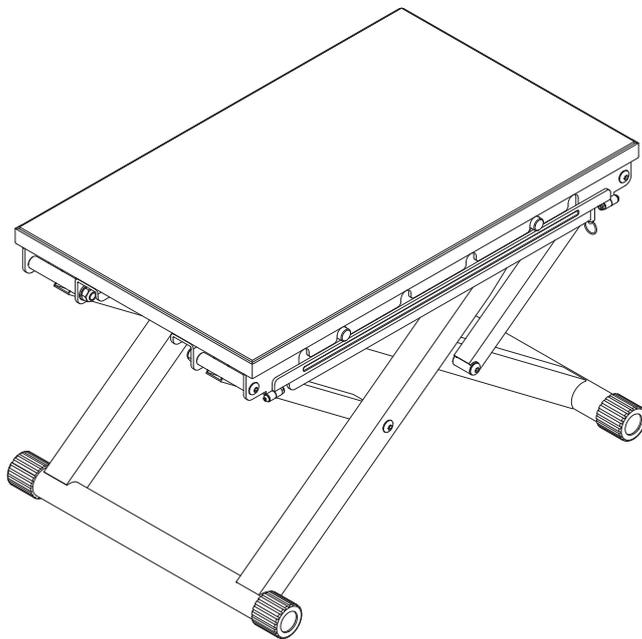


STAMINA|X
EXTREME TRAINING SERIES

ADJUSTABLE
PLYO BOX

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 300 lbs.

This Product is Distributed Exclusively by



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

⚠ 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#: 20-0012

STAMINA PRODUCTS
MADE IN CHINA

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2013, 04

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SAFETY INSTRUCTIONS

- ⚠ WARNING** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.
- ⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.
- ⚠ CAUTION** The Rubber Mat(8) contains natural rubber latex which may cause allergic reactions.
- ⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the **STAMINA|X-Adjustable Plyo Box**.

1. Read all warnings and cautions posted on the **STAMINA|X-Adjustable Plyo Box**.
2. The **STAMINA|X-Adjustable Plyo Box** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
3. Keep children away from the **STAMINA|X-Adjustable Plyo Box**. Do not allow children to use or play on the **STAMINA|X-Adjustable Plyo Box**. Keep children and pets away from the **STAMINA|X-Adjustable Plyo Box** when it is in use.
4. It is recommended that you place this exercise equipment on an equipment mat.
5. Set up and operate the **STAMINA|X-Adjustable Plyo Box** on a solid level surface. Do not position the **STAMINA|X-Adjustable Plyo Box** on loose rugs or uneven surfaces.
6. Make sure that adequate space is available for access to and around the **STAMINA|X-Adjustable Plyo Box**.
7. Before using, always check the Outer Leg(1) and Inner Leg(2) are locked in position with the Safety Bar(6). And the Safety Bar(6) is secured properly with the Spring Pin(9).
8. Before using, inspect the **STAMINA|X-Adjustable Plyo Box** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. 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.
10. 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.
11. Do not wear loose or dangling clothing while using the **STAMINA|X-Adjustable Plyo Box**.
12. 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.
13. Be careful to maintain your balance while using, mounting, or dismounting the **STAMINA|X-Adjustable Plyo Box**, loss of balance may result in a fall and serious bodily injury.
14. The **STAMINA|X-Adjustable Plyo Box** should not be used by persons weighing over 300 pounds.
15. The **STAMINA|X-Adjustable Plyo Box** should be used by only one person at a time.
16. The **STAMINA|X-Adjustable Plyo Box** is for consumer use only. It is not for use in public or semipublic facilities.

Call Us First



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

THANK YOU FOR PURCHASING THE STAMINA|X-Adjustable Plyo Box

To enact your warranty, please register your product
by going to register.staminaproducts.com

To help you get started, we have fully assembled your
STAMINA|X-Adjustable Plyo Box at the factory.
Simply follow the few adjustment instructions set forth in this manual.
With regular workouts, you will be getting your body into shape
and be on your way to achieving a happier and healthier lifestyle.

