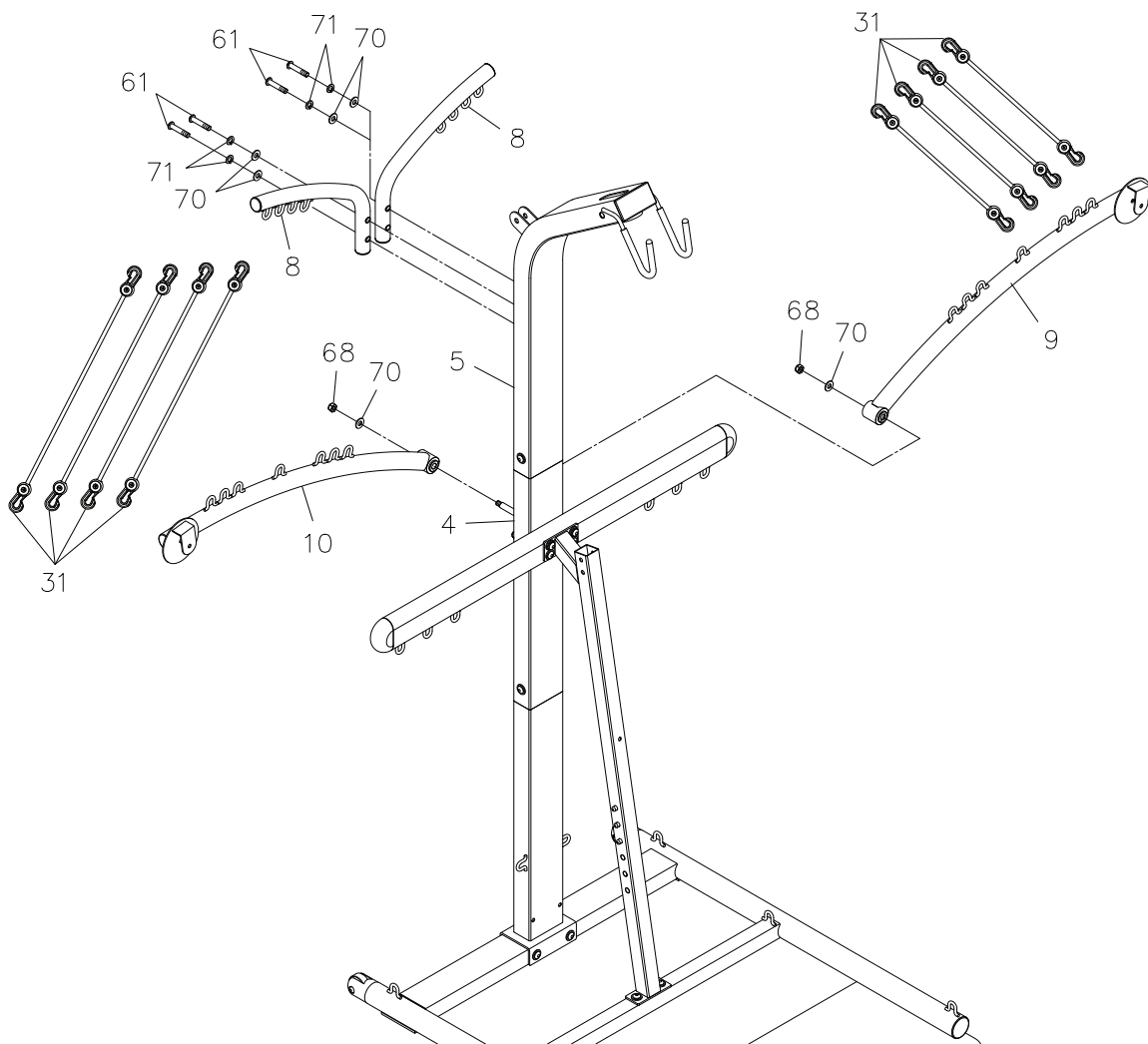
Attach the **TENSION POSTS(8)** to the back of the **TOP BEAM(5)** with **BUTTON HEAD BOLTS (M10x1.5x50mm)(61)**, **LOCK WASHERS(M10)(71)** and **WASHERS(M10)(70)**.

STEP 8

Slide the **LEFT** and **RIGHT FORCE ARMS(9, 10)** onto the shafts on **UPRIGHT(4)** and secure with **WASHERS(M10)(70)** and **NYLOCK NUTS(M10x1.5)(68)**. Do not over tighten the nuts, as the **LEFT** and **RIGHT FORCE ARMS(9, 10)** must be able to pivot smoothly.

STEP 9

Hook four **TENSION CORDS(31)** to the four hooks at the top of the **TENSION POSTS(8)** on both sides. Hook the lower ends of the **TENSION CORDS(31)** to the hooks on outer ends of the **LEFT** and **RIGHT FORCE ARMS(9, 10)** on both sides.



