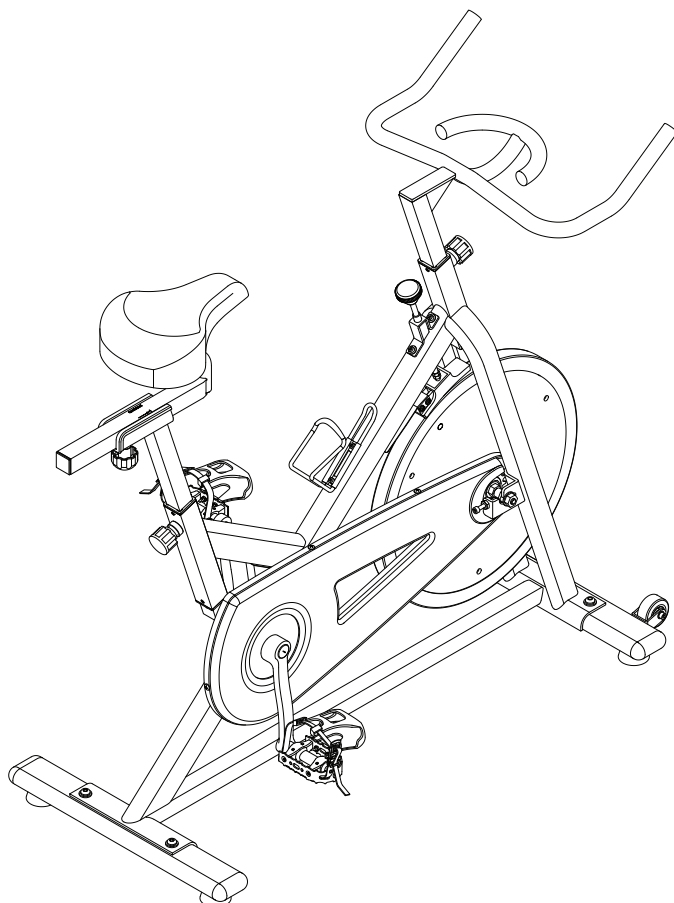


# **STAMINA®**

# **CPS 9190**

## **INDOOR CYCLE**

## **Owner's Manual**



Product May Vary Slightly From Pictured.

### **CAUTION:**

Weight on this product should not exceed 300 lbs.

### **⚠ WARNING ⚠**

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

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

**Model#: 15-9190**

**This Product is Produced Exclusively by**



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

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

**STAMINA PRODUCTS**  
**MADE IN CHINA**

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2009, 09


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## SAFETY INSTRUCTIONS

 **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the **CPS 9190 Indoor Cycle**.

1. Read all warnings posted on the **CPS 9190 Indoor Cycle**.
2. The **CPS 9190 Indoor Cycle** 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 **CPS 9190 Indoor Cycle**. Do not allow children to use or play on the **CPS 9190 Indoor Cycle**. Keep children and pets away from the **CPS 9190 Indoor Cycle** when it is in use.
5. The **CPS 9190 Indoor Cycle** is not a freewheeling exercise bike; therefore, pedal speed should be reduced in a controlled manner to prevent injury from spinning pedals.
6. Make sure the **CPS 9190 Indoor Cycle** is properly assembled and that all nuts and bolts are tightened before use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **CPS 9190 Indoor Cycle** on a solid level surface. Do not position the **CPS 9190 Indoor Cycle** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **CPS 9190 Indoor Cycle**.
10. Adjust the STANDS(51) under the FRONT and REAR STABILIZERS(3, 4) so that the **CPS 9190 Indoor Cycle** sits on the floor without rocking. See page 9 for detailed leveling instructions.
11. Before using, inspect **CPS 9190 Indoor Cycle** for worn or loose components, and tighten or replace any worn or loose components prior to use.
12. Before getting on the **CPS 9190 Indoor Cycle**, always check the SEAT POST(5), SEAT SLIDER(6), PEDALS(16, 17), and HANDLEBAR(2) to be sure they are secure. The ADJUSTMENT KNOBS(48) must be inserted into one of the holes in the SEAT POST(5) and the HANDLEBAR(2) and tightened.
13. Each user should adjust the seat per instructions on page 10.
14. Do not attempt to adjust the seat while you are on the **CPS 9190 Indoor Cycle**.
15. 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.
16. Follow your physician's recommendations in developing your own personal fitness program.
17. 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.
18. Do not wear loose or dangling clothing while using the **CPS 9190 Indoor Cycle**.
19. 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.
20. Care should be taken in mounting or dismounting the **CPS 9190 Indoor Cycle**.
21. The **CPS 9190 Indoor Cycle** should not be used by persons weighing over 300 pounds.
22. The **CPS 9190 Indoor Cycle** should be used by only one person at a time.
23. The **CPS 9190 Indoor Cycle** 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](http://www.staminaproducts.com)**

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## **THANK YOU FOR PURCHASING THE CPS 9190 Indoor Cycle**

To help you get started, we have pre-assembled most of your CPS 9190 Indoor Cycle at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**

**Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.**  
**Friday, 8:00 A.M. - 3:00 P.M., Central Time.**



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



**FAX**  
CUSTOMER SERVICE  
Fax: (417) 889-8064



**ONLINE**  
CUSTOMER SERVICE  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://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 **CPS 9190 Indoor Cycle**. 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 **CPS 9190 Indoor Cycle** 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.