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

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



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



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



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



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



BEFORE YOU BEGIN

Thank you for choosing the **STAMINA|X-Adjustable Plyo Box**. 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 **STAMINA|X-Adjustable Plyo Box** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

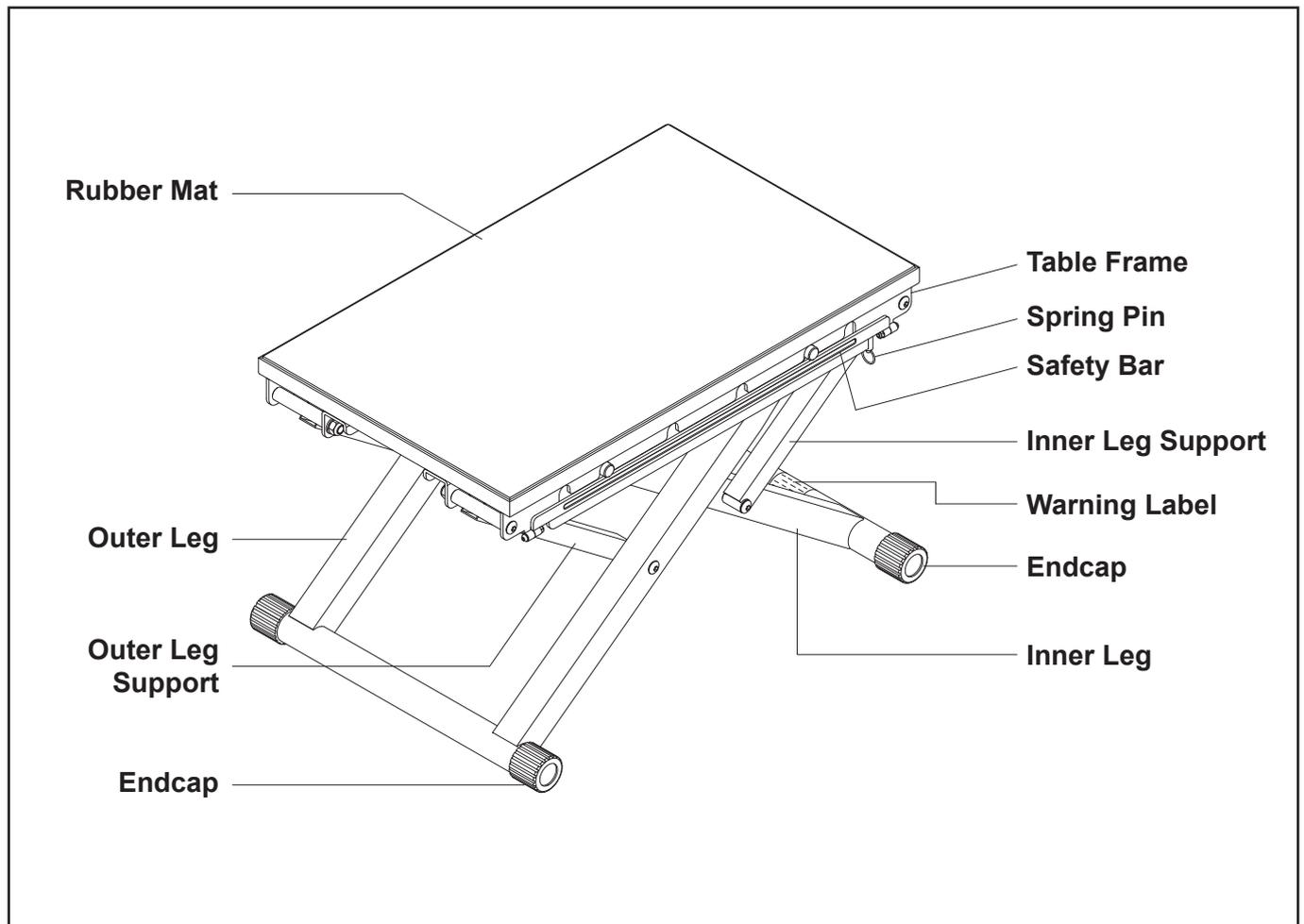
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **STAMINA|X-Adjustable Plyo Box**.