ASSEMBLY INSTRUCTIONS

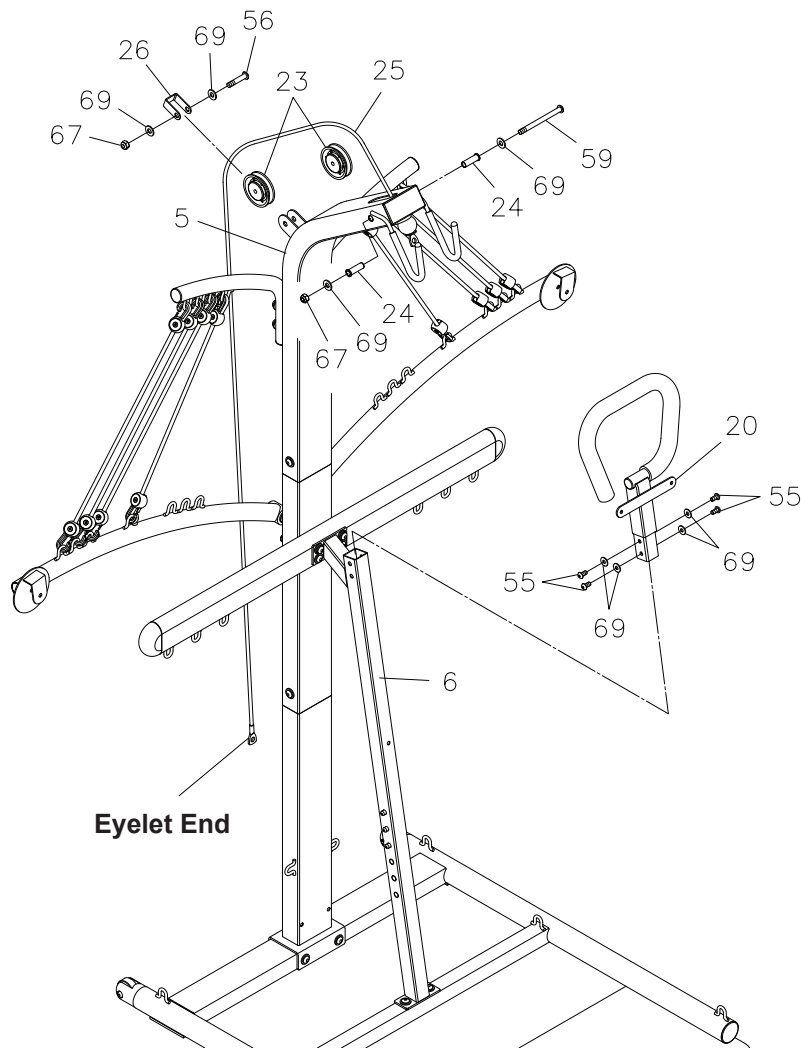
STEP 10

Attach the **HANDRAIL(20)** to the **FRONT SUPPORT(6)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(55)** and **WASHERS(M8)(69)**.

STEP 11

NOTE: Do not over tighten **BOLTS(56, 59)** as **PULLEYS(23)** must rotate freely after **BOLTS(56, 59)** are tightened.

Run the Eyelet End of the **LAT BAR CABLE(25)**, 2050mm (80.7") long, through the slot at the top end of the **TOP BEAM(5)**. Attach the **BALL END** of the **LAT BAR CABLE(25)** to the **TOP BEAM(5)** with a **PULLEY(23)**, a **BUTTON HEAD BOLT(M8x1.25x115mm)(59)**, a **NYLOCK NUT(M8x1.25)(67)**, two **WASHERS(M8)(69)**, and two **PULLEY SPACERS(24)**. Attach the **LAT BAR CABLE(25)** to the bracket on the **TOP BEAM(5)** with a **PULLEY(23)**, a **BUTTON HEAD BOLT(BOLT)(M8x1.25x45mm)(56)**, a **NYLOCK NUT(M8x1.25)(67)**, two **WASHERS(M8)(69)**, and the **WIDE CABLE GUIDE(26)**.



ASSEMBLY INSTRUCTIONS

STEP 12

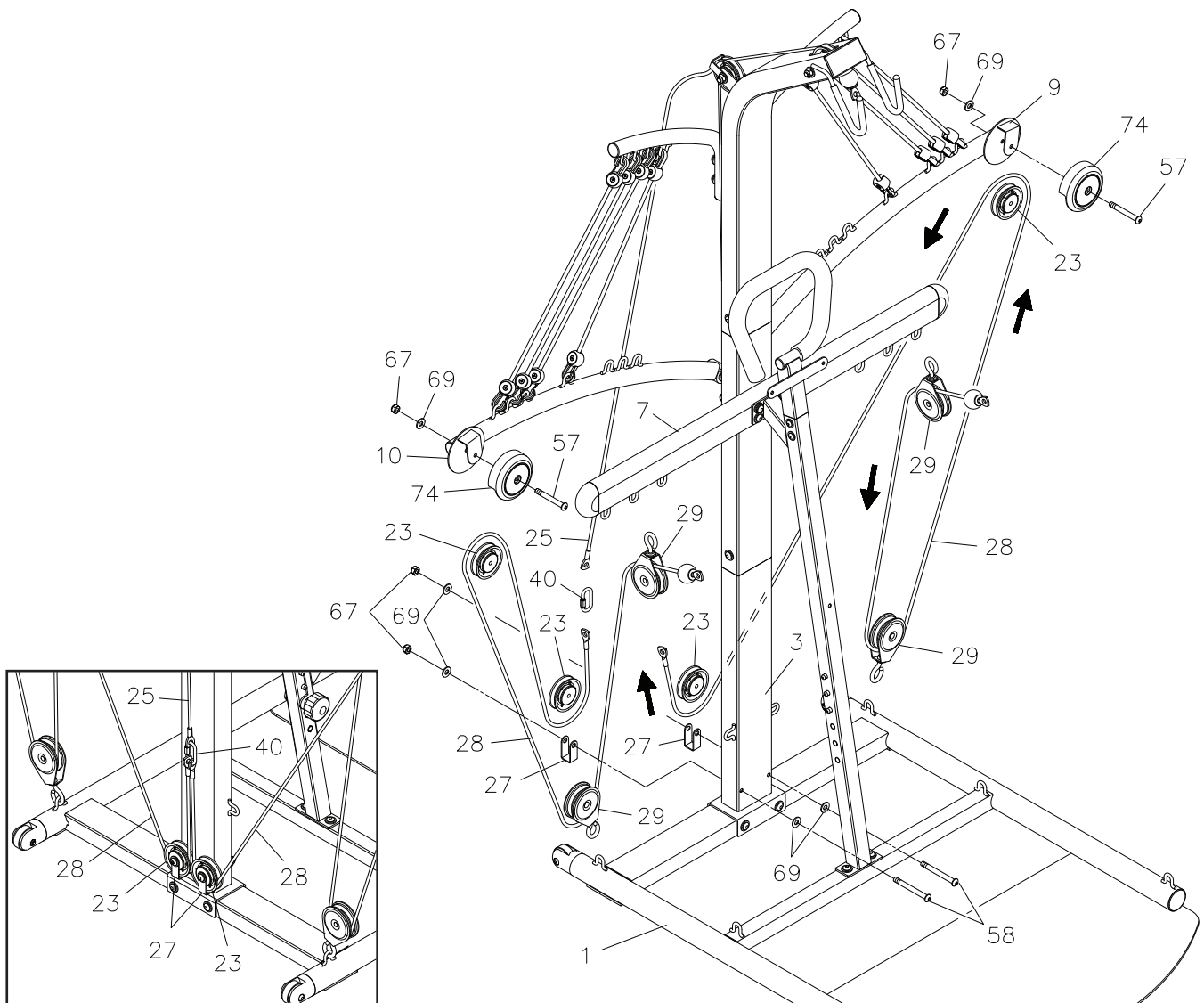
Hook a **PULLEY SET(29)** to one of the hooks on the end of the **CROSSING BAR(7)**. Run the Eyelet End of the **CABLE(28)**, 3980mm (156.7") long, through the **PULLEY SET(29)**.