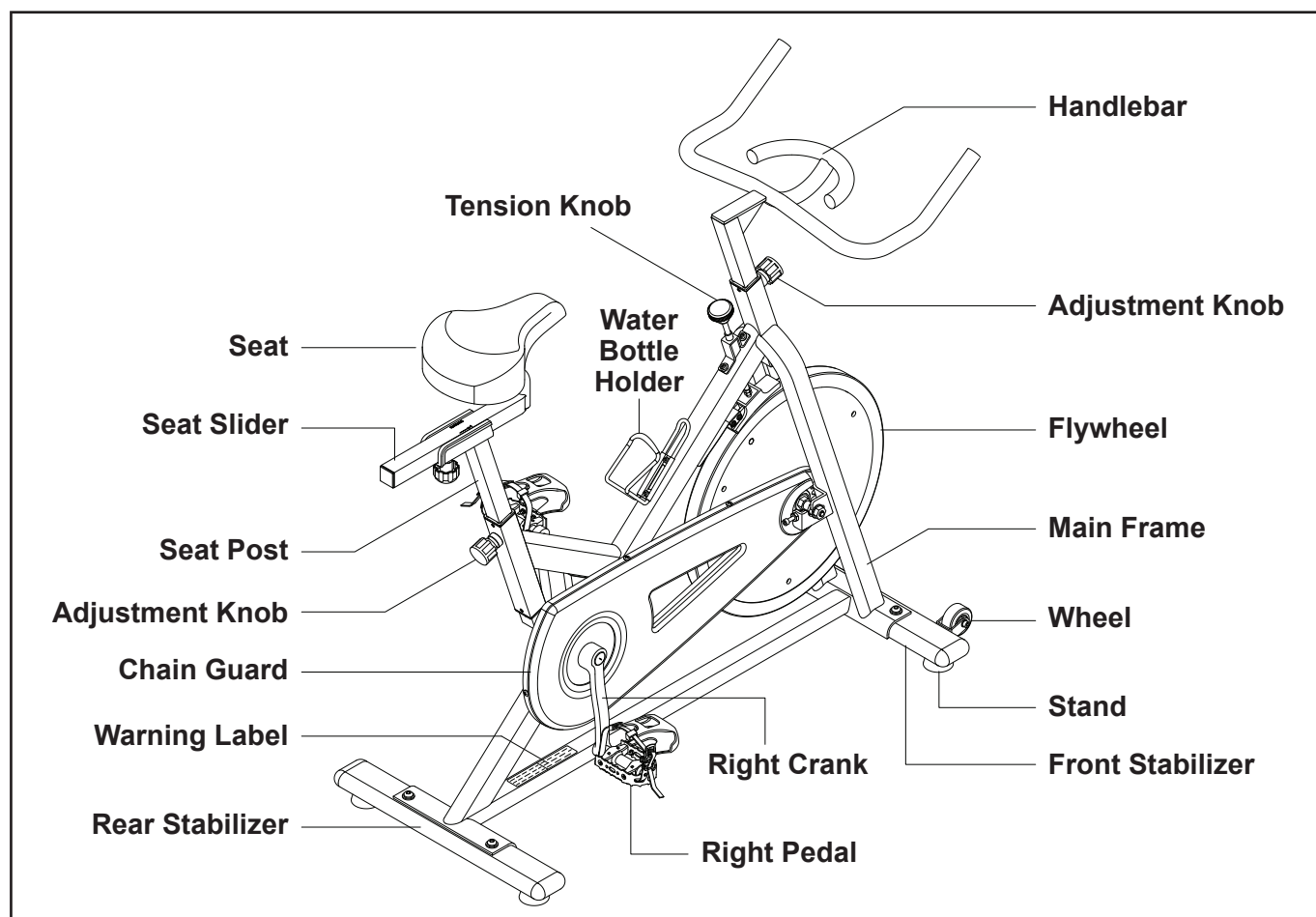
Read this manual carefully before using the **CPS 9190 Indoor Cycle**.

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 **CPS 9190 Indoor Cycle**, please do not return the product. Contact us **FIRST!**

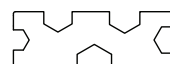
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at [www.staminaproducts.com](http://www.staminaproducts.com) and access the Customer Service section.

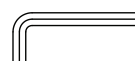
Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



Wrench



Allen Wrench (5mm)

## EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **CPS 9190 Indoor Cycle**. Please take a moment to familiarize yourself with all of the warning & notice labels.

Label is larger than actual size

### **W1** WARNING LABEL(70)



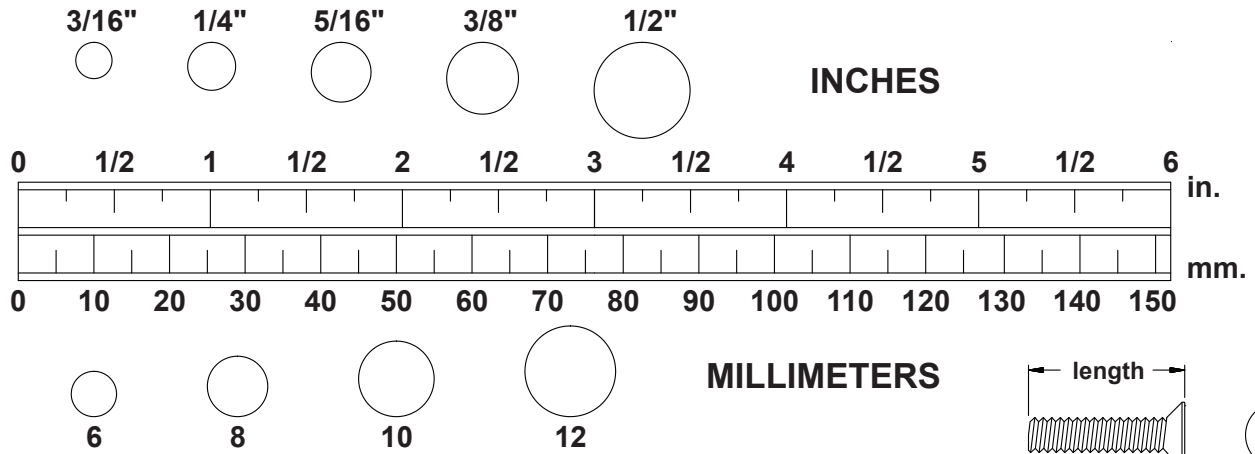
**THIS CLASS A STATIONARY EXERCISE BIKE IS FOR CONSUMER USE ONLY. Failure to comply with these warnings could result in serious injury or death. All warnings and instructions are to be read prior to use. Replace this warning label if damaged, illegible, or removed.**

#### **Keep others including children & pets away from equipment when in use.**

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. This is especially important for persons over the age of thirty-five or with preexisting health problems. STAMINA® assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Make sure all nuts and bolts are securely tightened, and follow all safety tips and instructions set forth herein. This product should not be used by persons weighing more than 250 lbs, unless otherwise stated in the front of your manual. Spinning pedals can cause injury. This Bike does not freewheel. Pedal speed should be reduced in a controlled manner. The exercise bicycle should only be used after a thorough review of the operation manual (consumer exercise bicycles) or under the direct supervision of a trained instructor (institutional exercise bicycles).