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 **STAMINA|X-Adjustable Plyo Box**, please do not return the product. Contact us **FIRST!**

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

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



EQUIPMENT WARNING, CAUTION & NOTICE LABELS

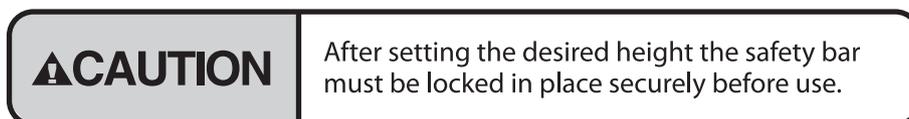
This chart is provided to help identify the warning, caution, and notice labels on the **STAMINA|X - Adjustable Plyo Box**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size

W1 WARNING LABEL(21)



C1 CAUTION DECAL(22)



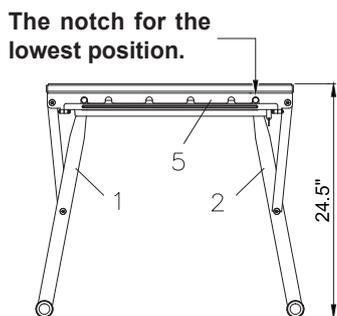
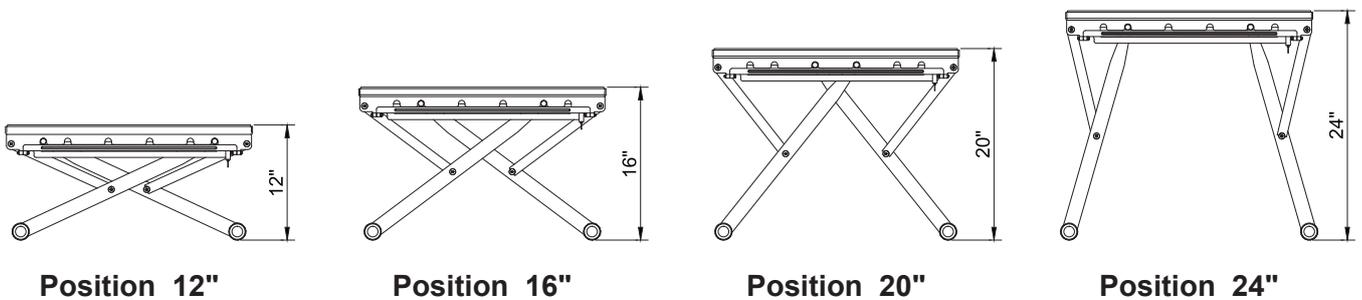
OPERATIONAL INSTRUCTIONS

General Precautions

1. Before using, always check the **OUTER LEG(1)** and **INNER LEG(2)** are locked in position with the **SAFETY BAR(6)** and the **SAFETY BAR(6)** is properly locked with the **SPRING PIN(9)**.
2. Adequate overhead clearance is essential. When using your **STAMINA|X-Adjustable Plyo Box**, be sure to provide clearance for ceiling height, ceiling lights, ceiling fans, tree limbs, and other possible hazards.
3. Lateral clearance is essential. Place the **STAMINA|X-Adjustable Plyo Box** away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the **STAMINA|X-Adjustable Plyo Box**.
4. Place the **STAMINA|X-Adjustable Plyo Box** on a level surface.
5. Remove any obstructions around the **STAMINA|X-Adjustable Plyo Box**.
6. Use the **STAMINA|X-Adjustable Plyo Box** in a well lighted area. Artificial illumination may be required for indoor or shady areas.
7. Secure the **STAMINA|X-Adjustable Plyo Box** against unauthorized and unsupervised use.
8. The owner and supervisors of the **STAMINA|X-Adjustable Plyo Box** are responsible to make all users aware of practices specified in the use instructions.

Multiple Height Positions

The **STAMINA|X-Adjustable Plyo Box** can be set in four different height positions as shown below:



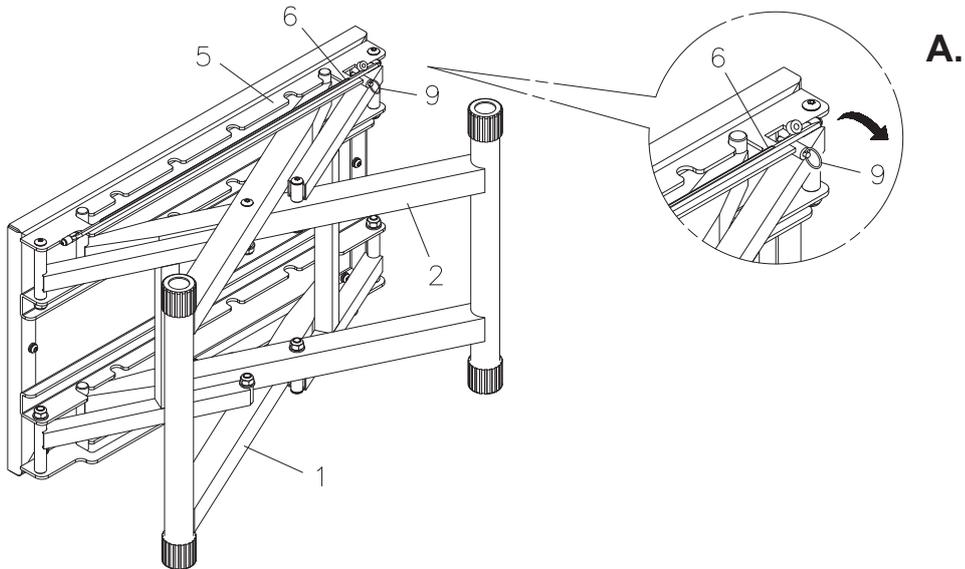
CAUTION:

Although the **OUTER LEG(1)** and **INNER LEG(2)** can be adjusted into the notches on both ends of the **TABLE FRAME(5)** for the highest position, a position higher than 24" is not recommended due to creating an unstable condition. These notches are designed for the lowest position (12 inches tall) with the legs crossed. We recommend not to use these notches for the highest position so the construction of the **STAMINA|X-Adjustable Plyo Box** is more stable and stronger for jumping.

OPERATIONAL INSTRUCTIONS

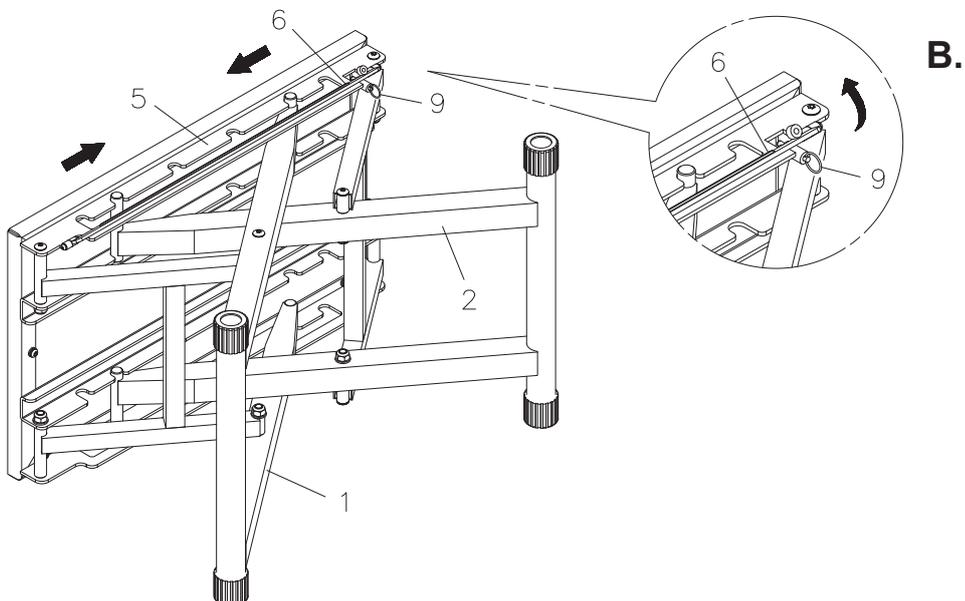
Adjust Height of The STAMINA|X-Adjustable Plyo Box

STEP 1: Remove your **STAMINA|X-Adjustable Plyo Box** from its packaging, placing the product on its side with the **SAFETY BAR(6)** side upward. Pull the **SPRING PIN(9)** and flip the **SAFETY BAR(6)** to unlock position. Refer to detail view **A.**



STEP 2: Adjust the height by sliding the **OUTER LEG(1)** and **INNER LEG(2)** to the desired positions. Pull the **SPRING PIN(9)** and flip the **SAFETY BAR(6)** to lock the **OUTER LEG(1)** and **INNER LEG(2)** in position, then release the **SPRING PIN(9)** to secure the **SAFETY BAR(6)** properly. Refer to detail view **B.** Place the **STAMINA|X-Adjustable Plyo Box** in the upright position.

