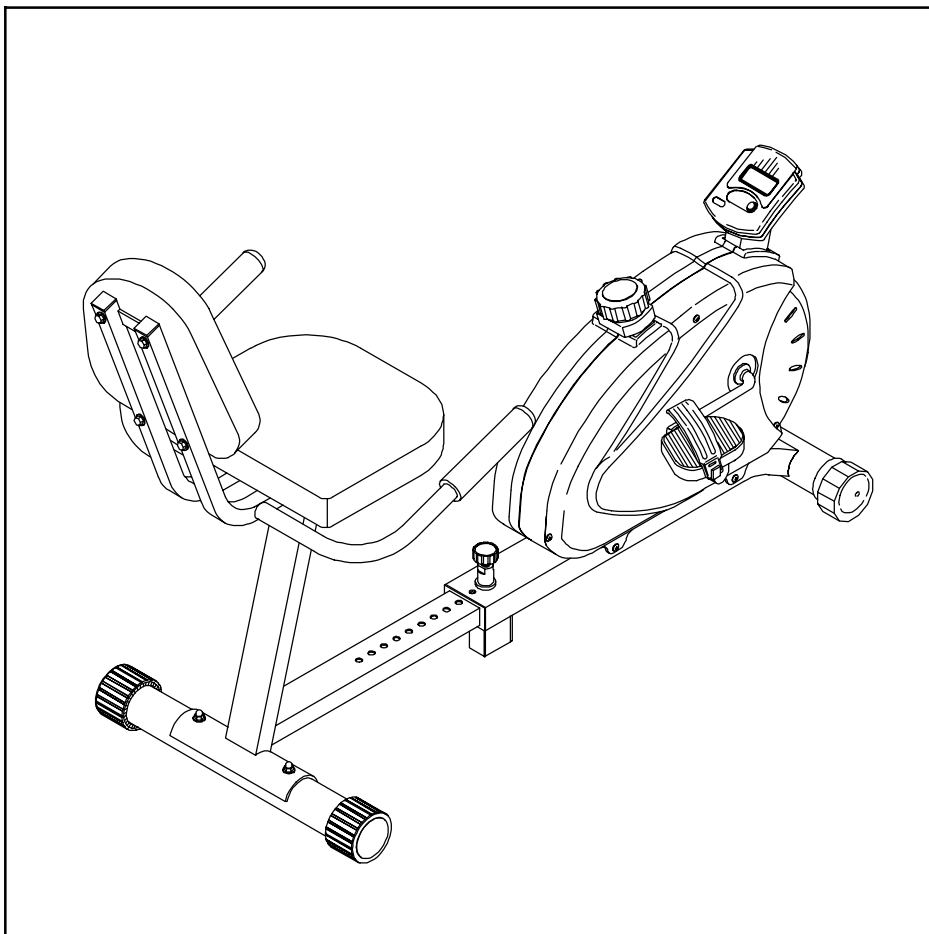


STAMINA 6000 Recumbent Bike

Owner's Manual



! 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.

15-4600A

STAMINA PRODUCTS

MADE IN CHINA

Product May Vary Slightly
From Pictured.

CAUTION:

Weight on this product should not exceed 250 lbs.

This Product is Produced Exclusively by

STAMINA[®]
PRODUCTS, INC.

2757 S. Austin, Springfield, MO 65807

Customer Service Number

1 (800) 375-7520

www.staminaproducts.com

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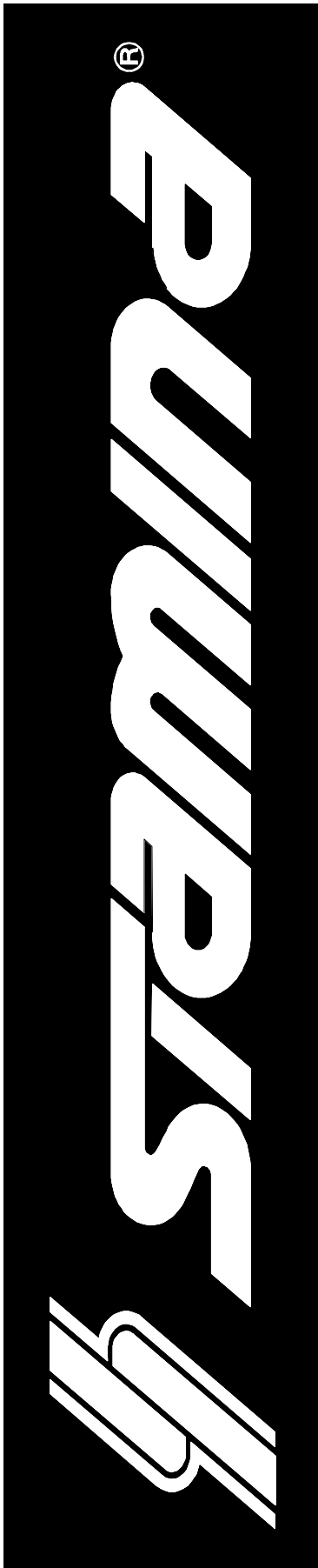
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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **4600 Recumbent Bike**.