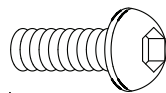
## HARDWARE IDENTIFICATION CHART

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.

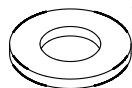


**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

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.



55	Bolt, Button Head (M8 x 1.25 x 15mm)	4
----	--------------------------------------	---



69	Washer (M8)	4
----	-------------	---

## 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

Make the **WHEELS(49)** on the **FRONT STABILIZER(3)** face the front, then attach the **FRONT STABILIZER(3)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(55)** and **WASHERS(M8)(69)**.

### STEP 2

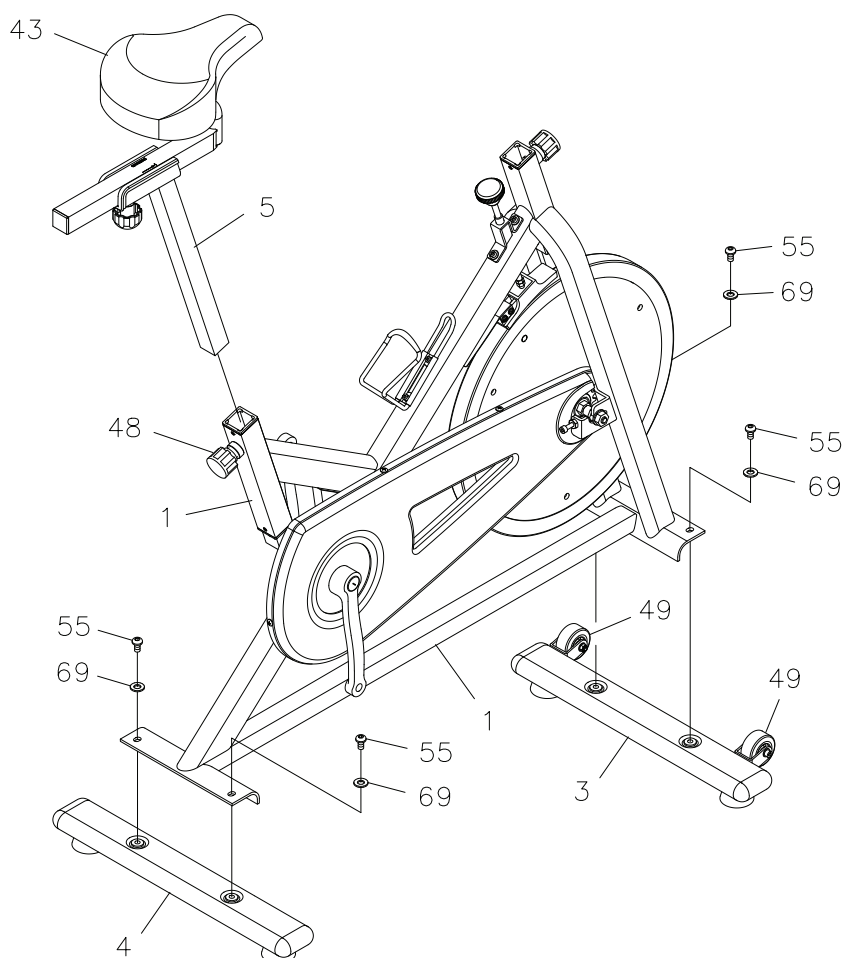
Attach the **REAR STABILIZER(4)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(55)** and **WASHERS(M8)(69)**.

**NOTE:** See page 10 for detailed leveling instructions to prevent rocking.

### STEP 3

Pull the **ADJUSTMENT KNOB(48)**, then insert the **SEAT POST(5)** into the **MAIN FRAME(1)** and secure with the **ADJUSTMENT KNOB(48)**.

**NOTE:** The pin of the **ADJUSTMENT KNOB(48)** should be inserted into one of the adjustment holes in the **SEAT POST(5)**. And the **ADJUSTMENT KNOB(48)** should be screwed in tight to make the **SEAT POST(5)** fits securely in the **MAIN FRAME(1)**.