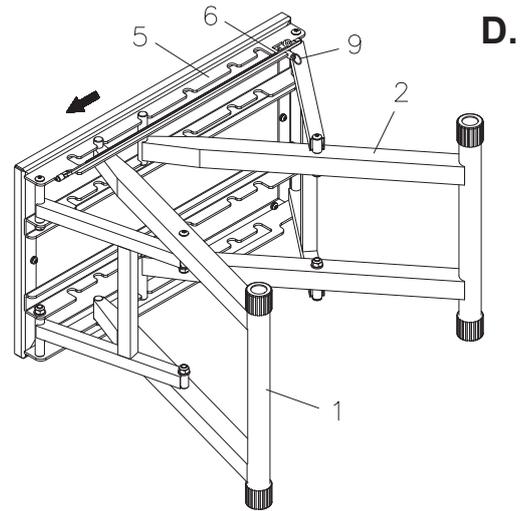
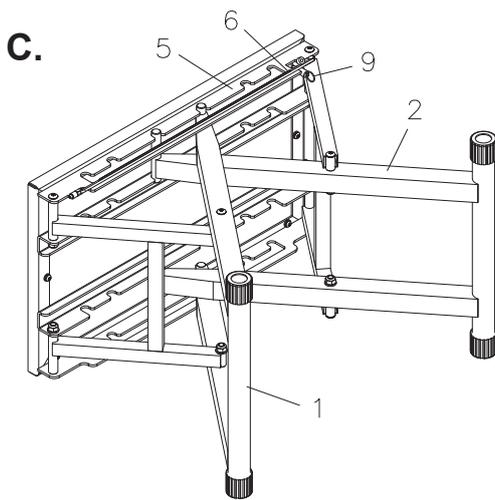
WARNING: Before using, always check the **OUTER LEG(1)** and **INNER LEG(2)** are locked in position with the **SAFETY BAR(6)** and the **SAFETY BAR(6)** is properly locked with the **SPRING PIN(9)**. Also, check to make sure the **OUTER LEG(1)** and **INNER LEG(2)** are locked into the same height position on both sides.



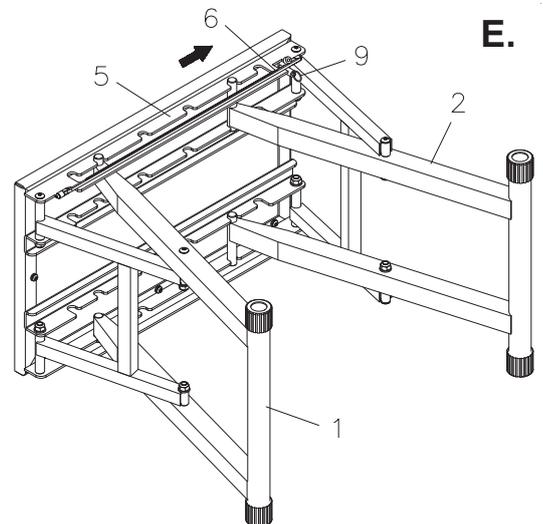
OPERATIONAL INSTRUCTIONS

Height Adjustment Tip:

When you want to adjust the **STAMINA|X-Adjustable Plyo Box** from one of the lower positions to the 24" position, the **OUTER LEG(1)** and **INNER LEG(2)** must cross each other. Due to the designed construction of the **STAMINA|X-Adjustable Plyo Box**, only the **OUTER LEG(1)** can cross over the **INNER LEG(2)**. So always adjust the **OUTER LEG(1)** first as shown in illustration **D**.



Then adjust the **INNER LEG(2)** as shown in illustration **E**. Lock the **OUTER LEG(1)** and **INNER LEG(2)** in position with the **SAFETY BAR(6)**, properly secure the **SAFETY BAR(6)** with the **SPRING PIN(9)**. Place the **STAMINA|X-Adjustable Plyo Box** in the upright position.



WORKOUT GUIDE

PLYO BOX

Actual product may vary slightly from the one pictured.
 Before exercising, consult a physician.
 Warm up properly before starting any routine.
 Cool down completely before ending a workout.

1. Land softly to avoid injury.
2. Let yourself down from the Plyo Box easily to avoid stress on the knee and lower back.
3. Start your exercise routine at the lowest height and increase the height of the box every couple of weeks as you increase strength and endurance.
4. Always start from a stationary position. Do not take multiple steps or a running jump while exercising using the Plyo Box.
5. During your exercise routine, remain centered on the Plyo Box while jumping.



