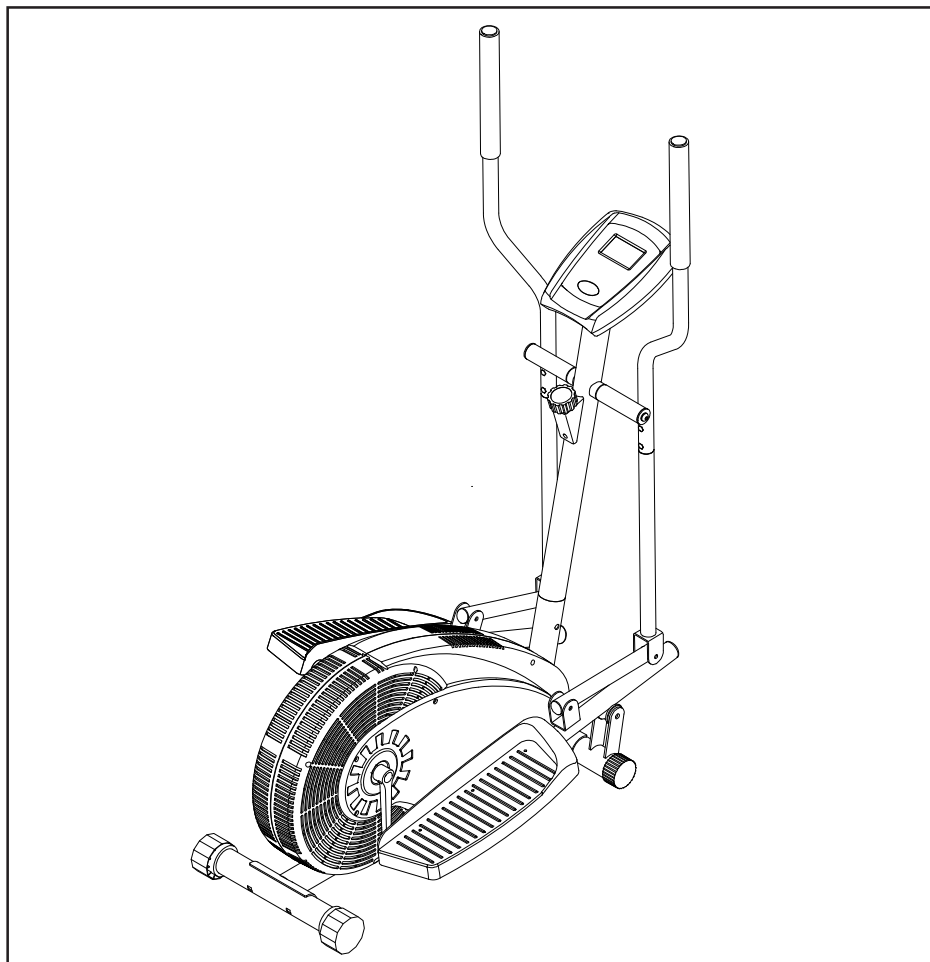


STAMINA[®]

CT 2.0

CROSS TRAINER

Owner's Manual



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

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

55-1723
STAMINA PRODUCTS
MADE IN CHINA

Product May Vary Slightly
From Pictured.

This Product is Produced Exclusively by



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

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **CT2.0 CROSS TRAINER**.

1. Read all warnings posted on the **CT2.0 CROSS TRAINER**.
2. Read this owner's/user's manual and follow it carefully before using the **CT2.0 CROSS TRAINER**.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **CT2.0 CROSS TRAINER**. Do not allow children to use or play on the **CT2.0 CROSS TRAINER**. Keep children and pets away from the **CT2.0 CROSS TRAINER** 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 **CT2.0 CROSS TRAINER** on a solid level surface. Do not position the **CT2.0 CROSS TRAINER** on loose rugs or uneven surfaces.
7. Make sure that adequate space is available for access to and around the **CT2.0 CROSS TRAINER**.
8. Inspect the **CT2.0 CROSS TRAINER** for worn or loose components prior to use.
9. Tighten/replace any loose or worn components prior to using the **CT2.0 CROSS TRAINER**.
10. 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.
11. Follow your physician's recommendations in developing your own personal fitness program.
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 **CT2.0 CROSS TRAINER**.
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 **CT2.0 CROSS TRAINER**, loss of balance may result in a fall and serious bodily injury.
16. Keep both feet firmly and securely on the pedal caps while exercising.
17. The **CT2.0 CROSS TRAINER** should not be used by persons weighing over 250 pounds.
18. The **CT2.0 CROSS TRAINER** should be used by only one person at a time.
19. The **CT2.0 CROSS TRAINER** is for consumer use only. It is not for use in public or semipublic facilities.
20. Use two people to move the **CT2.0 CROSS TRAINER**.

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 Number

1(800) 375-7520

**THANK YOU FOR PURCHASING THE
STAMINA® CT2.0 CROSS TRAINER**

To help you get started, we have pre-assembled most of your **CT2.0 CROSS TRAINER** 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.



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



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE
CUSTOMER SERVICE
parts@staminaproducts.com
cust-srvc@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 **CT2.0 CROSS TRAINER**. 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 **CT2.0 CROSS TRAINER** 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.

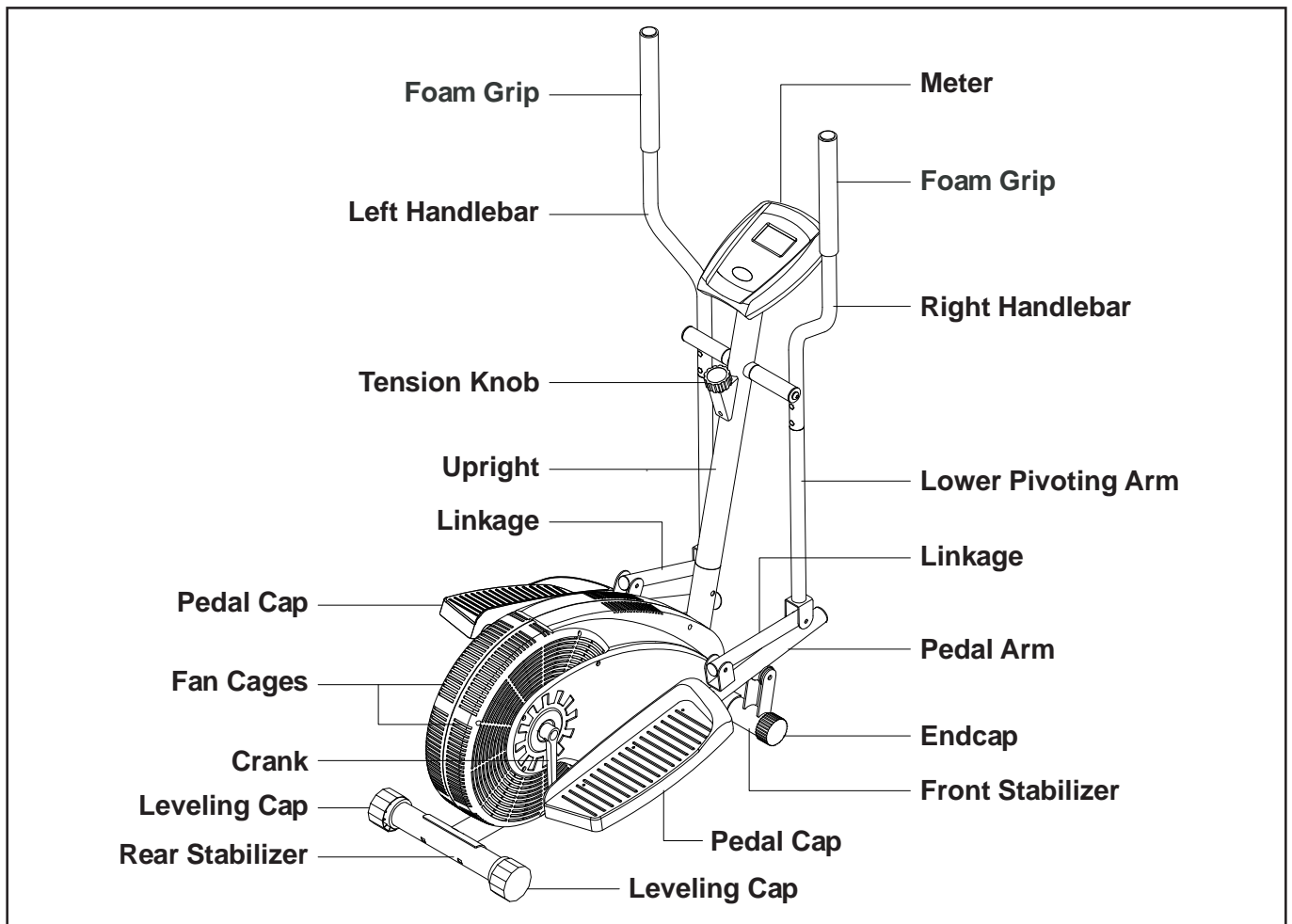
Read this manual carefully before using the **CT2.0 CROSS TRAINER**.