1. Use the **4600 Recumbent Bike** only on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **4600 Recumbent Bike**.
3. Keep small children and pets away from the **4600 Recumbent Bike** at all times including while using, or assembling the **4600 Recumbent Bike**.
4. The **4600 Recumbent Bike** should not be used by persons weighing more than 250 lbs.
5. The **4600 Recumbent Bike** should be used by only one person at a time.
6. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **4600 Recumbent Bike**, loss of balance may result in a fall and serious bodily injury.
7. Use the **4600 Recumbent Bike** only as described in the manual.
8. Edges of knobs should not protrude into areas of normal leg movements.
9. The adjustment knob(41) should be securely tightened prior to use.
10. Each user should adjust the seat per instructions on page 9.
11. Do not attempt to adjust the seat while you are on the **4600 Recumbent Bike**.

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 INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**



CALL
US FIRST
1 (800) 375-7520

**THANK YOU FOR PURCHASING THE
4600 Recumbent Bike**

To help you get started, we have pre-assembled most of your **4600 Recumbent Bike** 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. Within a few minutes 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 - Friday, 8:00 A.M. - 5:00 P.M., Central Time.

BEFORE YOU BEGIN

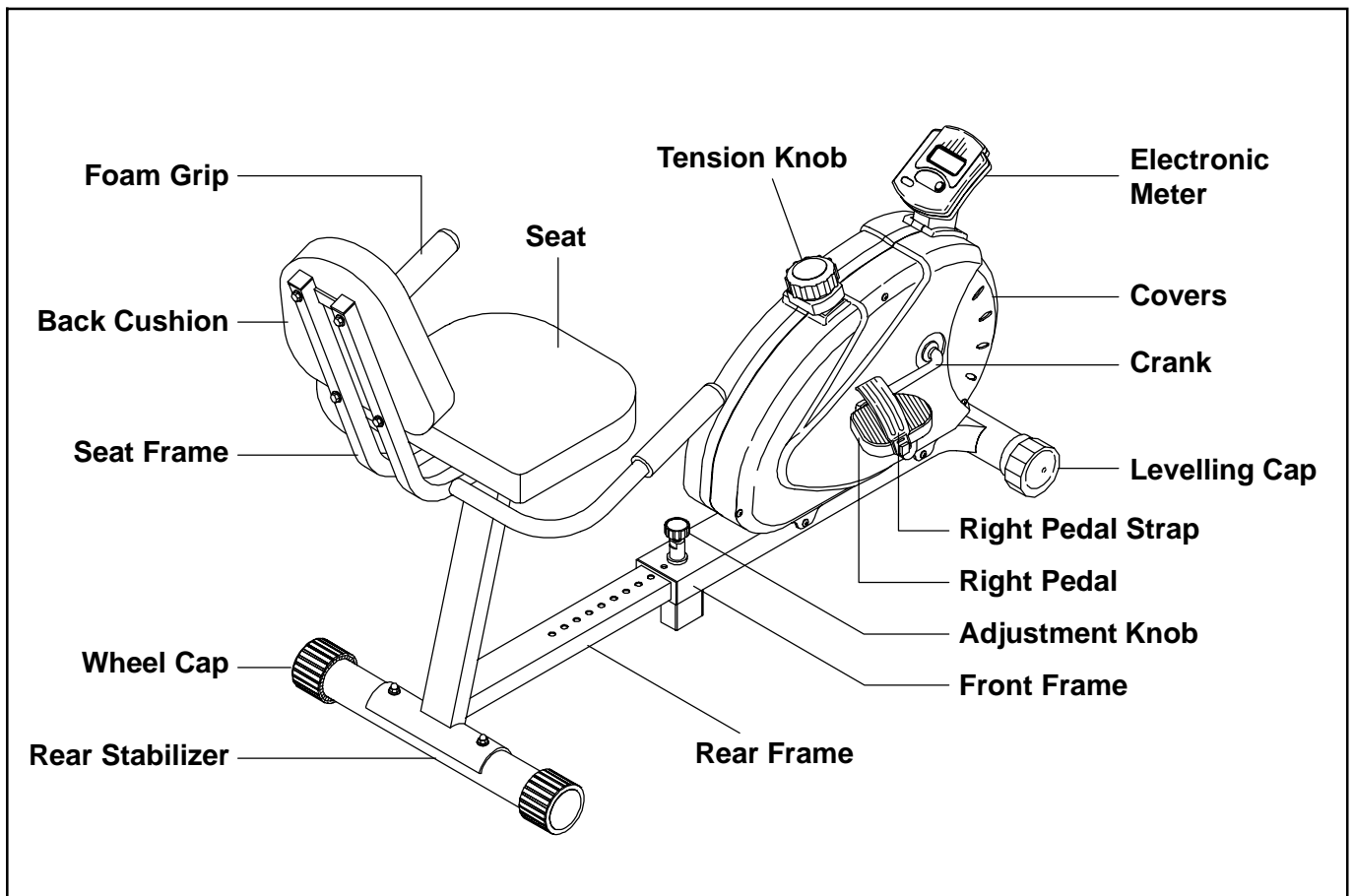
Thank you for choosing the **4600 Recumbent Bike**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