Run the Eyelet End of the **CABLE(28)** through another **PULLEY SET(29)**. Hook the **PULLEY SET(29)** to the hook on the **BASE FRAME(1)**.

Attach the **CABLE(28)** to the Bracket on the **LEFT FORCE ARM(9)** with a **PULLEY(23)**, a **PULLEY COVER(74)**, a **BUTTON HEAD BOLT(M8x1.25x80mm)(57)**, a **WASHER(M8)(69)**, and a **NYLOCK NUT (M8x1.25)(67)**.

Attach the **CABLE(28)** to the **LOWER UPRIGHT(3)** with a **PULLEY(23)**, a **CABLE GUIDE(27)**, a **BUTTON HEAD BOLT(M8x1.25x90mm)(58)**, two **WASHERS(M8)(69)**, and a **NYLOCK NUT(M8x1.25) (67)**.

Connect the **CABLE(28)** to the **LAT BAR CABLE(25)** with the **SMALL QUICK LINK(40)**. Repeat all the above assembly for the other side. Both the **CABLES(28)** are connected to the **LAT BAR CABLE(25)** with the **SMALL QUICK LINK(40)**. The inset drawing shown the cables after assembly at the back.



ASSEMBLY INSTRUCTIONS

STEP 13

Hook the **SEAT FRAME(11)** onto one of the Lugs on the **FRONT SUPPORT(6)** and secure with the **LOCKING KNOB(16)** and **WASHER(M10)(70)**.

NOTE: The three Lugs on the **FRONT SUPPORT(6)** allow the **SEAT FRAME(11)** to be attached in three different positions. Start with one of the center positions and adjust if necessary. Use the upper position if users are taller than average. Use the lower position if users are shorter than average.