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 **CT2.0 CROSS TRAINER**, 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.

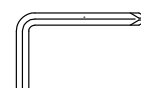
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



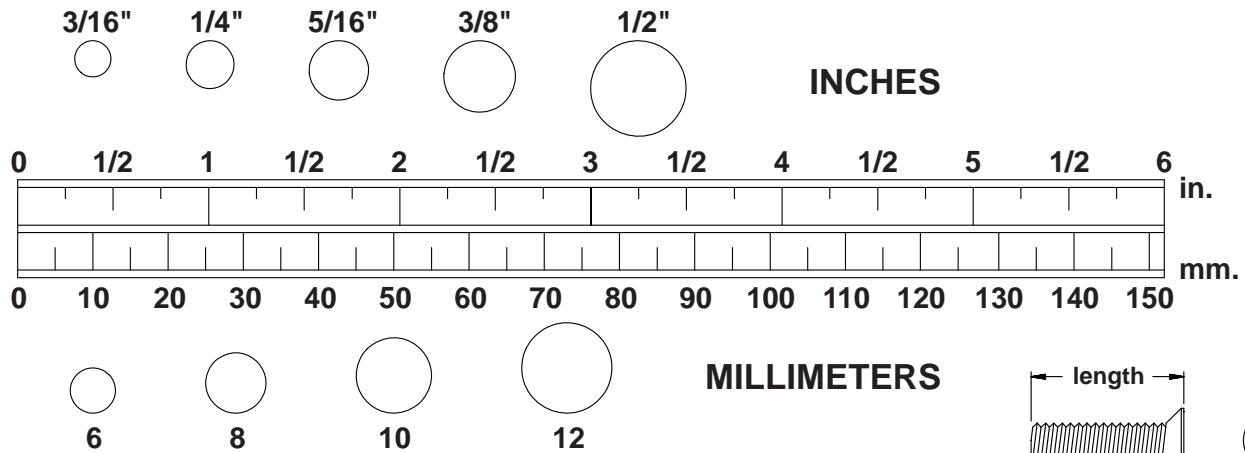
Wrench



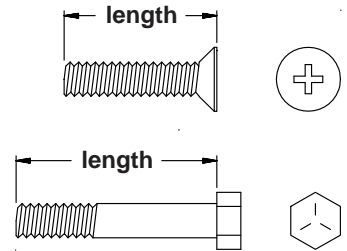
Allen Wrench (6mm)

HARDWARE IDENTIFICATION CHART

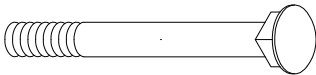
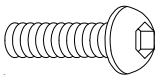
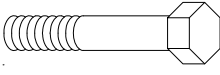

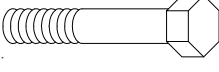
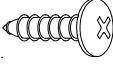
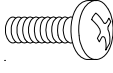
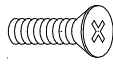










This chart is provided to help identify the hardware used in the assembly process. Place the washers, the end of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.



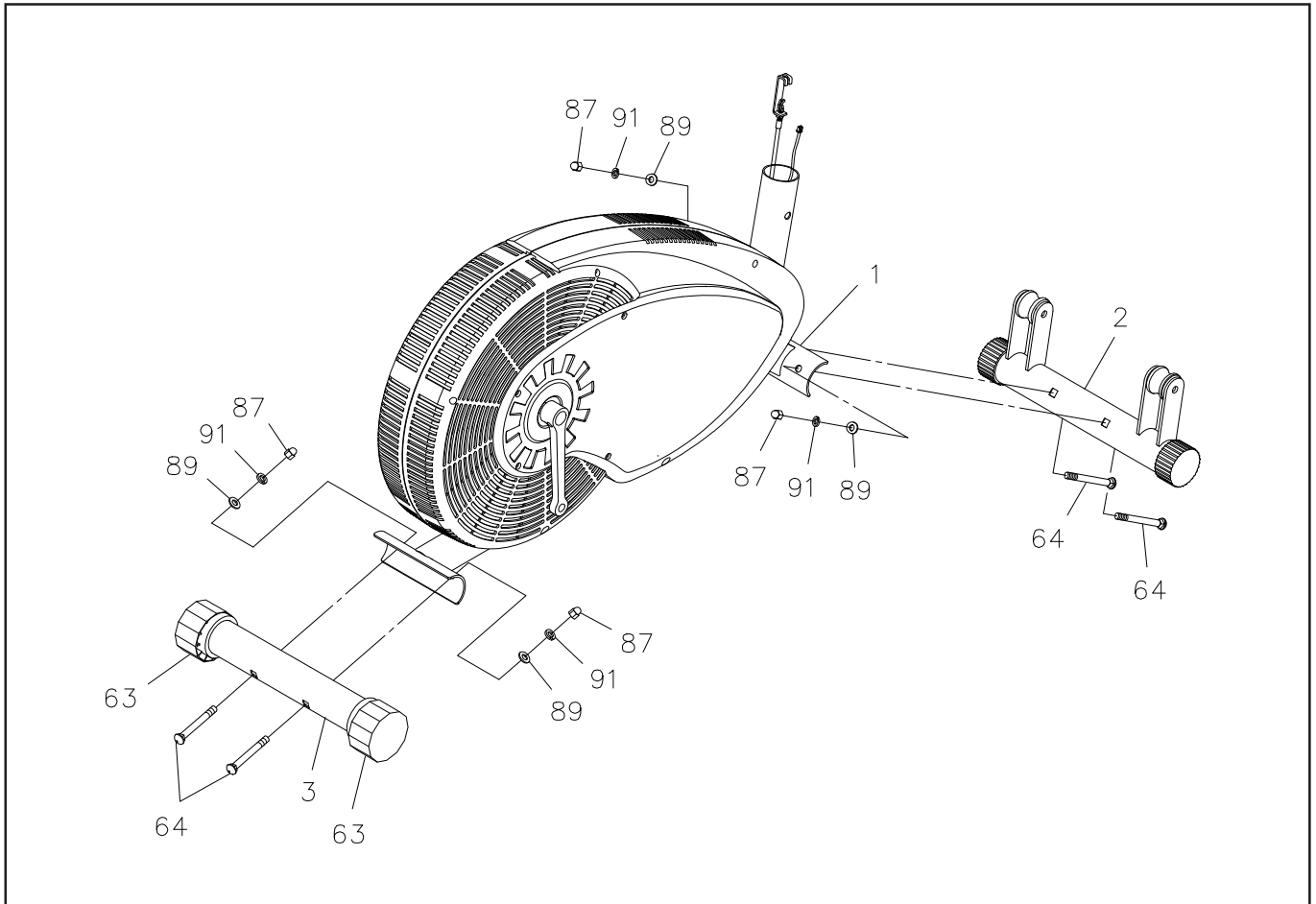
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	64 Carriage Bolt (M8 x 1.25 x 65mm)	4
	65 Bolt, Button Head (M8 x 1.25 x 15mm)	4
	66 Bolt, Button Head (M8 x 1.25 x 20mm)	2
	67 Bolt, Button Head (M8 x 1.25 x 48mm)	2
	73 Bolt, Hex Head (M6 x 1 x 38mm)	4
	76 Screw, Round Head (M5 x 15mm)	6
	77 Screw, Round Head (M5 x 0.8 x 15mm)	4
	78 Screw, Flat Head (M5 x 0.8 x 12mm)	1
	80 Nylock Nut (M8 x 1.25)	2
	86 Acorn Nut (M6 x 1)	4
	87 Acorn Nut (M8 x 1.25)	4
	88 Arc Washer (M6)	4
	89 Arc Washer (M8)	8
	90 Lock Washer (M6)	4
	91 Lock Washer (M8)	10
	48 Large Washer (M8 x 32mm x 2mm thick)	2
	53 Plastic Washer (M8 x ø18 x 2mm thick)	4
	57 Large Washer (M16 x 0.5mm thick)	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