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 **4600 Recumbent Bike** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

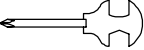

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **4600 Recumbent Bike**.

Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place these things will happen occasionally. Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. If a part is missing, does not fit, is the incorrect size, or is otherwise inappropriate, please call 1 (800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday. Our operators will be able to assist you with your problem and the parts will be mailed directly to your house.

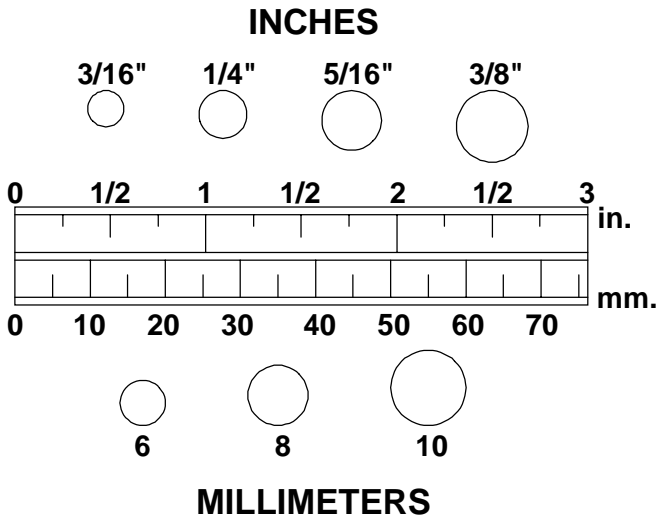


THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :

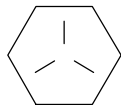
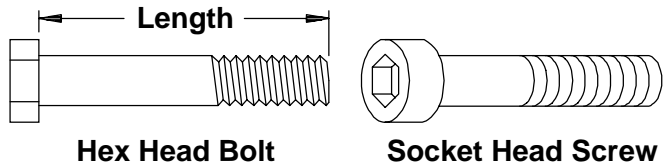
-  **Combination Wrench**
-  **Socket Wrench**

HARDWARE ILLUSTRATIONS

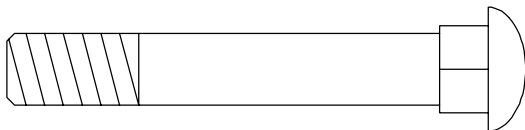
This chart is provided to help identify some of the small parts used in the assembly of this product. This sheet may not include all the hardware needed to assemble your product. It is intended to be used as a guide to help simplify your assembly process.



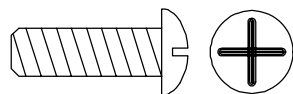
Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.