BOX JUMP 1- Start from a stationary position on the ground standing in front of the Plyo Box. Squat down, then explode onto the box. Steady yourself, then let yourself down easily to a starting position. Repeat 5 – 10 times.



BOX JUMP 2- Stand on the top of the Plyo Box. Drop down to the ground, then explode back up onto the box, spending as little time on the ground as possible. Repeat 5 – 10 times.



BOX JUMP 3- Stand with the side of your body facing the Plyo box. Bend your knees and jump up on the box. Let yourself down easily or jump down to starting position. Repeat 5 – 10 times on both sides.



ONE LEG JUMPS- Start from a stationary position on the ground standing on one leg in front of the Plyo Box. Jump up on the box with one leg and down with the same leg. Switch sides each time you come down to a starting position. Repeat 5 – 10 times with each leg.



STEP-UP- Stand in front of the Plyo Box and place one foot on the box. Using the leg on the box, step up onto the box bringing both feet to the landing. Step down with the foot you started on returning to a starting position. Repeat 5 – 10 times with each leg.



STEP-UP WITH KNEE RAISE- Stand in front of the Plyo Box and step up onto the box bringing the knee of the opposite leg up into a knee raise. Lower back down to starting position. Repeat 5 – 10 times on each side.



SIDE TO SIDE- Stand on the side of the Plyo Box and step up with the leg closest to the box bringing your other leg up to the box. Step across the Plyo Box and lower yourself off the other side. Start from this position and move back across the Plyo Box completing one repetition. Repeat 5 – 10 times.



QUICK TOE TAPS- Starting from a standing position on the ground, quickly bring your toes up to touch the edge of the box alternating feet in quick repetition. Repeat 10 – 15 times.



LATERAL STEP-UP- Stand sideways next to the box with the closest foot on the box and the outside foot planted on the ground. Now use the leg on the box to raise your body into the air until the leg on the box becomes fully extended. Bring your other leg out to a leg raise holding for 1 – 2 seconds. Lower yourself back to the starting position. Repeat 5 – 10 times on both sides.



ALTERNATING PUSH-OFF- Take a position in front of the Plyo Box with one foot on the box, close to the nearest edge, and the other foot on the ground. Once again, use the bent leg to raise your body onto the Plyo Box. When you land, alternate your original stance, so the foot that was on the ground now lands on the box, while the other foot lands on the ground. Continue to repeat the movement, alternating legs each time. Repeat 5 – 10 times on both sides.



PUSH UPS- Place your toes on the Plyo Box and your hands on the ground in a push up position. Lower your upper body towards the ground keeping your back straight and your head and neck in alignment. Push yourself back to a starting position completing one repetition. Repeat 5 – 10 times.

STORAGE

1. To store the **STAMINA|X-Adjustable Plyo Box**, simply keep it in a clean dry place.
2. Adjust the **STAMINA|X-Adjustable Plyo Box** its lowest position. The minimum rest dimensions of the **STAMINA|X-Adjustable Plyo Box** is approximately 25.6 inches long x 15.8 inches wide x 12 inches tall. These dimensions will vary. Please measure your **STAMINA|X-Adjustable Plyo Box** if exact dimensions are needed.
3. Use two people to lift from both sides of the **TABLE FRAME(5)** to move the **STAMINA|X-Adjustable Plyo Box**.

MAINTENANCE

The safety and integrity designed into the **STAMINA|X-Adjustable Plyo Box** can only be maintained when the **STAMINA|X-Adjustable Plyo Box** is regularly examined for damage and wear. Special attention should be given to the following:

1. Verify that the **WARNING LABEL(21)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(21)** if it is missing or damaged.
2. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Securely tighten loose nuts and bolts.
4. Worn or damaged components shall be replaced immediately or the **STAMINA|X-Adjustable Plyo Box** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **STAMINA|X-Adjustable Plyo Box**.
6. Keep your **STAMINA|X-Adjustable Plyo Box** 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.

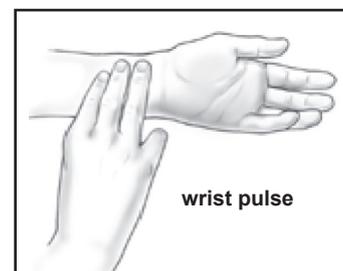
Remember to follow these essentials:

- 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

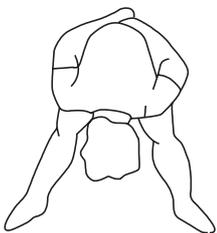
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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.