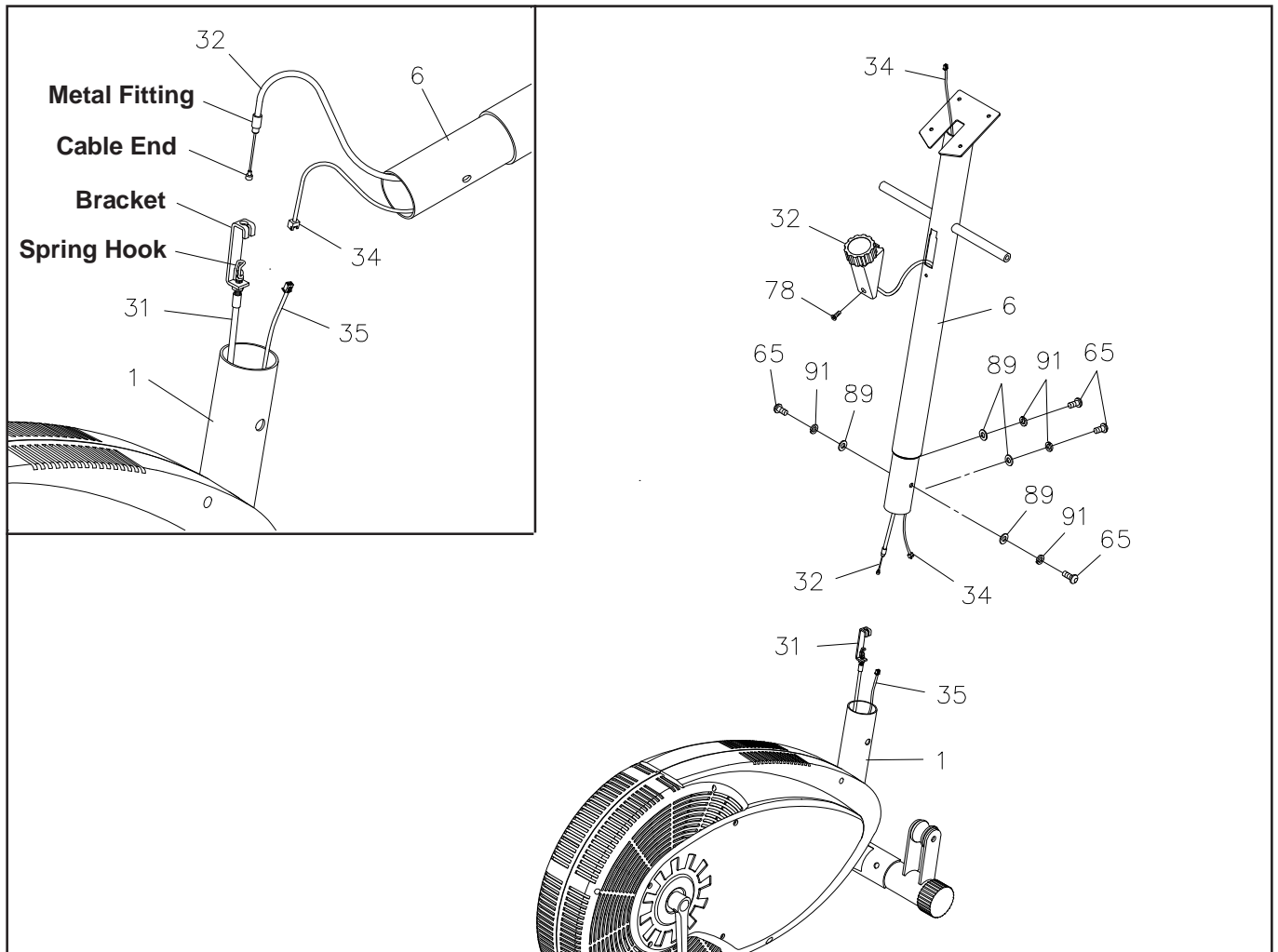
Attach the **FRONT STABILIZER(2)** onto the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x65mm) (64)**, **ARC WASHERS(M8)(89)**, **LOCK WASHERS(M8)(91)**, and **ACORN NUTS(M8x1.25)(87)**.

STEP 2

Attach the **REAR STABILIZER(3)** onto the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x65mm)(64)**, **ARC WASHERS(M8)(89)**, **LOCK WASHERS(M8)(91)**, and **ACORN NUTS(M8x1.25)(87)**.

NOTE: You can adjust the **LEVELING CAPS(63)** on the **REAR STABILIZER(3)** to keep the **CT2.0 CROSS TRAINER** stable.

ASSEMBLY INSTRUCTIONS



STEP 3

Refer to the illustration. Slide the **CABLE** on the **TENSION KNOB(32)** through the **UPRIGHT(6)**. **CAUTION:** Be careful not to damage the **CONNECTION WIRE(34)**. Attach the **TENSION KNOB(32)** onto the **UPRIGHT(6)** with **FLAT HEAD SCREW(M5x0.8x12mm)(78)**.