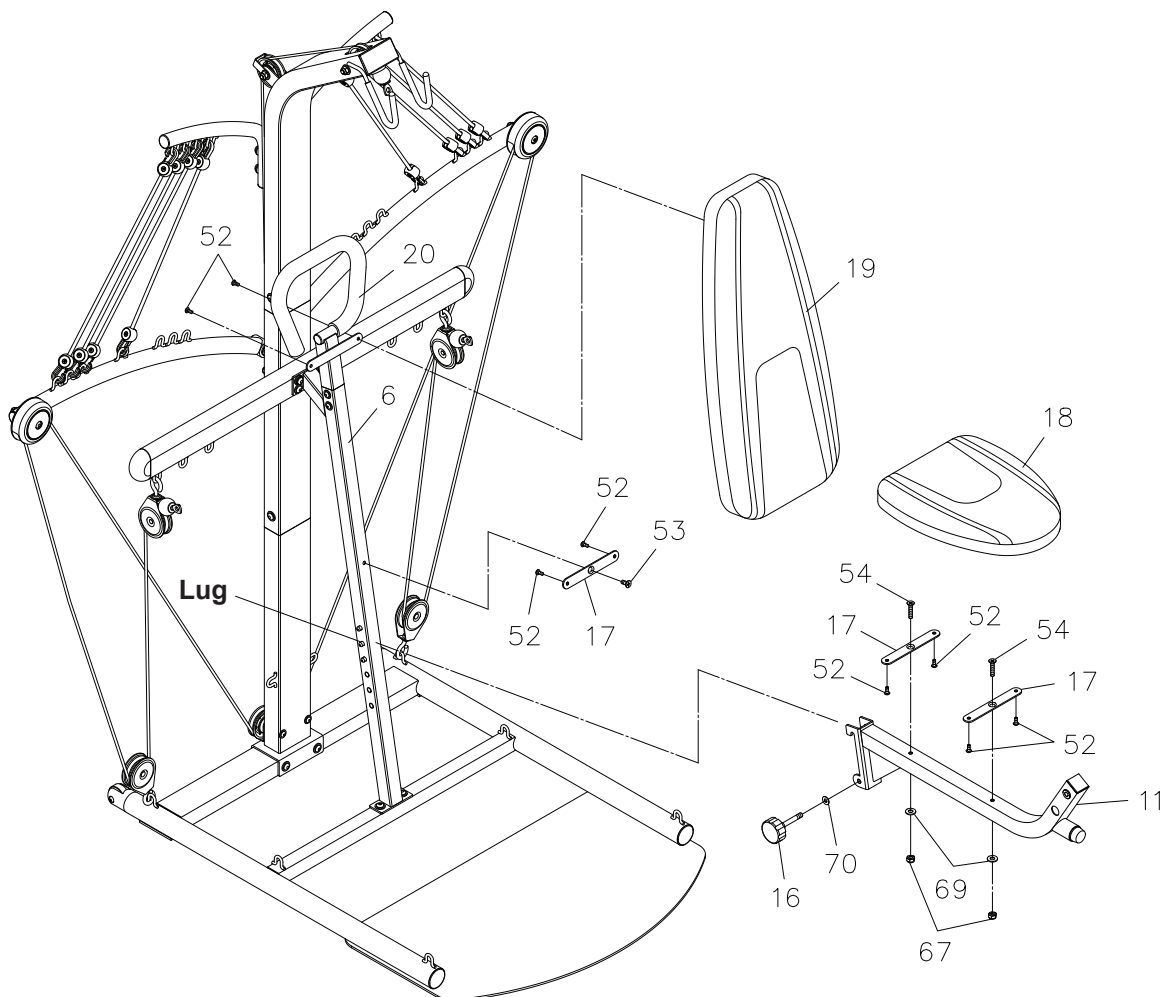
STEP 14

Attach the **MOUNTING PLATES(17)** to the **SEAT FRAME(11)** with **FLAT HEAD BOLTS(M8x1.25x50mm)(54)**, **WASHERS(M8)(69)**, and **NYLOCK NUT(M8x1.25)(67)**. Attach the **SEAT(18)** to the **MOUNTING PLATES(17)** with **FLAT HEAD BOLTS(M6x1x15mm)(52)**.

HINT: Before tightening the **FLAT HEAD BOLTS(M8x1.25x50mm)(54)** and securing the **MOUNTING PLATES(17)** to the **SEAT FRAME(11)**, attach the **SEAT(18)** to the **MOUNTING PLATES(17)** with **FLAT HEAD BOLTS(M6x1x15mm)(52)** to make sure the plates are in the correct position. Then remove the **SEAT(18)** and securely tighten the **FLAT HEAD BOLTS(M8x1.25x50mm)(54)**.

STEP 15

Attach the **MOUNTING PLATE(17)** to the **FRONT SUPPORT(6)** with **FLAT HEAD BOLT(M8x1.25x20mm)(53)**. Attach the **BACK CUSHION(19)** to the **MOUNTING PLATE(17)** and the mounting plate on the **HANDRAIL(20)** with **FLAT HEAD BOLTS(M6x1x15mm)(52)**.