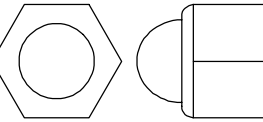
Hex Head Bolt Top



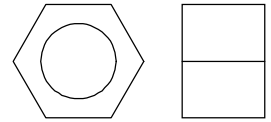
Carriage Bolt



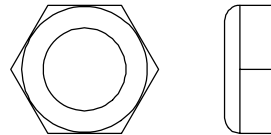
Phillips Head Screw



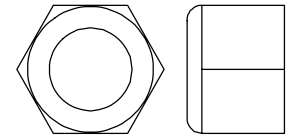
Acorn Nut



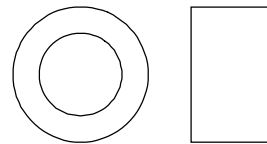
Standard Nut



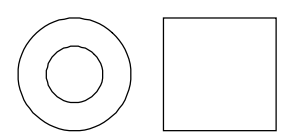
Thin Nylock Nut



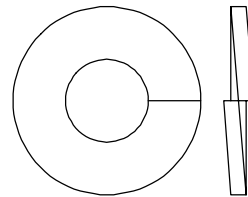
Nylock Nut



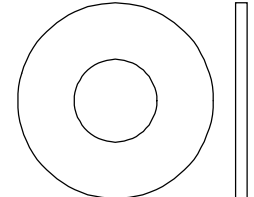
Spacer



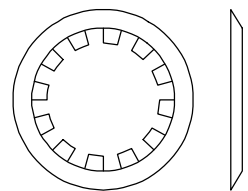
Bushing



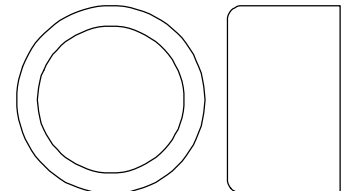
Lock Washer



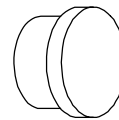
Flat Washer



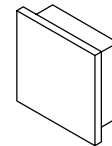
Retainer



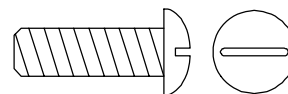
Retainer Cap



Round Plug



Square Plug

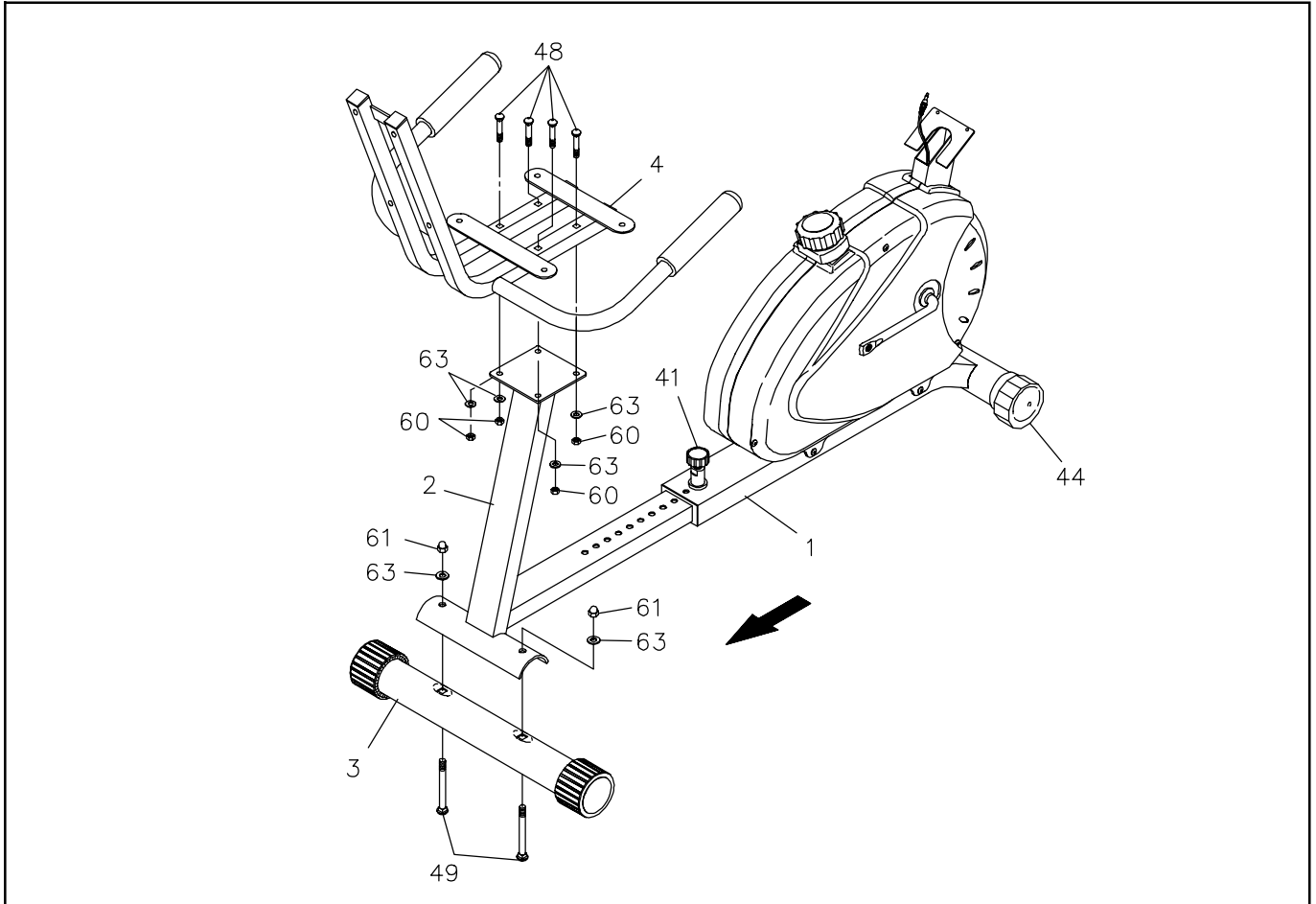


Flat Head Screw

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

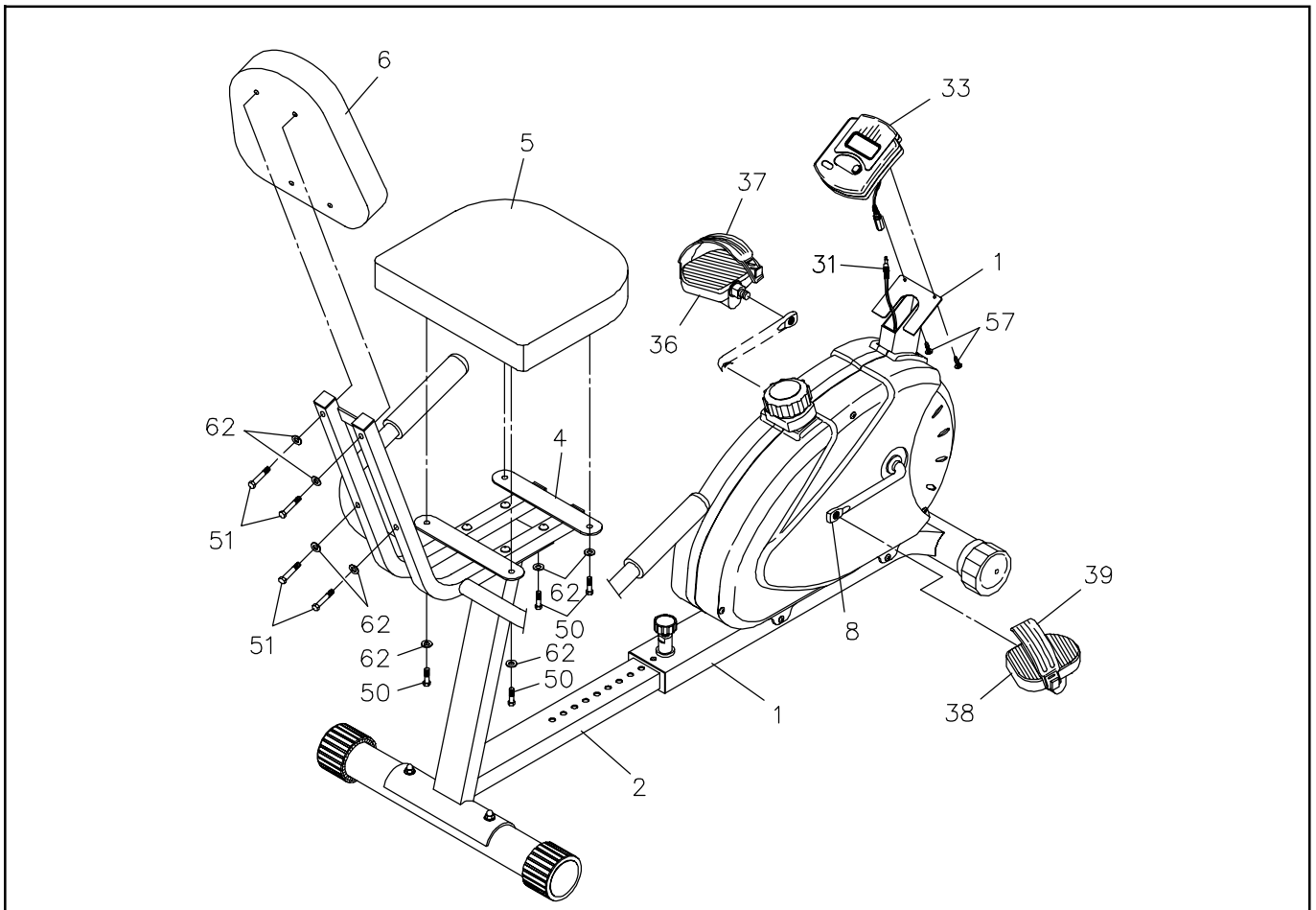