STEP 4

Refer to the inset drawing. Lay the **UPRIGHT(6)** on the floor close to the front of the **MAIN FRAME(1)**. Turn the **TENSION KNOB(32)** on the **UPRIGHT(6)** counterclockwise as far as it can go, so the cable end extends out of the metal fitting as far as possible. Connect the **CABLE END** of the **TENSION KNOB(32)** into the **SPRING HOOK** on the end of the **TENSION CABLE(31)**. Pull the **CABLE** on the **TENSION KNOB(32)** firmly and insert the cable through the slot in the bracket. Then insert the **METAL FITTING** on the end of the **CABLE** of the **TENSION KNOB(32)** into the hole at the end of the slot in the **BRACKET**. Adjust the **TENSION KNOB(32)** and verify that the **SPRING HOOK** moves when the **TENSION KNOB(32)** is adjusted.

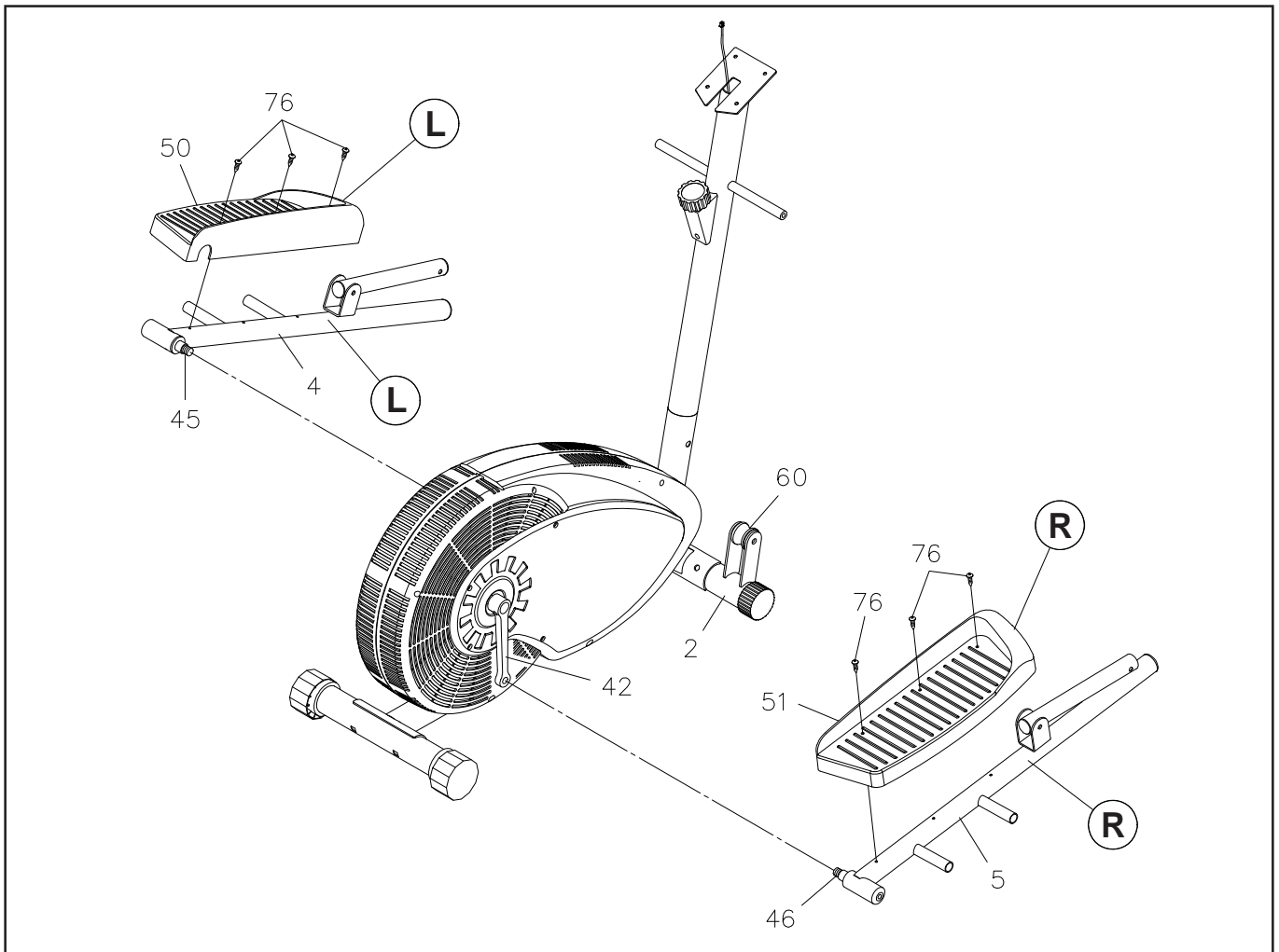
STEP 5

Plug the **SENSOR WIRE(35)** firmly into the **CONNECTION WIRE(34)**. **CAUTION:** Be careful not to damage the **SENSOR WIRE(35)** and **CONNECTION WIRE(34)** when assembling the **UPRIGHT(6)**.

STEP 6

Insert the **UPRIGHT(6)** into the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x15mm)(65)**, **ARC WASHERS(M8)(89)**, and **LOCK WASHERS(M8)(91)**. Do not tighten the bolts until **STEP 10**.

ASSEMBLY INSTRUCTIONS



STEP 7

NOTE: 1. There is a "L" decal on the **LEFT PEDAL ARM(4)**, and a "R" decal on the **RIGHT PEDAL ARM(5)**.

2. The **RIGHT PEDAL SHAFT(46)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL SHAFT(45)** has left hand threads and is tightened by turning counter clockwise.