## ASSEMBLY INSTRUCTIONS

### STEP 4

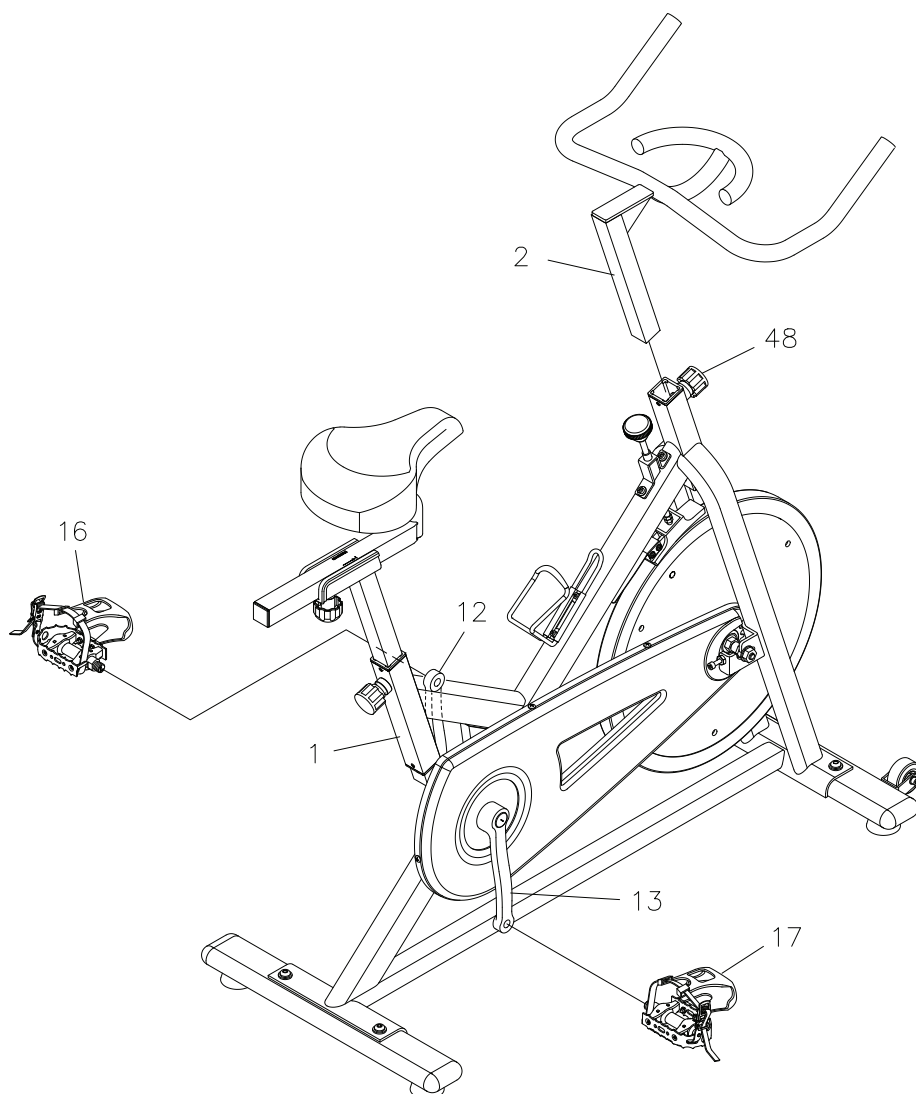
**NOTE:** The **RIGHT PEDAL(17)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(17)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(16)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(16)** has left hand threads and is tightened by turning counterclockwise.

Thread the **RIGHT PEDAL(17)** into the **RIGHT CRANK(13)** as shown. Tighten the pedal securely. Do the same to attach the **LEFT PEDAL(16)** to the **LEFT CRANK(12)**.

### STEP 5

Pull the **ADJUSTMENT KNOB(48)**, then insert the **HANDLEBAR(2)** into the **MAIN FRAME(1)** and secure with the **ADJUSTMENT KNOB(48)**.

**NOTE:** The pin of the **ADJUSTMENT KNOB(48)** should be inserted into one of the adjustment holes in the **HANDLEBAR(2)**. And the **ADJUSTMENT KNOB(48)** should be screwed in tight to make the **HANDLEBAR(2)** fits securely in the **MAIN FRAME(1)**.