STEP 1: Loosen the **ADJUSTMENT KNOB(41)** on the **FRONT FRAME(1)**. Slide the **REAR FRAME(2)** backward and secure with the **ADJUSTMENT KNOB(41)**. Attach the **REAR STABILIZER(3)** onto the **REAR FRAME(2)** with **CARRIAGE BOLTS(M8 x 70mm)(49)**, **ACORN NUTS(M8)(61)**, and **WASHERS(M8)(63)**.

NOTE: You can adjust the **LEVELING CAPS(44)** on the **FRONT FRAME(1)** to keep the Bike stable.

STEP 2: Attach the **SEAT FRAME(4)** onto the **REAR FRAME(2)** with **CARRIAGE BOLTS (M8 x 40mm)(48)**, **NYLOCK NUTS(M8)(60)**, and **WASHERS(M8)(63)**.

ASSEMBLY INSTRUCTIONS



STEP 3: Attach the **SEAT(5)** onto the **SEAT FRAME(4)** with **BOLTS(M6 x 25mm)(50)** and **WASHERS (M6)(62)**. Attach the **BACK CUSHION(6)** onto the **SEAT FRAME(4)** with **BOLTS(M6 x 40mm)(51)** and **WASHERS(M6)(62)**.

STEP 4:

NOTE: The **RIGHT PEDAL(38)** has **R** stamped on the end of the pedal shaft. The **RIGHT PEDAL(38)** has right hand threads and is tightened by turning clockwise. The **LEFT PEDAL(36)** has **L** stamped on the end of the pedal shaft. The **LEFT PEDAL(36)** has left hand threads and is tightened by turning counter clockwise.