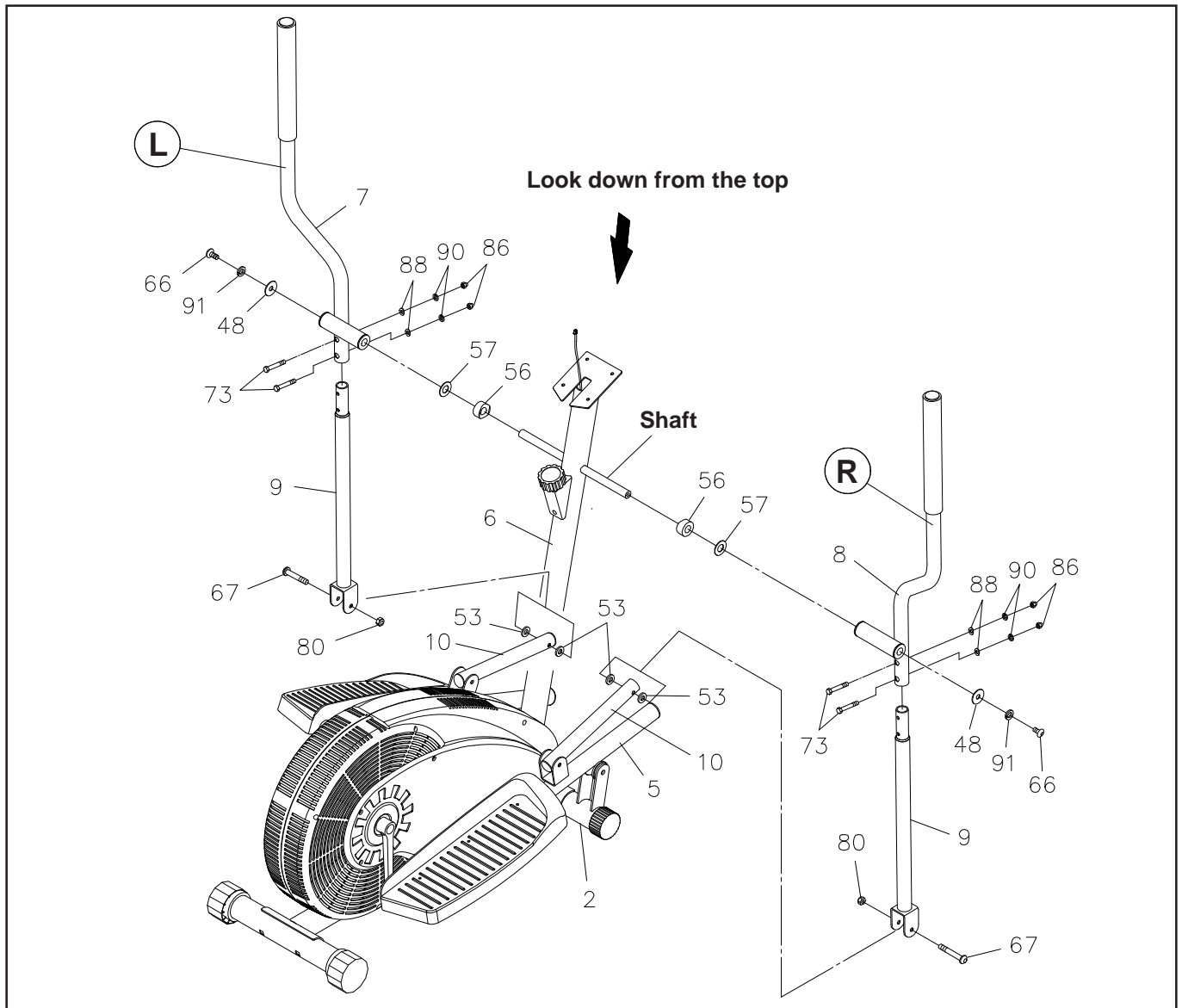
Place the front end of the **RIGHT PEDAL ARM(5)** on the **ROLLER(60)**. Connect the back end of the **RIGHT PEDAL ARM(5)** to the **RIGHT CRANK(42)** by threading the **RIGHT PEDAL SHAFT(46)** into the **RIGHT CRANK(42)** and tighten securely. Repeat on the left side.

STEP 8

There is a "L" decal on the **LEFT PEDAL CAP(50)**, and a "R" decal on the **RIGHT PEDAL CAP(51)**. Attach the **RIGHT PEDAL CAP(51)** onto the **RIGHT PEDAL ARM(5)** with **ROUND HEAD SCREWS (M5x15mm)(76)**. Repeat on the left side.

NOTE: The **LEFT** and **RIGHT PEDAL CAPS(50, 51)** have a raised lip on two sides. Attach the **LEFT** and **RIGHT PEDAL CAPS(50, 51)** to the **LEFT** and **RIGHT PEDAL ARMS(4, 5)** so the raised lip is on the front and the inner side.

ASSEMBLY INSTRUCTIONS

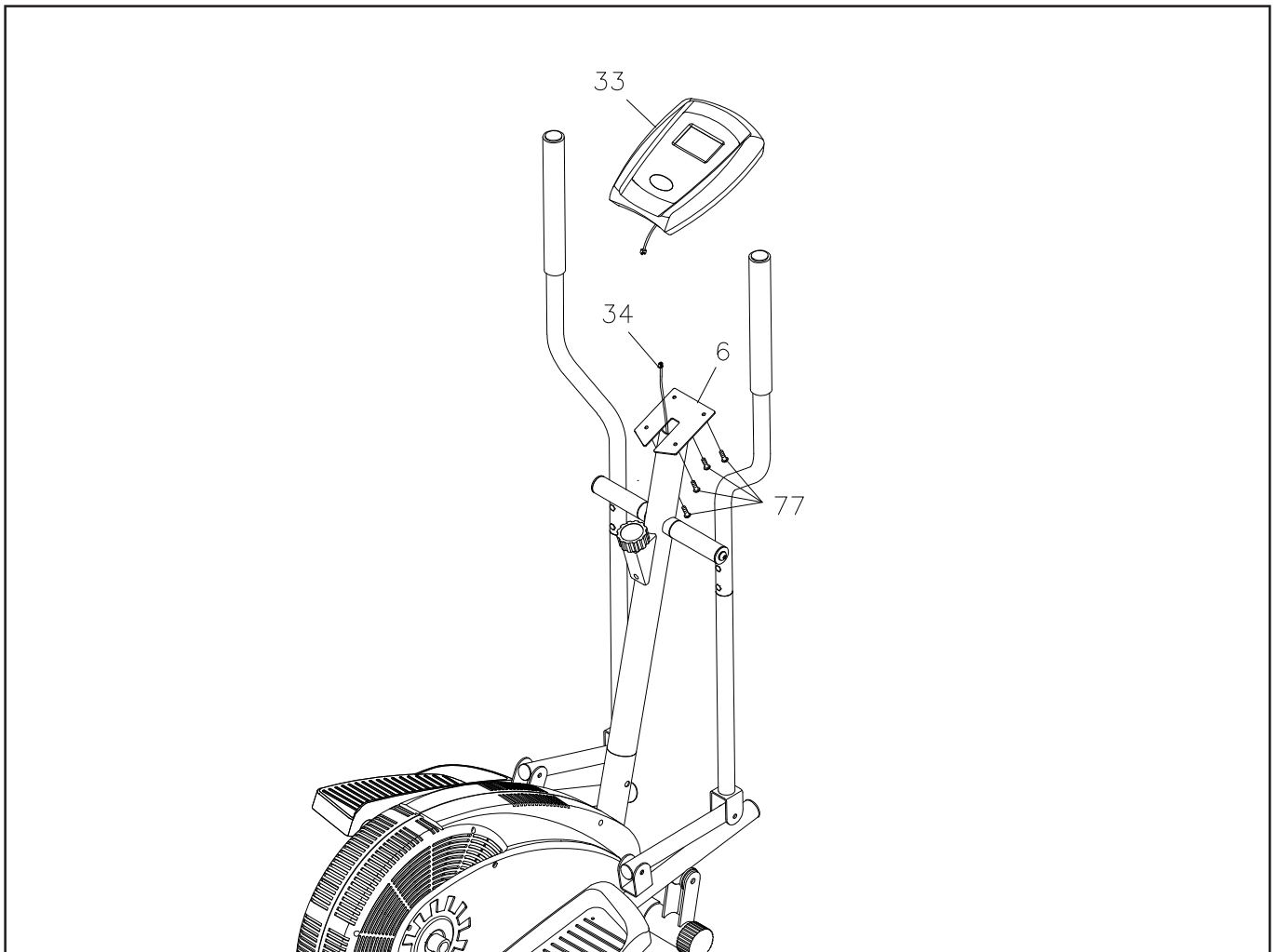


STEP 9: There is a "L" decal on the **LEFT HANDLEBAR(7)**, and a "R" decal on the **RIGHT HANDLEBAR(8)**. To assemble the **RIGHT HANDLEBAR(8)**, place a **SPACER(56)** and a **LARGE WASHER(M16)(57)** onto the right side of the **SHAFT** on the **UPRIGHT(6)**. Slide the **RIGHT HANDLEBAR(8)** onto the **SHAFT** and secure with a **LARGE WASHER(M8)(48)**, **LOCK WASHER(M8)(91)**, and **BUTTON HEAD BOLT (M8x1.25x20mm)(66)**. Repeat on the left side.