ASSEMBLY INSTRUCTIONS

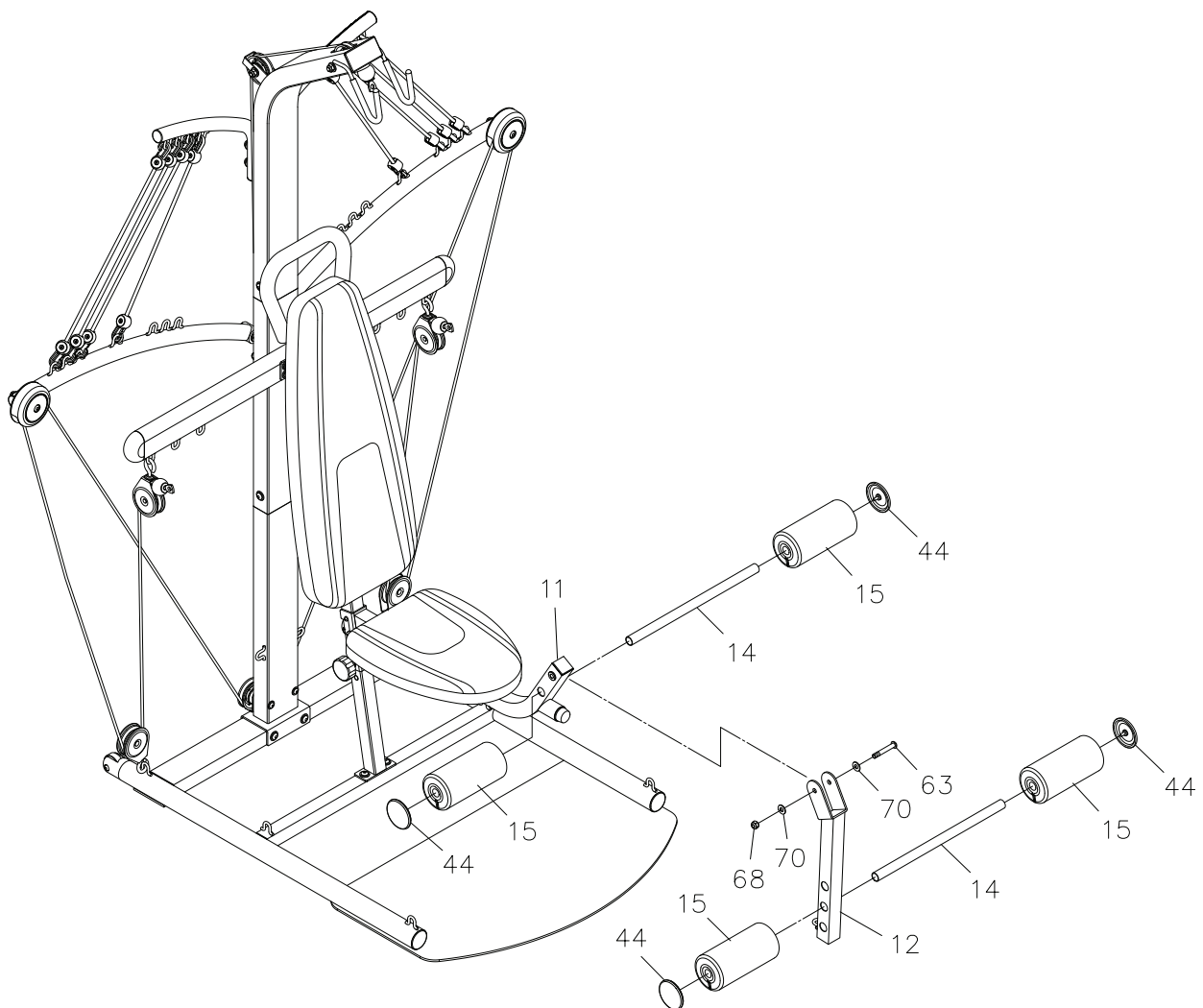
STEP 16

Attach the **LEG LIFT(12)** to the **SEAT FRAME(11)** with **BUTTON HEAD BOLT(M10x1.5x65mm)(63)**, **WASHERS(M10)(70)**, and **NYLOCK NUT(M10x1.5)(68)**. Do not over tighten the bolt, as the **LEG LIFT(12)** must be able to pivot smoothly.

STEP 17

Slide a **FOAM PAD(15)** onto a **PAD TUBE(14)** and screw a **SECURING CAP(44)** into the end of the **PAD TUBE(14)**. Then insert the other end of the **PAD TUBE(14)** through the hole in the **SEAT FRAME(11)**. Slide another **FOAM PAD(15)** over the protruding end of the **PAD TUBE(14)** and screw a **SECURING CAP(44)** into the end of the **PAD TUBE(14)**. Repeat to assemble the **FOAM PADS(15)** to one of the adjustment holes in the **LEG LIFT(12)**.

NOTE: The three adjustment holes in the **LEG LIFT(12)** allow the **FOAM PADS(15)** to be attached in three different positions. Start with one of the center positions and adjust if necessary. Use the upper position if users are shorter than average. Use the lower position if users are taller than average.



SETTING UP THE ACCESSORIES

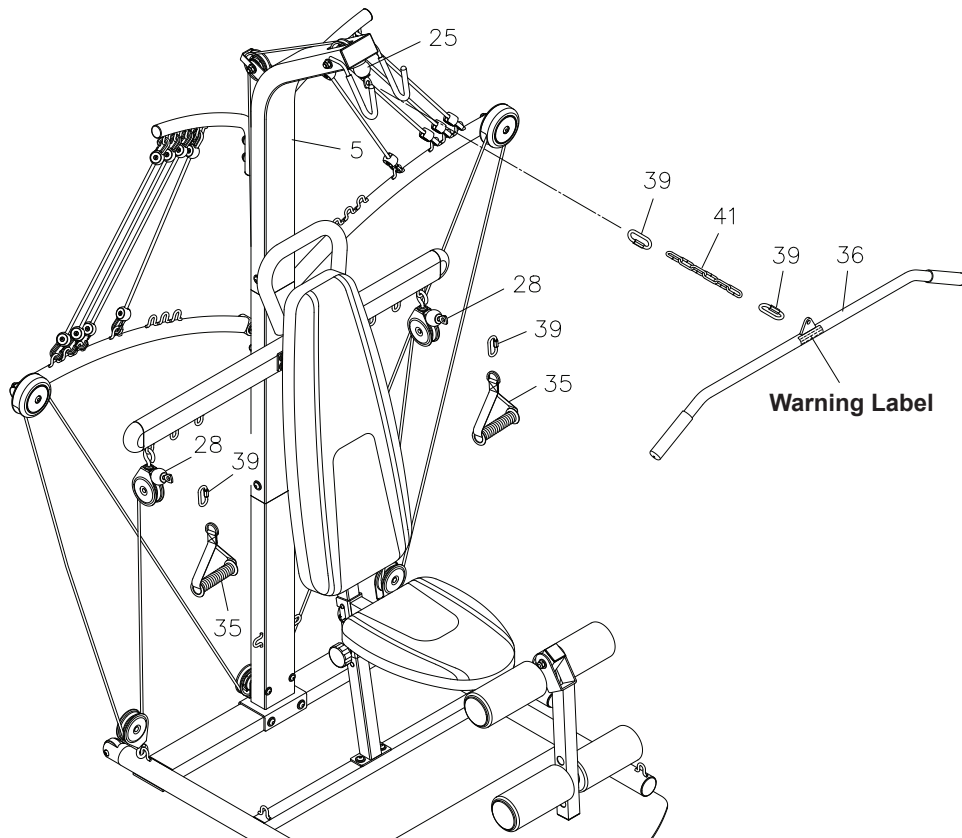
LAT BAR(36)

Attach the **LAT BAR(36)** to the **LAT BAR CABLE(25)**, with the warning label to the front, with a **QUICK LINK(39)**. Then store the **LAT BAR(36)** in the hooks provided on the **TOP BEAM(5)**. For some exercises, the **CHAIN(41)** should be attached between the **LAT BAR(36)** and the **LAT BAR CABLE(25)** with two **QUICK LINKS(39)**.

