

Product May Vary
Slightly From Pictured.



Owner's Manual

Safety Instructions

Customer Service

Operation

Warranty

Safety Instructions

WARNING: Weight limit is not applicable if product is used properly. This unit is not designed to support a user's weight. To reduce the risk of serious injury, please read all safety instructions before using.

1. Read this Owner's Manual and follow it carefully before using the **inSTRIDE Folding Cycle**.
2. Do not stand up on the **inSTRIDE Folding Cycle**.
3. Keep children away from the **inSTRIDE Folding Cycle**. Do not allow children to use or play around the **inSTRIDE Folding Cycle**. Keep children and pets away from the **inSTRIDE Folding Cycle** when it is in use.
4. Keep fingers clear of all pinch points when folding and unfolding the **inSTRIDE Folding Cycle**.
5. Set up and operate the **inSTRIDE Folding Cycle** on a solid, level surface like a desk or table for upper body workouts, and on an equipment mat for lower body workouts. You must always be seated when pedaling with your feet. Do not position the **inSTRIDE Folding Cycle** on loose rugs or uneven surfaces.
6. Inspect the **inSTRIDE Folding Cycle** for damaged or loose components prior to use.
7. Tighten/replace any loose or worn components prior to using the **inSTRIDE Folding Cycle**.
8. The surface of the crank housing may become hot during use, so allow it to cool before moving.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. 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 **inSTRIDE Folding Cycle**.
12. Never exercise with bare feet or socks. Always wear appropriate footwear.
13. The **inSTRIDE Folding Cycle** should be used by only one person at a time.
14. The **inSTRIDE Folding Cycle** is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Produced Exclusively by



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Customer Service
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When calling for parts or
service, please specify the
following model number:
15-0125

MADE IN CHINA
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2009, 12

Assembly & Operational Instructions

STEP 1: Unfold the FRONT FRAME(2) from the MAIN FRAME(1) and secure with the LOCKING KNOB(20).

Adjust the STAND CAPS(3) to set the **inSTRIDE Folding Cycle** on the floor.

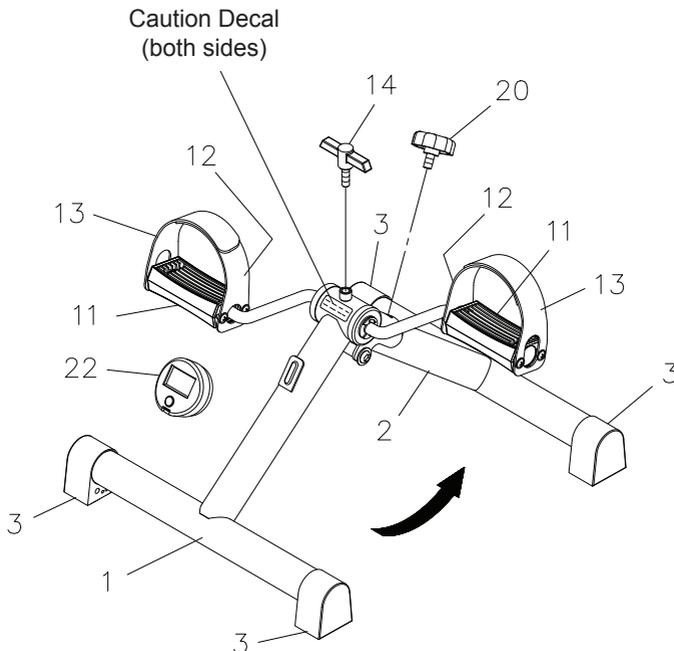
STEP 2: Bolt the T KNOB(14) into the hub on the MAIN FRAME(1).

STEP 3: Slide the TIMER(22) onto the plate on the MAIN FRAME(1).

NOTE: The INNER and OUTER PEDAL STRAPS(12, 13) on both sides are connected together with touch fastener. To adjust, separate the pedal straps and attach them together in different location which allow your feet to be easily removed from the PEDALS(11).

CAUTION: The surface of the crank housing may become hot during use, so allow it to cool before moving. Read the cautions posted on the **inSTRIDE Folding Cycle**.

CAUTION HOT SURFACE!
The surface may become hot during use, so allow it to cool before moving.



LOAD ADJUSTMENT

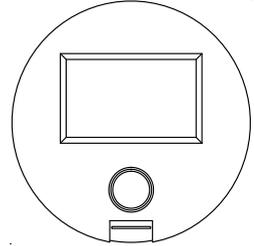
To increase the intensity of your workout, turn the T KNOB(14) clockwise. To decrease the resistance, turn the T KNOB(14) counterclockwise.

Assembly & Operational Instructions

USING THE ELECTRONIC TIMER

TIMER Function: The electronic timer displays minutes and seconds up to 99.59.