Thread **RIGHT PEDAL(38)** into the right side of the **CRANK(8)** as shown. Tighten the pedal securely. Select the **RIGHT PEDAL STRAP(39)** which has **R** marked on the bottom side of the strap. Snap the three hole end onto the inside edge of the **RIGHT PEDAL(38)**. Snap the other end onto the outside edge of the **RIGHT PEDAL(38)** with the **R** mark on the bottom of the **RIGHT PEDAL STRAP(39)**. Select adjustment holes which allow your foot to be easily removed from the pedals.

Do the same to attach the **LEFT PEDAL(36)** to the left side of the **CRANK(8)** and snap the **LEFT PEDAL STRAP(37)** onto the **LEFT PEDAL(36)**.

STEP 5: Install two "AA" batteries into the **ELECTRONIC METER(33)**. Plug in the **SENSOR WIRE(31)** to the **ELECTRONIC METER(33)**. Place the **ELECTRONIC METER(33)** onto the plate on the **FRONT FRAME(1)** and secure with **SCREWS(M5 x 8mm)(57)**.

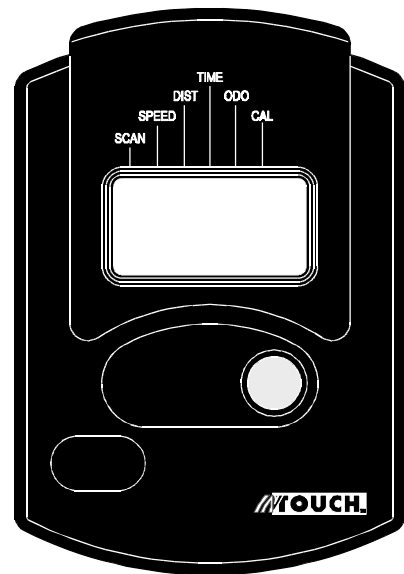
USING THE ELECTRONIC METER

POWER ON : Pedal movement or push the **BUTTON**.