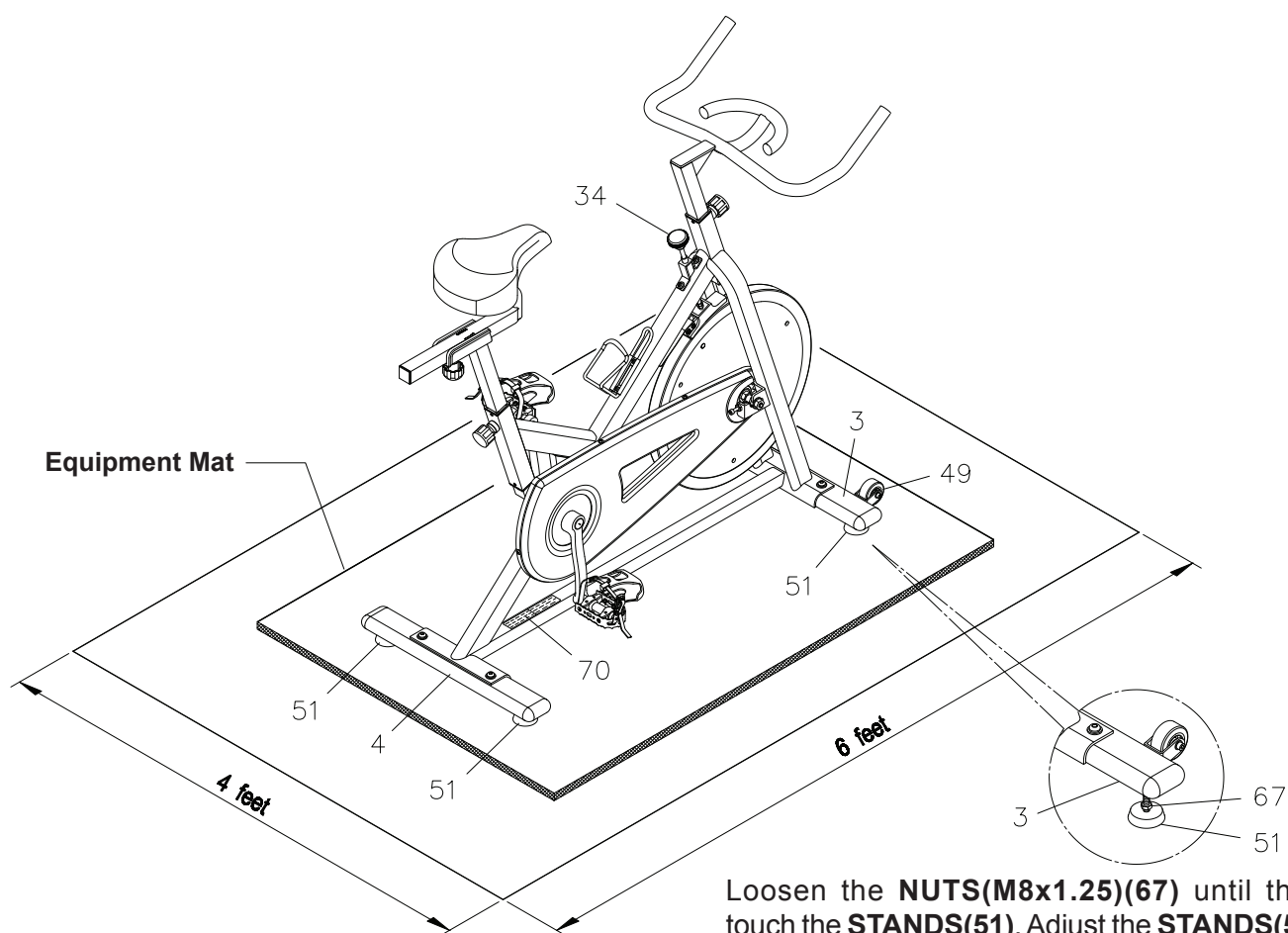


## SET UP INSTRUCTIONS

Place the **CPS 9190 Indoor Cycle** in the area where it will be used. It is recommended that the **CPS 9190 Indoor Cycle** be placed on an equipment mat. The **CPS 9190 Indoor Cycle** is approximately 50 inches long (max.) x 18 3/8 inches wide x 42 5/8 inches tall (max.). An area 4 feet wide x 6 feet long is required for safe operation of the **CPS 9190 Indoor Cycle**. Make sure that adequate space is available for access to and passage around the **CPS 9190 Indoor Cycle**.

**LEVELING:** Adjust the **STANDS(51)** under the **FRONT** and **REAR STABILIZER(3, 4)** so that the **CPS 9190 Indoor Cycle** sits on the floor without rocking. Refer to the instructions below the illustration.

**MOVING:** The **CPS 9190 Indoor Cycle** has a pair of **WHEELS(49)** on the **FRONT STABILIZER(3)**. Lift up the **REAR STABILIZER(4)** to move the **CPS 9190 Indoor Cycle**.



Loosen the **NUTS(M8x1.25)(67)** until they touch the **STANDS(51)**. Adjust the **STANDS(51)** for leveling. Tighten the **NUTS(M8x1.25)(67)** securely against the **STABILIZERS(3, 4)** to lock the **STANDS(51)** in position.

### FUNCTION INSPECTION:

Visually inspect the **CPS 9190 Indoor Cycle** to verify that assembly is as shown in the above illustration. Check the function of the **CPS 9190 Indoor Cycle** by turning the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(34)** to verify that the adjustable tension is working properly.

**CAUTION:** Locate and read the **WARNING LABEL(70)** on the **CPS 9190 Indoor Cycle**. Make sure that all users read the **WARNING LABEL(70)**.

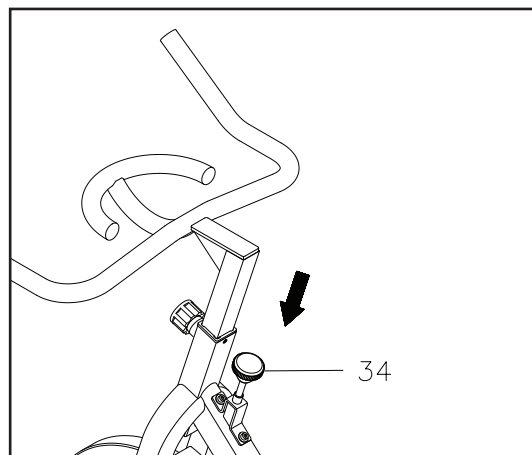
## OPERATIONAL INSTRUCTIONS

### LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(34)** clockwise. To decrease the load, turn the **TENSION KNOB(34)** counterclockwise.

### CAUTION!

The **TENSION KNOB(34)** is the Emergency Brake, too. The **CPS 9190 Indoor Cycle** can be stopped immediately by pushing down the **TENSION KNOB(34)**.

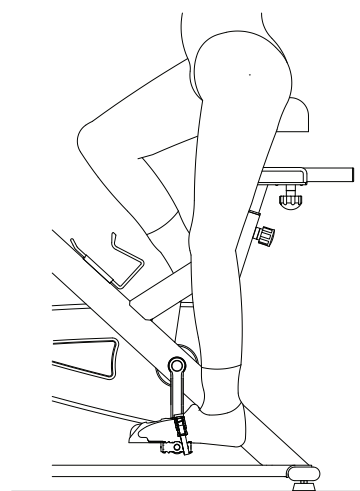
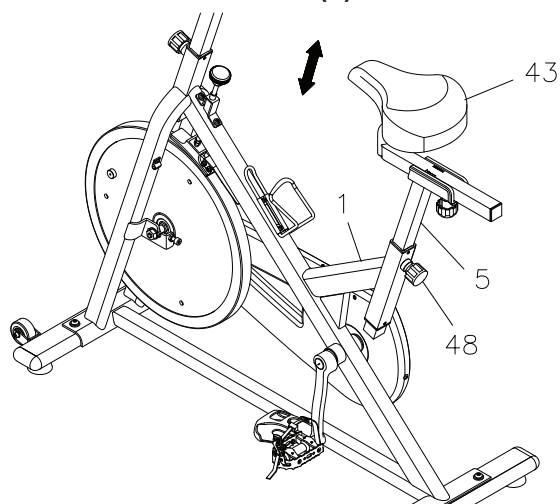


### SEAT HEIGHT ADJUSTMENT

Proper seat height is important for efficient exercise. To determine proper seat height, place your foot in the toe cage of the pedal closest to the floor and mount the bike. Sit on the **BIKE** and move one of the pedals to the down position. Your leg should be slightly bent and relaxed as shown.

If your leg is too straight or if your foot cannot touch the pedal when extended at the downstroke, you will need to lower the seat. If your leg is bent too much, you will need to raise the seat. Loosen and pull the **ADJUSTMENT KNOB(48)**, then lower or raise the **SEAT(43)** to the desired height, and secure with the **ADJUSTMENT KNOB(48)**. Make all adjustments to seat height while off of the bike.