NOTE: Adjust the length of the **CHAINS(41)** between the **LAT BAR(36)** and the **LAT BAR CABLE(25)**. Have the **LAT BAR(36)** in the correct starting position for exercise to be performed.

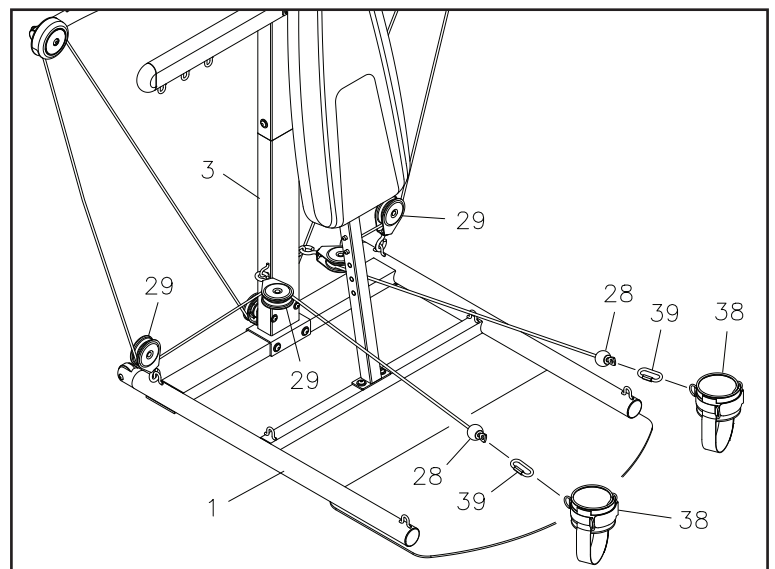
HAND STRAPS(35)

Attach the **HAND STRAP(35)** to the ball end of the **CABLE(28)** with a **QUICK LINK(39)** on both sides.



ANKLE CUFFS(38)

When the **PULLEY SETS(29)** hooked on the bottom of the **LOWER UPRIGHT(3)** and the **BASE FRAME(1)**, the **ANKLE CUFF(38)** can be attached to the ball end of the **CABLE(28)** with a **QUICK LINK(39)**. For some exercises, you will need to hook the **ANKLE CUFFS(38)** to the **CABLES(28)** on both sides.



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.

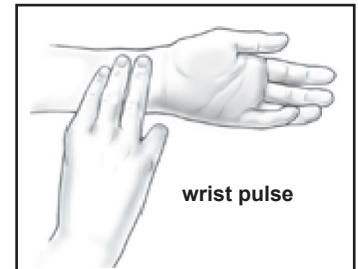
Remember to follow these essentials:

- 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

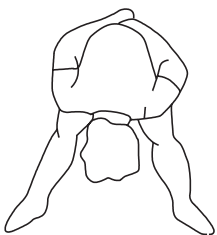
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

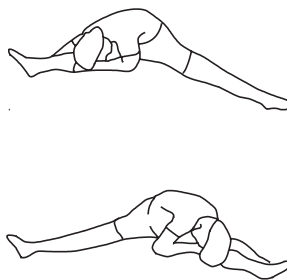
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



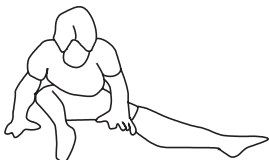
Lower Body Stretch

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.

OPERATIONAL INSTRUCTIONS

BioFLEX 2200 RESISTANCE DIAGRAM



BioFLEX 2200 RESISTANCE CHART

The BioFLEX™ cable system provides user defined workout movements while utilizing lower amounts of resistance to simulate actions performed in everyday activities. All resistances below are approximate and measured in pounds. Resistance may be more or less depending on how much tension is placed on the bands.

TENSION CORDS	ATTACHMENT LOOPS						
	A	B	C	D	E	F	G
1	20.5	17.5	15.0	10.0			
2		18.0	15.5	10.0	6.0		
3			16.0	10.5	6.0	5.0	
4				10.5	6.0	5.0	4.0

TRAINING TIPS

1. Always warm up for at least 5 minutes before doing resistance training.
2. On your first set of exercises, keep the resistance light.
3. Stretching is recommended after the warm up or at the end of the workout.
4. Repetitions for training effects:
 - Muscular Endurance- 12 to 15 repetitions with light resistance
 - Strength & Endurance- 8 to 12 repetitions with medium to heavy resistance
 - Strength- 1 to 8 repetitions heavy resistance
5. A minimum of 2 sets of each exercise is recommended, with 2 to 3 sets being the most common.