POWER OFF : Automatic shut off after 4 minutes of inactivity.

FUNCTION BUTTON:

Push for selecting functions.



FUNCTIONS:

SCAN: Automatically scans each function of **TIME, ODOMETER, CALORIE, SPEED, DISTANCE** in sequence every 6 seconds.

SPEED: Displays the current speed, from zero to 999.9 Mile/Hr.

DISTANCE: Displays the distance, from zero to 999.9 miles.

TIME: Displays the time, from 1 sec up to 99:59 minutes.

ODOMETER: Displays the total accumulated distance you have traveled, from zero to 999.9 miles. The total accumulated distance is retained when the meter is turned off.

CALORIE: Displays the calorie consumption, from zero to 999.9 K cal.

The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

- NOTE:**
1. To reset all the functions except **ODOMETER** to zero, push the **BUTTON** and hold it down for two seconds.
 2. The electronic meter uses two "AA" or "UM-3" batteries.
 3. The **ODOMETER** will be reset to zero after batteries are removed for battery replacement or storage of the unit.

USAGE INFORMATION

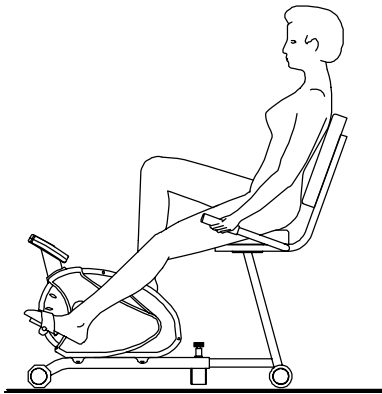
SEAT ADJUSTMENT

Proper seat adjustment is important.

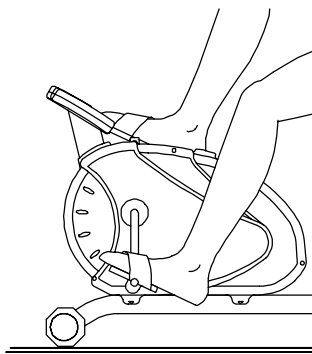
1. Loosen and pull out the **ADJUSTMENT KNOB(41)**, then slide the **REAR FRAME(2)** to adjust the seat. Tighten the **ADJUSTMENT KNOB(41)** after adjusting the seat to a new position.
2. Sit on the seat and place your feet on the pedals. You should be able to move through a complete pedal stroke without locking your knees or shifting your hips on the seat. The seat is too close to the pedals if you have more than a slight bend in your knees at the bottom of the pedal stroke. The seat is too far from the pedals if you have to completely straighten your knees at the bottom of the pedal stroke. Refer to the illustrations below.

WARNING:

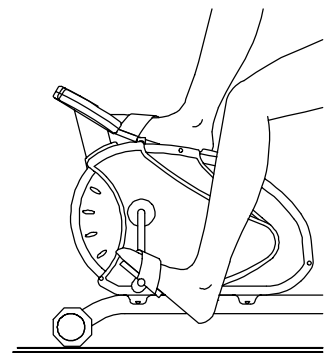
1. Do not attempt to adjust the seat while you are on the **4600 Recumbent Bike**.
2. Always tighten the **ADJUSTMENT KNOB(41)** after adjusting the seat to a new position.



○ Proper Seat Adjustment



○ Proper Foot Position



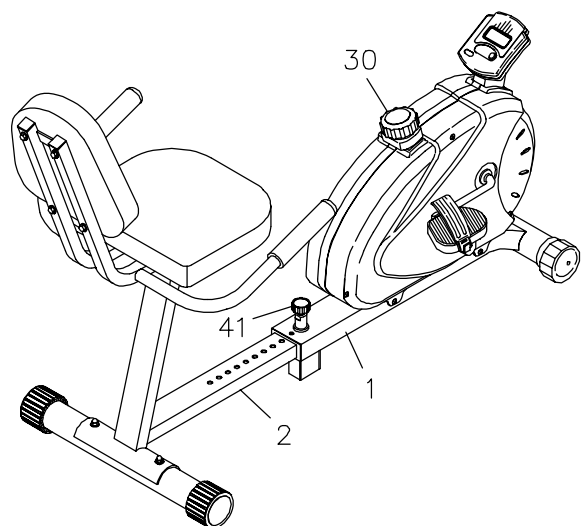
✗ Improper Foot Position

FOOT POSITION

Your feet must be properly positioned on the pedals as shown above. Your feet are not properly positioned on the pedals if your heels hit the floor. See the illustrations above.

LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(30)** clockwise. To decrease the load, turn the **TENSION KNOB(30)** counterclockwise.



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, you must start slowly and increase your time on the **4600 Recumbent Bike** gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your **4600 Recumbent Bike** on a flat, even surface at least 3 feet from walls and furniture.

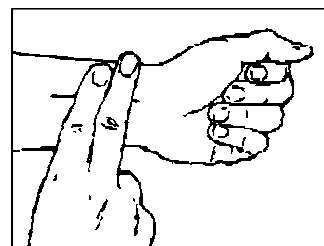
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
20	138~167	133~162
25	136~166	132~160
30	135~164	130~158
35	134~162	129~156
40	132~161	127~155
45	131~159	125~153
50	129~156	124~150
55	127~155	122~149
60	126~153	121~147
65	125~151	119~145
70	123~150	118~144
75	122~147	117~142
80	120~146	115~140
85	118~144	114~139

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 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.



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

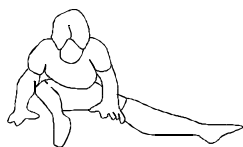
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!**

When the pull on the back of the legs lessens, try a lower position gradually.



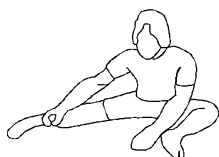
Floor Stretch

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.

PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Rear Stabilizer	1
4	Seat Frame	1
5	Seat	1
6	Back Cushion	1
7	Pulley	1
8	Crank	1
9	Bearing Housing	2
10	Ball Bearing	2
11	Inside Bearing Collar	1
12	Outside Bearing Collar	1
13	Bearing Washer	1
14	Bearing Snap Washer	1
15	Bearing Nut	1
16	V-Ribbed Belt	1
17	Magnetic Flywheel	1
18	Bearing (6000 z)	3
19	Flywheel Shaft	1
20	Spacer	1
21	Bushing Spacer	1
22	Idler Arm	1
23	Idler Wheel	1
24	Idler Wheel Spacer	1
25	Inner C Ring (26mm)	1
26	Bearing Spacer	1
27	Tension Spring	1
28	Magnetic Brake	1
29	Return Spring	1
30	Tension Knob	1
31	Sensor Wire	1
32	Magnet	1
33	Electronic Meter	1
34	Left Cover	1
35	Right Cover	1
36	Left Pedal	1
37	Left Pedal Strap	1
38	Right Pedal	1
39	Right Pedal Strap	1
40	Bushing	1
41	Adjustment Knob	1
42	Foam Grip	2
43	Wheel Cap	2
44	Levelling Cap	2
45	Round Plug (25mm)	2

PARTS LIST

DIAGRAM#	PART NAME	QTY
46	Square Plug (25mm)	4
47	Rectangular Plug (30mm x 60mm)	2
48	Carriage Bolt (M8 x 1.25 x 40mm)	4
49	Carriage Bolt (M8 x 1.25 x 70mm)	2
50	Bolt, Hex Head (M6 x 1 x 25mm)	4
51	Bolt, Hex Head (M6 x 1 x 40mm)	4
52	Bolt, Hex Head (M8 x 1.25 x 25mm)	1
53	Bolt, Hex Head (M8 x 1.25 x 60mm)	1
54	Screw, Round Head (M4 x 10mm)	1
55	Screw, Round Head (M4 x 15mm)	4
56	Screw, Round Head (M4 x 50mm)	3
57	Screw, Round Head (M5 x 0.8 x 8mm)	2
58	Screw, Round Head (M5 x 0.8 x 10mm)	1
59	Nylock Nut (M10 x 1.5)	1
60	Nylock Nut (M8 x 1.25)	8
61	Acorn Nut (M8 x 1.25)	2
62	Washer (M6)	8
63	Washer (M8)	10
64	Brake Adjustment Bolt (M8 x 1.25 x 60mm)	1
65	Brake Adjustment Nut (M8 x 1.25)	1
66	Combination Wrench	1
67	Socket Wrench	1
68	Manual	1

WARRANTY

Stamina Products, Inc. (the "Warrantor") warrants to the original purchaser only, 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 5 years on the frame from the date of the purchase by the original purchaser. **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 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.

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