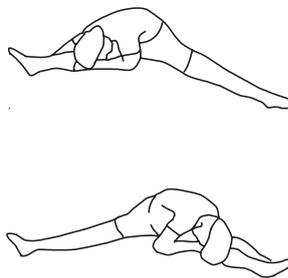
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



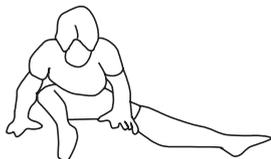
Lower Body Stretch

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.



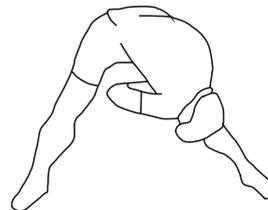
Floor Stretch

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.

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and one year 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 IMPROPER ASSEMBLY, 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.

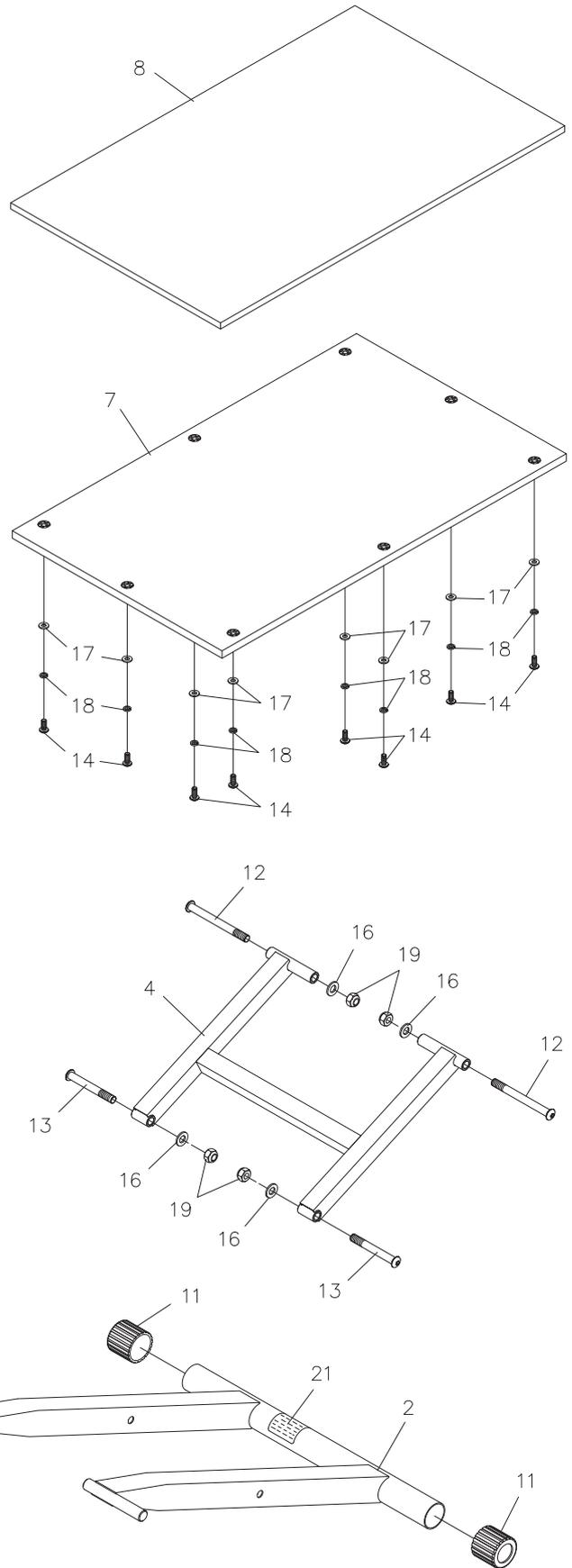
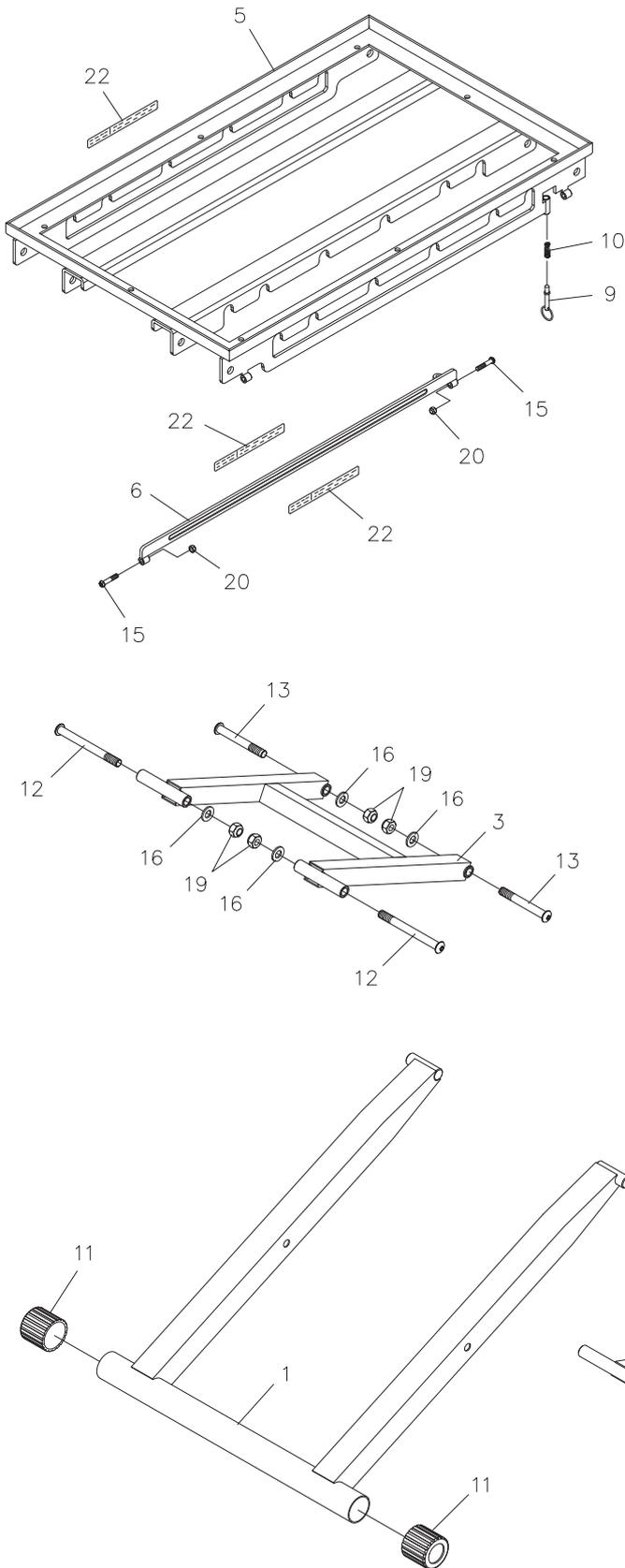
Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PRODUCT PARTS DRAWING