WORKOUT INSTRUCTIONS



Squat



Seated Leg Extension



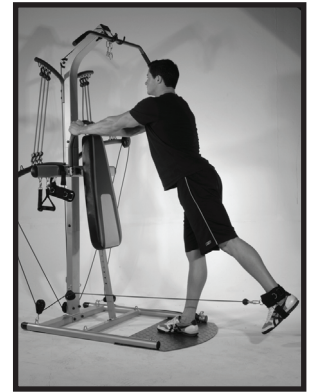
Dead Lift



Leg Curls



WORKOUT INSTRUCTIONS



Calf Raises

Single Leg Kick Back



Standing Hip Abduction

Standing Hip Adduction



Seated Ankle Eversion

Seated Ankle Inversion



Seated Chest Press

Incline Chest Press

WORKOUT INSTRUCTIONS



Chest Fly



Lat Bar Pulldown



Single Arm Pulldown



Standing Row



Standing Straight Arm Pulldown



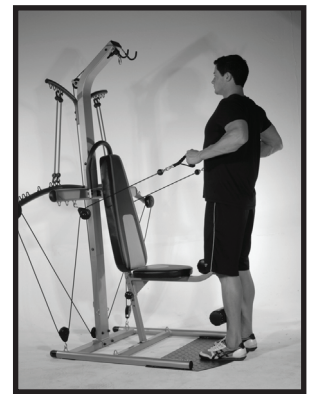
Seated Shoulder Press



Shoulder Shrugs



Upright Row



WORKOUT INSTRUCTIONS



Seated Front Raise



Seated Lateral Raise



Rotator Cuff-Low External Rotation



Rotator Cuff-Internal Rotation



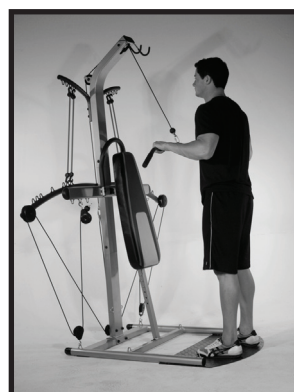
Rotator Cuff-High External Rotation



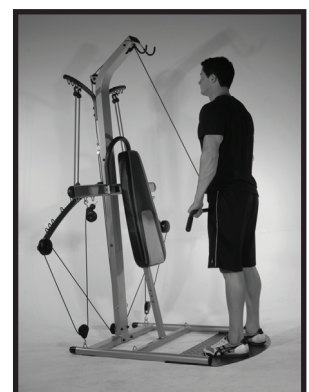
Standing Biceps Curl



Seated Wrist Curl



Standing Triceps Pushdown



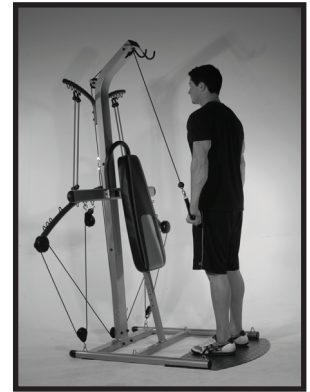
WORKOUT INSTRUCTIONS



Reverse Grip Triceps Pushdown



Single Arm Triceps Pushdown



Single Arm Triceps Kickback



Ab Crunch



Oblique Crunch



Standing Trunk Rotation



Side Bend



STORAGE

1. To store the **BioFLEX 2200**, simply keep it in a clean dry place.
2. To move the **BioFLEX 2200**, hold the upright of the **BioFLEX 2200** while you tip it backward. When the **WHEELS(32)** come in contact with the floor you can easily roll the **BioFLEX 2200**.