STEP 10: Attach the **LOWER PIVOTING ARMS(9)** to the **LEFT** and **RIGHT HANDLEBARS(7, 8)** with **HEX BOLTS(M6x1x38mm)(73)**, **ARC WASHERS(M6)(88)**, **LOCK WASHERS(M6)(90)**, and **ACORN NUTS (M6x1)(86)**. The **HEX BOLTS(M6x1x38mm)(73)** fit inside the hex-shaped holes in the **HANDLEBARS (7, 8)**. Attach the **LOWER PIVOTING ARMS(9)** to the **LINKAGES(10)** at both sides with the **PLASTIC WASHERS(M8)(53)**, **BUTTON HEAD BOLTS(M8x1.25x48mm)(67)**, and **NYLOCK NUTS(M8x1.25)(80)**.

STEP 11: Look down from the top of the **UPRIGHT(6)** to make sure the pivot tubes on the **HANDLEBARS (7, 8)** are parallel to the **FRONT STABILIZER(2)** and the **PEDAL ARMS(4, 5)** are crossing the **ROLLERS(60)** properly. Tighten the **BUTTON HEAD BOLTS(M8x1.25x15mm)(65)** on the **UPRIGHT(6)**.

ASSEMBLY INSTRUCTIONS



STEP 12

Install two **AA** batteries into the **METER(33)**. See page 12 for detailed battery installation instructions. Connect the **CONNECTION WIRE(34)** to the **METER(33)**. Attach the **METER(33)** onto the bracket on the **UPRIGHT(6)** with **ROUND HEAD SCREWS(M5x0.8x15mm)(77)**.

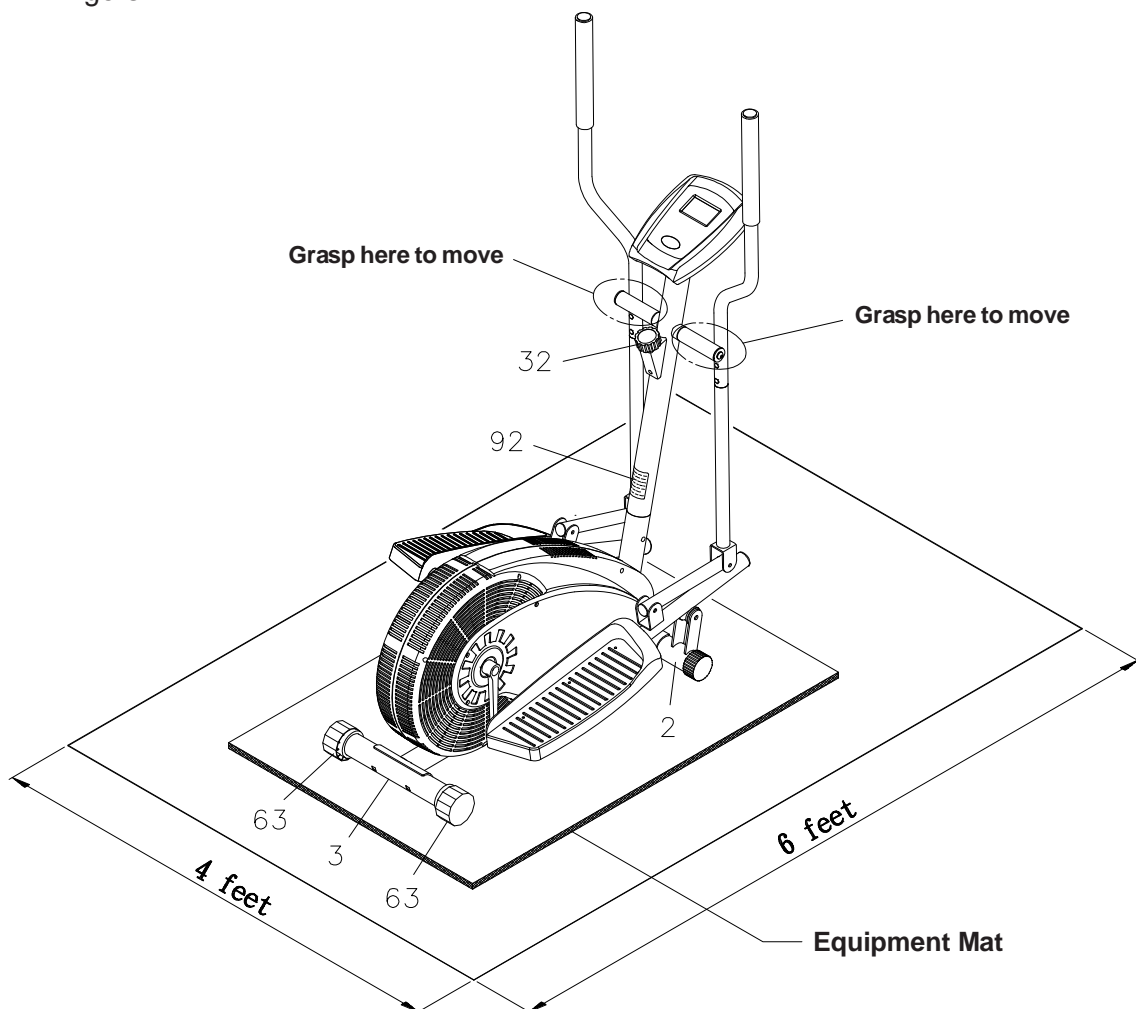
CAUTION: Be careful not to damage the **CONNECTION WIRE(34)** when attaching the **METER(33)**.

SET UP INSTRUCTIONS

Place the **CT2.0 CROSS TRAINER** in the area where it will be used. It is recommended that the **CT2.0 CROSS TRAINER** be placed on an equipment mat. The maximum operation dimensions of the **CT2.0 CROSS TRAINER** are approximately 41 1/2" long x 21 1/4" wide x 57 3/4" tall. (These dimensions may vary up to one inch.) An area 4 feet wide x 6 feet long is required for safe operation of the **CT2.0 CROSS TRAINER**. Make sure that adequate space is available for access to and passage around the **CT2.0 CROSS TRAINER**.

LEVELING: Adjust the **LEVELING CAPS(63)** on the **REAR STABILIZER(3)** so that the **CT2.0 CROSS TRAINER** sets on the floor without rocking.

MOVING: Grasp the pivot tubes on the **HANDLEBARS(7, 8)** and **REAR STABILIZER(3)** to move the **CT2.0 CROSS TRAINER**, two people are required for moving. Do not use the Pedal Arms to move the **CT2.0 CROSS TRAINER**. The Pedal Arms will move and may pinch your hand or fingers.