**NOTE:** The **ADJUSTMENT KNOB(48)** should be screwed in tight to make the **SEAT POST(5)** fits securely in the **MAIN FRAME(1)**.

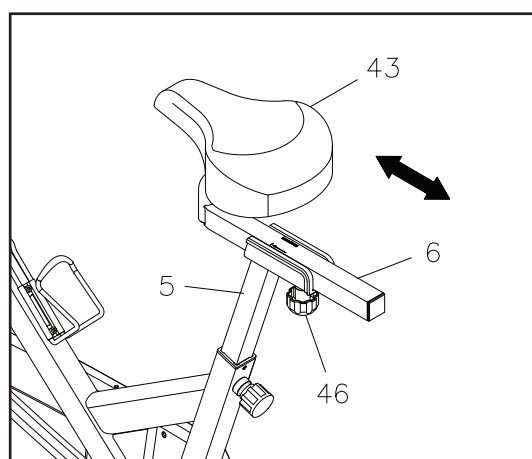


### FORWARD/AFT POSITION OF SEAT

Adjusting the **SEAT(43)** forward or backward helps you work on different lower body muscle groups.

Loosen the **LOCKING KNOB(46)**, slide the **SEAT(43)** to the desired position, and secure with the **LOCKING KNOB(46)**.

**NOTE:** The **LOCKING KNOB(46)** should be screwed in tight to make the **SEAT SLIDER(6)** fit securely in the **SEAT POST(5)**.



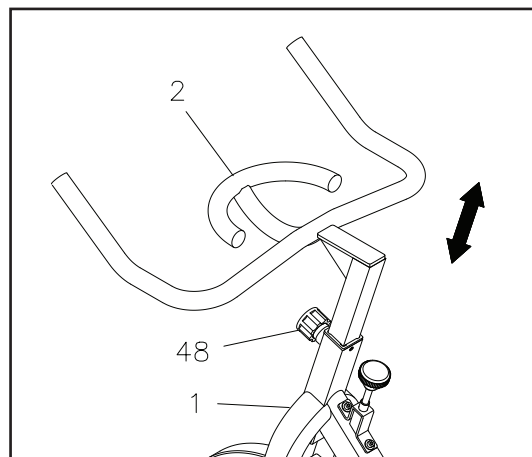
## OPERATIONAL INSTRUCTIONS

### HANDLEBAR HEIGHT ADJUSTMENT

**HANDLEBAR(2)** height is a matter of preference. Start with the **HANDLEBAR(2)** at the same height as the seat. Adjusting the **HANDLEBAR(2)** higher will give the rider a more upright position; lowering the **HANDLEBAR(2)** will result in a more prone position.

To adjust, loosen and pull the **ADJUSTMENT KNOB(48)**, then lower or raise the **HANDLEBAR(2)** to the desired height, and secure with the **ADJUSTMENT KNOB(48)**.

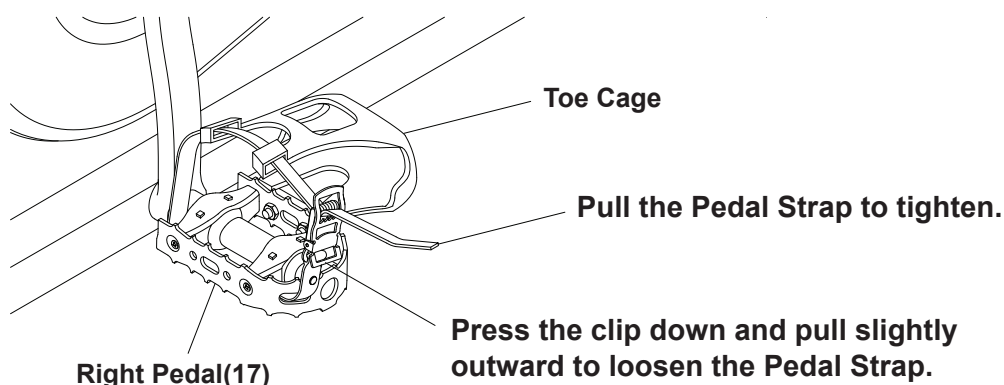
**NOTE:** The **ADJUSTMENT KNOB(48)** should be screwed in tight to make the **HANDLEBAR(2)** fit securely in the **MAIN FRAME(1)**.



### PEDAL STRAP ADJUSTMENT

Use the following procedure to adjust the **PEDAL STRAP**:

1. Place the ball of each foot on the pedal and in the toe cage such that the ball of the foot is centered over the pedal spindle and under the strap.
2. Rotate the cranks until one foot is in a position closest to you.
3. To tighten the strap, pull up on the end of the strap until it fits snugly over your shoe. Make sure that the strap is secure, but not overly tight or pressing uncomfortably on your foot.
4. Repeat for the other foot.
5. To loosen the pedal strap, press down on the clip that holds the strap secure, and pull slightly outward. Release the clip to lock the strap into place.