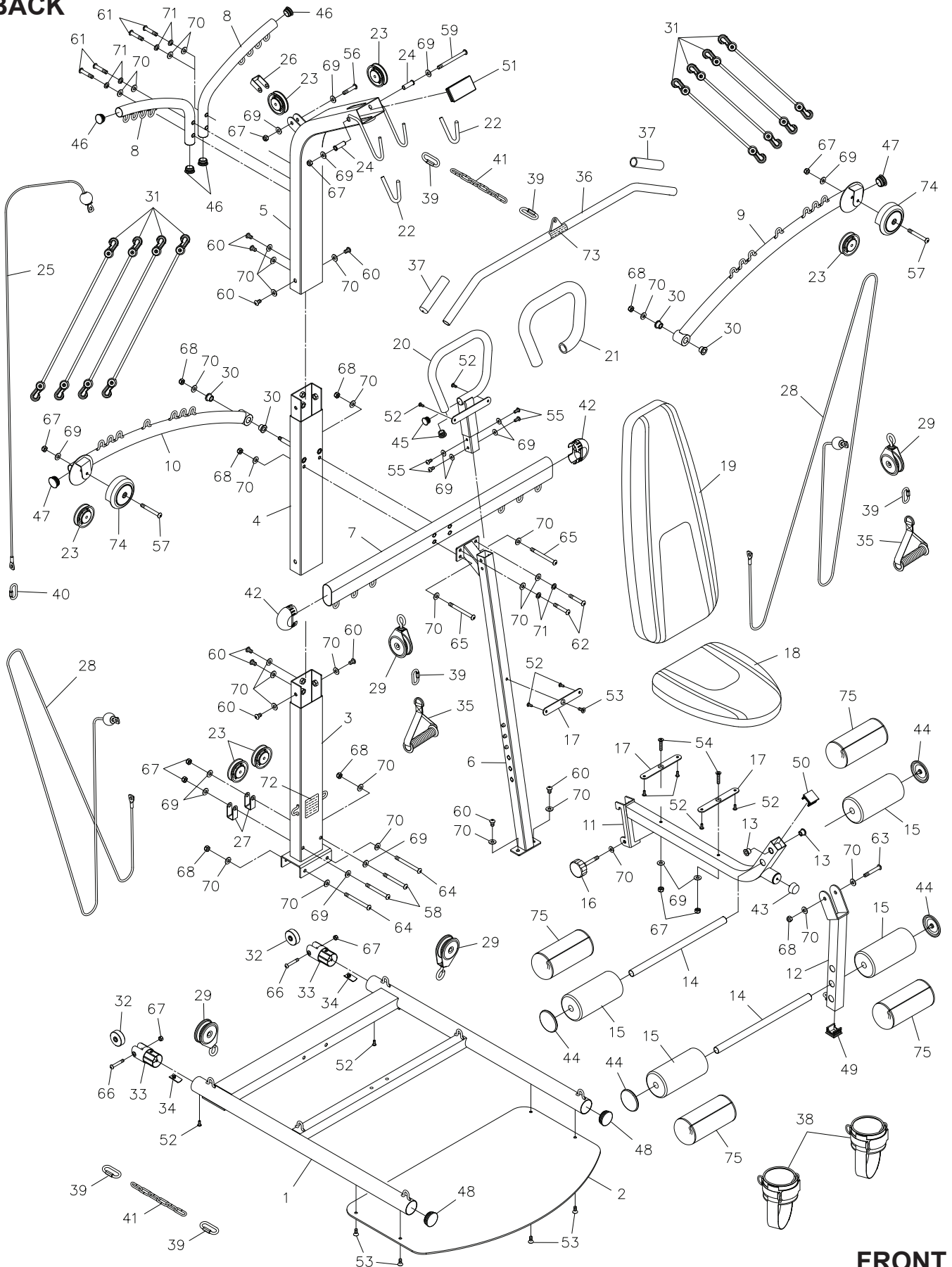
MAINTENANCE

The safety and integrity designed into the **BioFLEX 2200** can only be maintained when the **BioFLEX 2200** is regularly examined for damage and wear. Special attention should be given to the following:

1. Verify that the **WARNING LABEL(72)** and **LAT BAR WARNING LABEL(73)** are in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(72)** if it is missing or damaged.
2. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
3. Worn or damaged components shall be replaced immediately or the **BioFLEX 2200** removed from service until repair is made.
4. Verify that the Cables are properly installed on all Pulleys.
5. Check the condition of the Cables. Replace the Cables if the plastic coatings are cracked or broken.
6. Check the Tension Cords for wear. Replace Tension Cords that are frayed or worn.
7. Check the plastic hooks on the both ends of all Tension Cords. Replace Tension Cords with deformed or damaged hooks.
8. Check the pulleys for excessive wear. Replace worn pulleys.
9. Only Stamina Products supplied components shall be used to maintain/repair the **BioFLEX 2200**.
10. Keep your **BioFLEX 2200** clean by wiping it off with an absorbent cloth after use.

PRODUCT PARTS DRAWING

BACK



FRONT

PARTS LIST

PART#	PART NAME	QTY
1	Base Frame	1
2	Base Plate	1
3	Lower Upright	1
4	Upright	1
5	Top Beam	1
6	Front Support	1
7	Crossing Bar	1
8	Tension Post	2
9	Left Force Arm	1
10	Right Force Arm	1
11	Seat Frame	1
12	Leg Lift	1
13	Leg Lift Bushing	2
14	Pad Tube	2
15	Foam Pad	4
16	Locking Knob	1
17	Mounting Plate	3
18	Seat	1
19	Back Cushion	1
20	Handrail	1
21	Foam Tube	1
22	Hook Sleeve	2
23	Pulley	6
24	Pulley Spacer	2
25	Lat Bar Cable w/ Ball End (2050mm)(80.7")	1
26	Wide Cable Guide	1
27	Cable Guide	2
28	Cable w/ Ball End (3980mm)(156.7")	2
29	Pulley Set	4
30	Force Arm Bushing	4
31	Tension Cord (ø12x440mm) w/ Hooks	8
32	Wheel	2
33	Wheel Frame	2
34	Support Plate	2
35	Hand Strap	2
36	Lat Bar	1
37	Hand Grip	2
38	Ankle Cuff	2
39	Quick Link	6
40	Small Quick Link	1
41	Chain (ø5 x 6 links)	2
42	Oval Endcap (40mm x 80mm)	2
43	Bumper	1
44	Securing Cap	4
45	Round Plug (25.4mm)	2
46	Round Plug (31.8mm)	4
47	Round Plug (38.1mm)	2

PARTS LIST

PART#	PART NAME	QTY
48	Round Plug (50.8mm)	2
49	Square Plug (38mm) / for 1.5 thick tube	1
50	Square Plug (38mm) / for 2.0 thick tube	1
51	Rectangular Plug (50mm x 100mm)	1
52	Bolt, Round Head (M6 x 1 x 15mm)	10
53	Bolt, Flat Head (M8 x 1.25 x 20mm)	5
54	Bolt, Flat Head (M8 x 1.25 x 50mm)	2
55	Bolt, Button Head (M8 x 1.25 x 15mm)	4
56	Bolt, Button Head (M8 x 1.25 x 45mm)	1
57	Bolt, Button Head (M8 x 1.25 x 80mm)	2
58	Bolt, Button Head (M8 x 1.25 x 90mm)	2
59	Bolt, Button Head (M8 x 1.25 x 115mm)	1
60	Bolt, Button Head (M10 x 1.5 x 15mm)	10
61	Bolt, Button Head (M10 x 1.5 x 50mm)	4
62	Bolt, Button Head (M10 x 1.5 x 60mm)	2
63	Bolt, Button Head (M10 x 1.5 x 65mm)	1
64	Bolt, Button Head (M10 x 1.5 x 105mm)	2
65	Bolt, Button Head (M10 x 1.5 x 110mm)	2
66	Bolt, Small Button Head (M8 x 1.25 x 45mm)	2
67	Nylock Nut (M8 x 1.25)	10
68	Nylock Nut (M10 x 1.5)	7
69	Washer (M8)	16
70	Washer (M10)	29
71	Lock Washer (M10)	6
72	Warning Label	1
73	Lat Bar Warning Label	1
74	Pulley Cover	2
75	Foam Pad Wear Cover	4
76	Combination Wrench	1
77	Allen Wrench (5mm)	1
78	Allen Wrench (6mm)	1
79	Manual	1

LIMITED WARRANTY

MODEL 50-0220

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.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

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