BACK



FRONT

PARTS LIST

PART#	PART NAME	QTY
1	Outer Leg	1
2	Inner Leg	1
3	Outer Leg Support	1
4	Inner Leg Support	1
5	Table Frame	1
6	Safety Bar	1
7	Plywood Board	1
8	Rubber Mat	1
9	Spring Pin	1
10	Spring	1
11	Endcap (ø38mm)	4
12	Bolt, Button Head (M10 x 1.5 x 105mm)	4
13	Bolt, Button Head (M10 x 1.5 x 80mm)	4
14	Bolt, Button Head (M6 x 1 x 15mm)	8
15	Bolt, Button Head (M5 x 0.8 x 27mm)	2
16	Washer (M10)	8
17	Washer (M6)	8
18	Lock Washer (M6)	8
19	Nylock Nut (M10 x 1.5)	8
20	Nylock Nut (M5 x 0.8)	2
21	Warning Label	1
22	Caution Decal	3
23	Manual	1

NOTES

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



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



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



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



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

Would you like to receive email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM	Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071
Model Number:	Serial Number:
Product Name:	
Place Purchased:	
Date of Purchase:	Purchase Price:
First Name:	Last Name:
City:	State: Zip Code:
Email Address:	Phone #: ()
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> No *If yes, be sure your email address is included above.	



Detach and Mail or Fax the Form Above



TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



PARTS ORDER FORM	Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071
Mr./Ms:	
Address: Apt. #:	
City: State: Zip Code:	
IMPORTANT : We must have your phone number to process the order!	
Phone #: () Work Phone #: ()	
Date of Purchase:	
Model #:	
Purchased From:	

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

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1