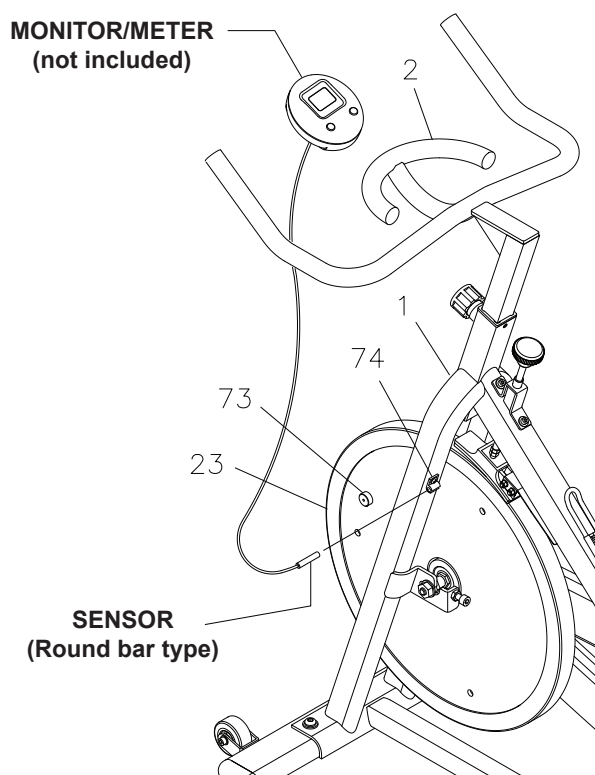


## OPERATIONAL INSTRUCTIONS

### ADDING A FITNESS MONITOR OR METER

The **CPS 9190 Indoor Cycle** does not include a fitness monitor or meter, but is equipped to add a fitness monitor or meter if you wish. Fitness monitors can be purchased at stores that sell biking accessories. Purchase a meter that can be attached to the **HANDLEBAR(2)**, and follow any installation and operation instructions provided by the manufacturer. Your **CPS 9190 Indoor Cycle** comes equipped with a **MAGNET(73)** built into the **FLYWHEEL(23)**, so it is not necessary to install the magnet that comes with your meter; just attach the sensor to the **SENSOR CLIP(74)** on the **MAIN FRAME(1)** and attach the meter to the **HANDLEBAR(2)** following manufacturers instructions.

**NOTE:** Some models of fitness monitors/meters may not attach to the **SENSOR CLIP(74)**. In this case, attach the sensor to the **MAIN FRAME(1)** using the sensor bracket provided by the manufacturer.



## STORAGE

1. To store the **CPS 9190 Indoor Cycle**, simply keep it in a clean dry place.
2. Adjust the **HANDLEBAR(2)** and the **SEAT POST(5)** to the lowest position. Adjust the **SEAT SLIDER(6)** to the most forward position. The **CPS 9190 Indoor Cycle** is approximately 40 3/4 inches long (min.) x 18 3/8 inches wide x 37 1/4 inches tall (min.). These dimensions will vary. Please measure your **CPS 9190 Indoor Cycle** if exact dimensions are needed.
3. To move the **CPS 9190 Indoor Cycle**, lift the **REAR STABILIZER(4)** and use the **WHEELS(49)** on the **FRONT STABILIZER(3)**.

## MAINTENANCE

The safety and integrity designed into the **CPS 9190 Indoor Cycle** can only be maintained when the **CPS 9190 Indoor Cycle** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(34)** and verify that the Flywheel System provides tension. The Flywheel System should provide many years of use.
2. Use a wrench to verify that the pedals are tightened securely. If tightening is required, remember that the left pedal has left hand threads and is tightened by turning counterclockwise. The right pedal has right hand threads that are tightened by turning clockwise.
3. Verify that the **WARNING LABEL(70)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(70)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **CPS 9190 Indoor Cycle** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **CPS 9190 Indoor Cycle**.
7. Keep your **CPS 9190 Indoor Cycle** clean by wiping it off with an absorbent cloth after use.

## CONDITIONING GUIDELINES

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

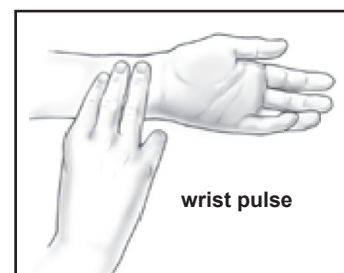
Remember to follow these essentials:

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

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

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

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



Target Heart Rate Zone Estimated by Age\*

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

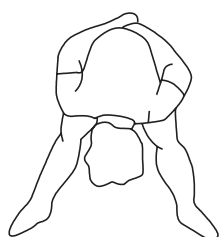
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## WARM-UP and COOL-DOWN

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

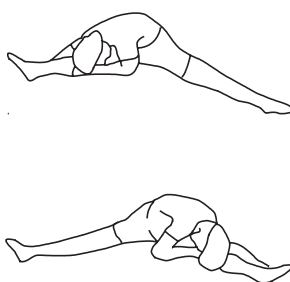
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