FUNCTION INSPECTION:

Visually inspect the **CT2.0 CROSS TRAINER** to verify that assembly is as shown in the above illustration. Check the function of the **CT2.0 CROSS TRAINER**. 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. Complete one full revolution slowly to verify that the drive train functions properly. Adjust the **TENSION KNOB(32)** and verify that it functions properly.

CAUTION: Locate and read the **WARNING LABEL(92)** on the **CT2.0 CROSS TRAINER**. Make sure that all users read the **WARNING LABEL(92)**.

OPERATIONAL INSTRUCTIONS

USING THE METER

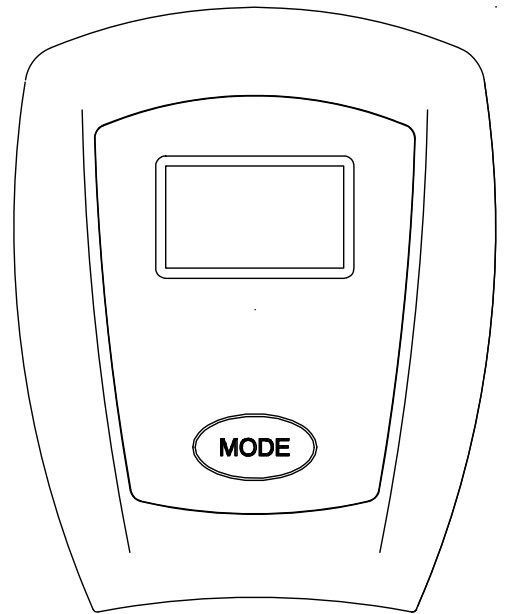
POWER ON : Pedal movement or push the **MODE** button.

POWER OFF : Automatic shut off after four minutes of inactivity.

MODE BUTTON:

Press to select display functions, include **SCAN, TIME, SPEED, DISTANCE,** and **CALORIES.**

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



FUNCTIONS:

SCAN: Automatically scans each function of **TIME, SPEED, DISTANCE,** and **CALORIES** in sequence with change every four seconds. Press and release the **MODE** button until "**SCAN**" appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

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

DISTANCE: Displays the distance from zero to 99.99 miles.

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

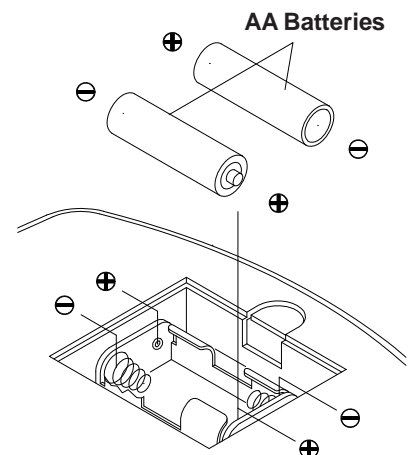
NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the **MODE** button and hold it down for three seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, two batteries included. Refer to the illustration to install or replace the batteries.

NOTE:

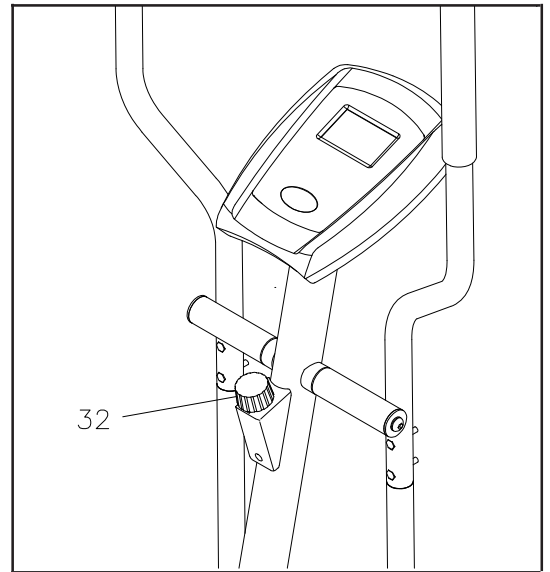
1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



OPERATIONAL INSTRUCTION

LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(32)** clockwise.
To decrease the load, turn the **TENSION KNOB(32)** counterclockwise.



EXERCISE WORKOUT

To start using the **CT2.0 CROSS TRAINER** simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on 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.

Forward and Reverse

The **CT2.0 CROSS TRAINER** 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.

Load Level Adjustment

The load level of **CT2.0 CROSS TRAINER** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

STORAGE

1. To store the **CT2.0 CROSS TRAINER** simply keep it in a clean dry place.
2. The minimum rest dimensions of the **CT2.0 CROSS TRAINER** are approximately 40 3/4" long x 21 1/4" wide x 58" tall. These dimensions may vary. Please measure your **CT2.0 CROSS TRAINER** if exact dimensions are needed.
3. Grasp the pivot tubes on the **HANDLEBARS(7, 8)** and **REAR STABILIZER(3)** to move the **CT2.0 CROSS TRAINER**, two people are required for moving. Do not use the Pedal Arms to move the **CT2.0 CROSS TRAINER**.
4. To avoid damage to the **METER(33)**, remove the batteries before storing the **CT2.0 CROSS TRAINER** for one year or more.

MAINTENANCE

The safety and integrity designed into the **CT2.0 CROSS TRAINER** can only be maintained when the **CT2.0 CROSS TRAINER** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(32)** and verify that the Tension Strap provides tension.
2. Verify that the **WARNING LABEL(92)** is present and legible. Replace the **WARNING LABEL(92)** if it is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the **CT2.0 CROSS TRAINER** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **CT2.0 CROSS TRAINER**.
6. Keep your **CT2.0 CROSS TRAINER** clean by wiping with an absorbent cloth after use.

CONDITIONING GUIDELINES

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

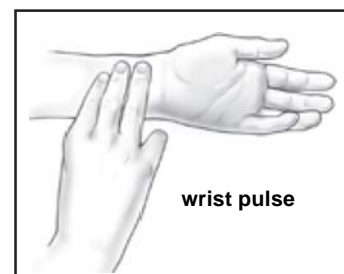
Remember to follow these essentials:

- 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.



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

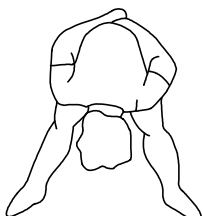
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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 lessen, try a lower position gradually.

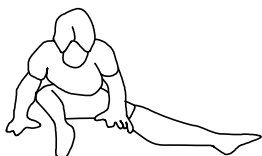


Floor Stretch

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.