1. To time your workout, begin by pressing and holding the button on the face of the timer until zeros are displayed. Release the button.
2. Start the timer by pressing and releasing the button. Now you are ready to begin your workout.
3. To stop or pause the timer, press and release the timer button. This freezes the workout time. To resume your workout without losing the time displayed before stopping or pausing, press and release the button again.
4. When you complete your workout, press and release the timer button. The timer will automatically turn off after being in stop or pause mode for 4 minutes.



NOTE: Even after the timer automatically turns off, the time that was displayed prior to shut off will remain in memory. To resume your workout without losing the time displayed before stopping, press and release the timer button. To clear the time and start a new workout, start again at step 1.

BATTERY: The electronic timer operates with a 3v CR2032 mercury battery, included. Replace the battery when you see inconsistencies in the display.

FOLDING AND STORAGE

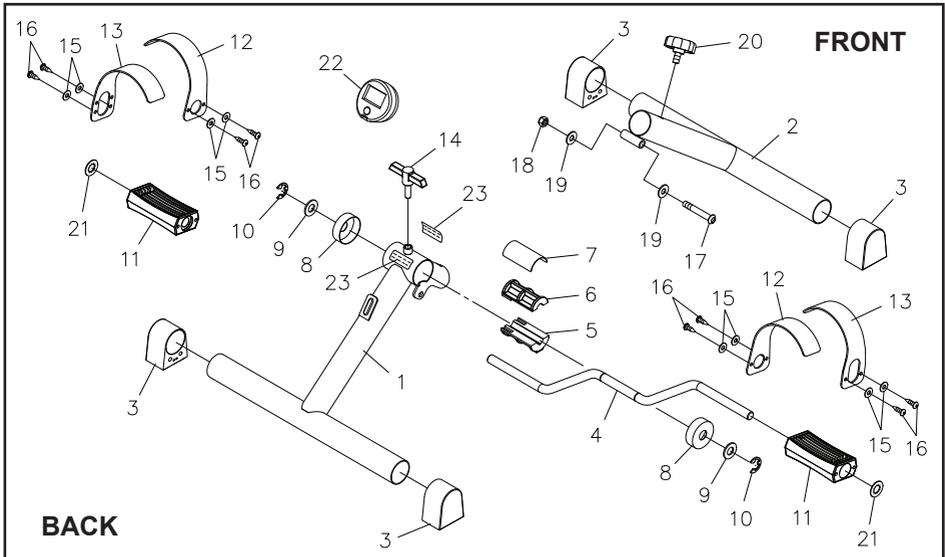
1. To store the **inSTRIDE Folding Cycle**, simply keep it in a clean dry place.
2. The minimum folded dimensions of the **inSTRIDE Folding Cycle** are approximately 15.5" long x 15" wide x 6.5" tall. Please measure your **inSTRIDE Folding Cycle** if exact dimensions are needed.
3. To fold, remove the LOCKING KNOB(20), and fold the FRONT FRAME(2) to the MAIN FRAME(1). Reattach the LOCKING KNOB(20) to the FRONT FRAME(2).
4. To avoid damage to the TIMER(22), remove the battery before storing for one year or more.

MAINTENANCE

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

1. A light oil is applied to the pedals of your **inSTRIDE Folding Cycle** before shipping. Reapply oil if the pedals begin squeaking.
2. Verify that all nuts and bolts are properly tightened.
3. Use only Stamina Products components for maintenance and repair. For replacement parts, contact us at customerservice@staminaproducts.com or call 1-800-375-7520.
4. Keep your **inSTRIDE Folding Cycle** clean by wiping with an absorbent cloth after use.

Product Parts Drawing and Parts List



Part No. and Description	Qty	Part No. and Description	Qty
1 Main Frame	1	14 T Knob	1
2 Front Frame	1	15 Washer (M5)	8
3 Stand Cap (38.1mm)	4	16 Screw, Round Head (M5 x 12mm)	8
4 Crank	1	17 Bolt, Bottom Head (M8 x 1.25 x 55mm)	1
5 Bottom Brake Block	1	18 Nylock Nut (M8 x 1.25)	1
6 Top Brake Block	1	19 Washer (M8)	2
7 Press Plate	1	20 Locking Knob	1
8 Hub Cap	2	21 Push Nut (1/2")	2
9 Nylon Washer (1/2")	2	22 Timer	1
10 E Clip (1/2")	2	23 Caution Decal	2
11 Pedal	2	24 Owner's Manual	1
12 Inner Pedal Strap	2	25 Workout Manual	1
13 outer Pedal Strap	2		

LIMITED WARRANTY

This product is warranted to be free from defects in material and workmanship and to be in perfect working order at the time of purchase. This warranty applies to personal, family or household use. This warranty does not apply to use in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities.

If the product should, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer. This warranty does not apply to any damage caused by accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

Products shipped to the manufacturer must be in the original shipping carton with freight prepaid. All expenses for repairing or replacing the product, including the cost of shipping it back to the original purchaser, will be covered by the manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.