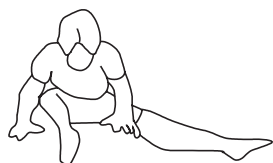
#### Lower Body Stretch

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



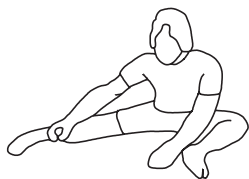
#### Floor Stretch

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



#### Bent Torso Pulls

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



#### Bent Over Leg Stretch

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

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

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



## LIMITED WARRANTY

MODEL 15-9190

### 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.

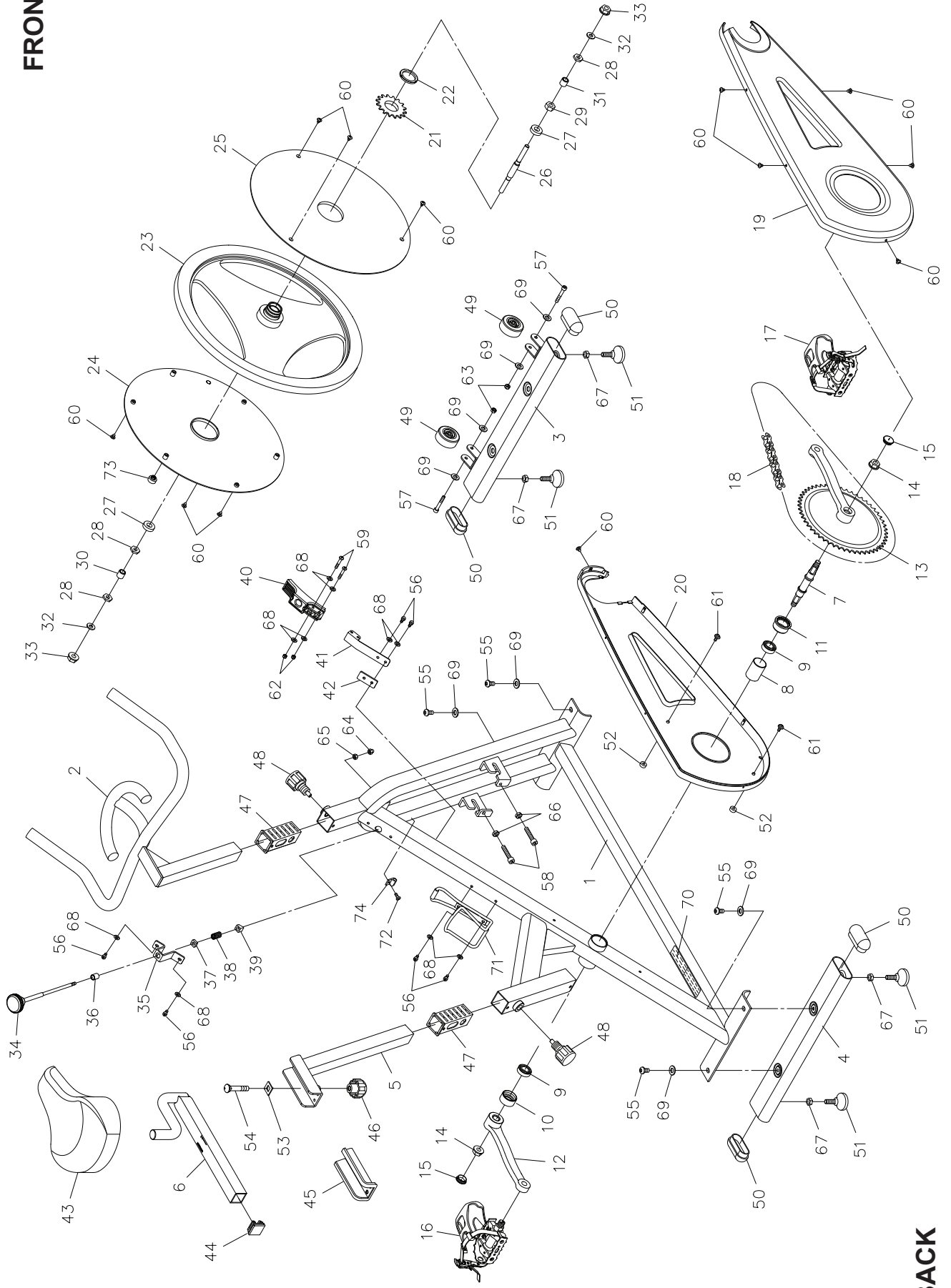
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, 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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FRONT



BACK



## PARTS LIST

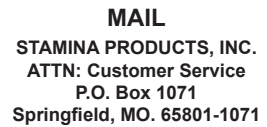
PART#	PART NAME	QTY
1	Main Frame	1
2	Handlebar	1
3	Front Stabilizer	1
4	Rear Stabilizer	1
5	Seat Post	1
6	Seat Slider	1
7	Shaft	1
8	Bearing Spacer	1
9	Bearing (6002RS)	2
10	Left Retaining Ring (1 3/8"-24, Left Hand Threads)	1
11	Right Retaining Ring (1 3/8"-24, Right Hand Threads)	1
12	Left Crank	1
13	Right Crank w/ Sprocket	1
14	Flange Nut (M10 x 1.25)	2
15	Crank Cap	2
16	Left Pedal	1
17	Right Pedal	1
18	Chain (1/2" x 1/8" x 112 links)	1
19	Chain Guard	1
20	Inner Chain Guard	1
21	Small Sprocket (16T)	1
22	Retainer (BC 1.29" - 24, Left Hand Threads)	1
23	Flywheel (10kg)	1
24	Left Flywheel Cover	1
25	Right Flywheel Cover	1
26	Flywheel Axle	1
27	Bearing (6000zz)	2
28	Nut (3/8" - 26 x 0.24" thick)	3
29	Nut (3/8" - 26 x 0.35" thick)	1
30	Spacer A	1
31	Spacer B	1
32	Washer (3/8")	2
33	Flange Nut (3/8" - 26)	2
34	Tension Knob	1
35	Support Bracket	1
36	Bushing	1
37	Square Nut (M8 x 1.25)	1
38	Spring	1
39	Collar	1
40	Brake	1
41	Brake Support	1
42	Rubber Pad	1
43	Seat	1
44	Square Plug (30mm x 30mm)	1
45	Slider Bushing	1
46	Locking Knob	1
47	Sleeve	2

## PARTS LIST

PART#	PART NAME	QTY
48	Adjustment Knob	2
49	Wheel	2
50	Rectangular Plug (25mm x 50mm)	4
51	Stand	4
52	Chain Guard Spacer	2
53	Square Washer	1
54	Carriage Bolt (M10 x 1.5 x 45mm)	1
55	Bolt, Button Head (M8 x 1.25 x 15mm)	4
56	Bolt, Socket Head (M5 x 0.8 x 12mm)	6
57	Bolt, Socket Head (M8 x 1.25 x 40mm)	2
58	Bolt, Socket Head (M8 x 1.25 x 40mm, all threaded)	2
59	Screw, Round Head (M5 x 0.8 x 30mm)	2
60	Screw, Round Head (M5 x 10mm)	12
61	Flange Screw, Round Head (M5 x 0.8 x 20mm)	2
62	Nylock Nut (M5 x 0.8)	2
63	Nylock Nut (M8 x 1.25)	2
64	Acorn Nut (M6 x 1)	1
65	Thin Nut (M6 x 1 x 3mm thick)	1
66	Thin Nut (M8 x 1.25 x 5mm thick)	2
67	Nut (M8 x 1.25)	4
68	Washer (M5)	10
69	Washer (M8)	8
70	Warning Label	1
71	Water Bottle Holder	1
72	Screw, Round Head (M5 x 20mm)	1
73	Magnet	1
74	Sensor clip	1
75	Wrench	1
76	Allen Wrench (5mm)	1
77	Manual	1

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Please do not return the product. For your convenience, Stamina's Customer Service Department can be reached by email at [customerservice@staminaproducts.com](mailto:customerservice@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.

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