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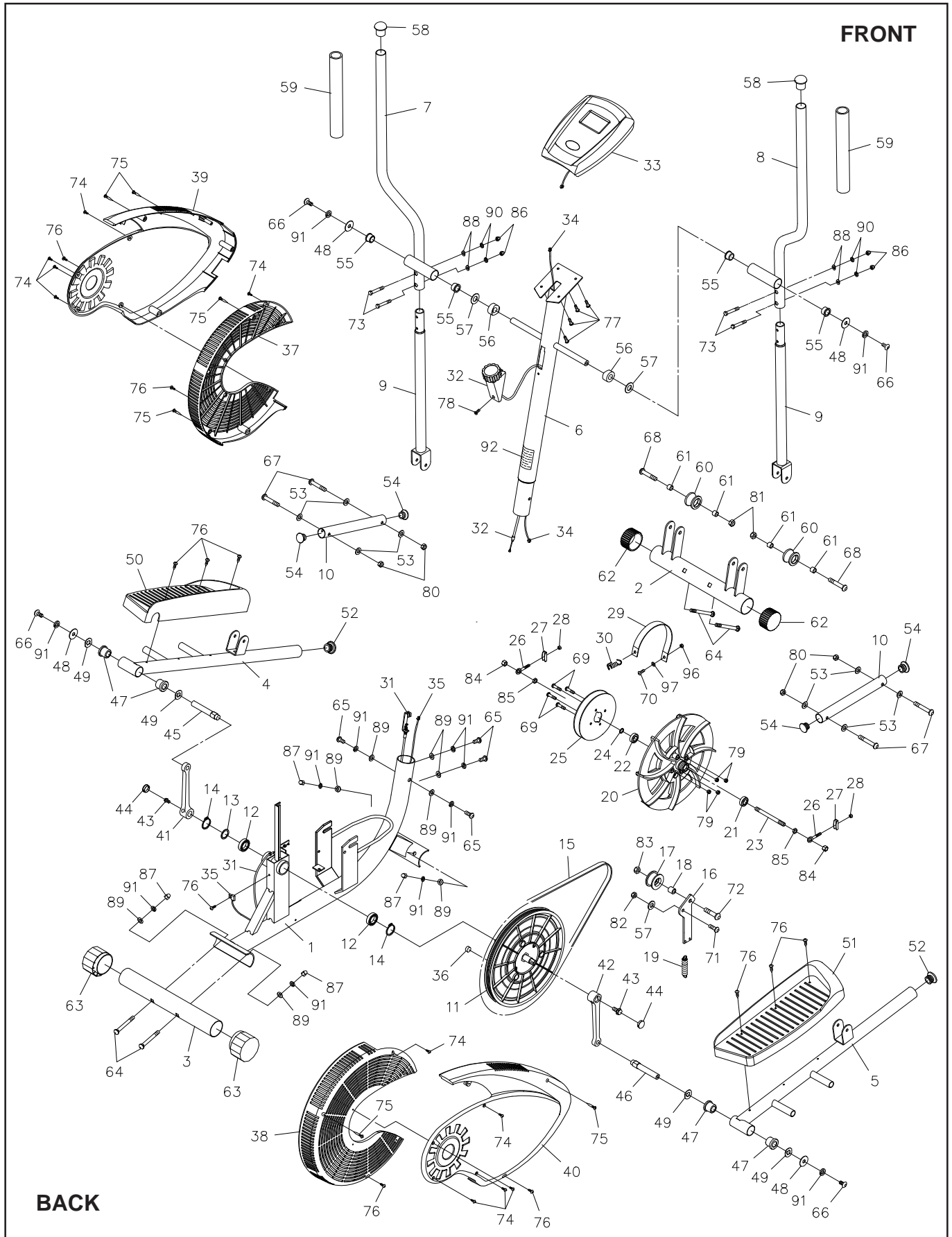
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PRODUCT PARTS DRAWING



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Left Pedal Arm	1
5	Right Pedal Arm	1
6	Upright	1
7	Left Handlebar	1
8	Right Handlebar	1
9	Lower Pivoting Arm	2
10	Linkage	2
11	Pulley and Axle	1
12	Bearing (6003Z)	2
13	Bearing Washer (M17)	1
14	C Ring (17mm)	2
15	V-Ribbed Belt	1
16	Idler Arm	1
17	Idler Wheel	1
18	Idler Wheel Spacer (ø10.4 x ø16 x 16.5mm)	1
19	Tension Spring	1
20	Fan	1
21	Bearing (6800zz)	1
22	Bearing (6900zz)	1
23	Fan Axle	1
24	C Ring (10mm)	1
25	Resistance Hub	1
26	Eye Bolt (M6 x 1 x 40mm)	2
27	Tension Bracket	2
28	Nut (M6 x 1)	2
29	Tension Strap	1
30	Tension Spring	1
31	Tension Cable	1
32	Tension Knob	1
33	Meter	1
34	Connection Wire	1
35	Sensor Wire	1
36	Magnet	1
37	Left Fan Cage	1
38	Right Fan Cage	1
39	Left Chain Guard	1
40	Right Chain Guard	1
41	Left Crank	1
42	Right Crank	1
43	Flange Bolt (M8 x 1.25 x 25mm)	2
44	Crank Cap	2
45	Left Pedal Shaft (9/16" - 20, Left Hand Threads)	1
46	Right Pedal Shaft (9/16" - 20, Right Hand Threads)	1
47	Pedal Arm Bushing	4
48	Large Washer (M8 x 32mm x 2mm thick)	4
49	Wave Washer (ø16.5 x ø22 x 0.4mm Thick)	4

PARTS LIST

DIAGRAM#	PART NAME	QTY
50	Left Pedal Cap	1
51	Right Pedal Cap	1
52	Round Plug (35mm)	2
53	Plastic Washer (M8 x ø18 x 2mm thick)	8
54	Round Plug (28.6mm)	4
55	Handlebar Bushing	4
56	Spacer	2
57	Large Washer (M16 x 0.5mm thick)	3
58	Dome Plug (38mm)	2
59	Foam Grip	2
60	Roller	2
61	Roller Spacer	4
62	Endcap (50.8mm)	2
63	Leveling Cap (50.8mm)	2
64	Carriage Bolt (M8 x 1.25 x 65mm)	4
65	Bolt, Button Head (M8 x 1.25 x 15mm)	4
66	Bolt, Button Head (M8 x 1.25 x 20mm)	4
67	Bolt, Button Head (M8 x 1.25 x 48mm)	4
68	Bolt, Button Head (M10 x 1.5 x 50mm)	2
69	Bolt, Round Head (M6 x 1 x 25mm)	4
70	Bolt, Round Head (M5 x 0.8 x 12mm)	1
71	Bolt, Flat Head (M8 x 1.25 x 20mm)	1
72	Bolt, Flat Head (M10 x 1.5 x 38mm)	1
73	Bolt, Hex Head (M6 x 1 x 38mm)	4
74	Screw, Round Head (M4 x 12mm)	10
75	Screw, Round Head (M4 x 25mm)	6
76	Screw, Round Head (M5 x 15mm)	11
77	Screw, Round Head (M5 x 0.8 x 15mm)	4
78	Screw, Flat Head (M5 x 0.8 x 12mm)	1
79	Nylock Nut (M6 x 1)	4
80	Nylock Nut (M8 x 1.25)	4
81	Nylock Nut (M10 x 1.5)	2
82	Thin Nylock Nut (M8 x 1.25 x 6mm thick)	1
83	Thin Nylock Nut (M10 x 1.5 x 7mm thick)	1
84	Thin Nylock Nut (3/8" - 26 x 9/32" thick)	2
85	Thin Nut (3/8" - 26 x 5/32" thick)	2
86	Acorn Nut (M6 x 1)	4
87	Acorn Nut (M8 x 1.25)	4
88	Arc Washer (M6)	4
89	Arc Washer (M8)	8
90	Lock Washer (M6)	4
91	Lock Washer (M8)	12
92	Warning Label	1
93	Wrench	1
94	Allen Wrench (6mm)	1
95	Manual	1
96	Nylock Nut (M5 x 0.8)	1
97	Washer (M5)	1

NOTES

