

Product May Vary
Slightly From Pictured.

inMotion[®]
for health
Pedal Exerciser

Owner's Manual
Safety Instructions
Customer Service
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Warranty

Safety Instructions

WARNING: Weight limit is not applicable if product is used properly. The InMotion for Health Pedal Exerciser 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 *InMotion for Health Pedal Exerciser*.
2. Do not stand up on the *InMotion for Health Pedal Exerciser*.
3. Keep children away from the *InMotion for Health Pedal Exerciser*. Do not allow children to use or play around the *InMotion for Health Pedal Exerciser*. Keep children and pets away from the *InMotion for Health Pedal Exerciser* when it is in use.
4. Set up and operate the *InMotion for Health Pedal Exerciser* 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 *InMotion for Health Pedal Exerciser* on loose rugs or uneven surfaces.
5. Inspect the *InMotion for Health Pedal Exerciser* for damaged or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the *InMotion for Health Pedal Exerciser*.
7. The surface of the crank housing may become hot during use, so allow it to cool before moving.
8. 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.
9. 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.
10. Do not wear loose or dangling clothing while using the *InMotion for Health Pedal Exerciser*.
11. Never exercise with bare feet or socks. Always wear appropriate footwear.
12. The *InMotion for Health Pedal Exerciser* should be used by only one person at a time.
13. The *InMotion for Health Pedal Exerciser* is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Produced Exclusively by



When calling for parts or
service, please specify the
following model number:
15-0111

MADE IN CHINA

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2010, 02

Assembly & Operational Instructions

STEP 1: Insert the **STABILIZERS(2)** into both ends of the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M6x1x12mm)(17)** and **WASHERS(M6)(20)**. **DO NOT TIGHTEN COMPLETELY.**

Adjust the **STAND CAPS(3)**, set the **InMotion for Health Pedal Exerciser** on the floor and tighten the bolts.

STEP 2: Attach the **HUB(4)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M6x1x25mm)(18)**, **WASHERS(M6)(20)**, and **ACORN NUTS(M6x1)(19)**.

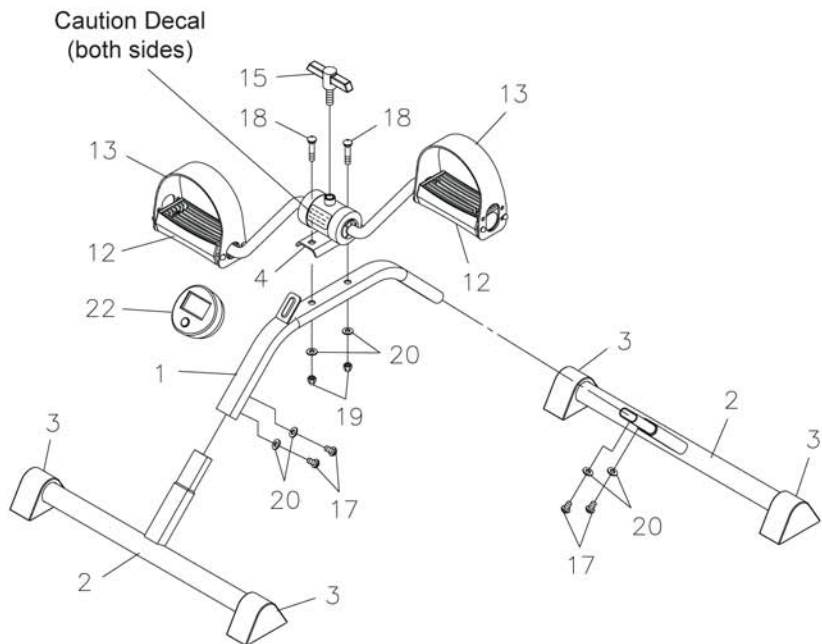
STEP 3: Bolt the **T KNOB(15)** into the **HUB(4)**. Slide the **TIMER(22)** onto the plate on the **MAIN FRAME(1)**.

NOTE: There are two adjustment holes on each side of the **PEDAL STRAPS(13)**. Select the adjustment holes which allow your feet to be easily removed from the **PEDALS(12)**.

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 **InMotion for Health Pedal Exerciser**.

CAUTION HOT SURFACE!

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



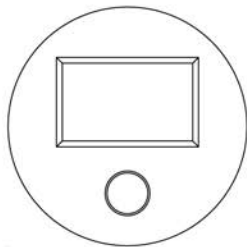
LOAD ADJUSTMENT

To increase the intensity of your workout, turn the **T KNOB(15)** clockwise. To decrease the resistance, turn the **T KNOB(15)** counterclockwise.

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.

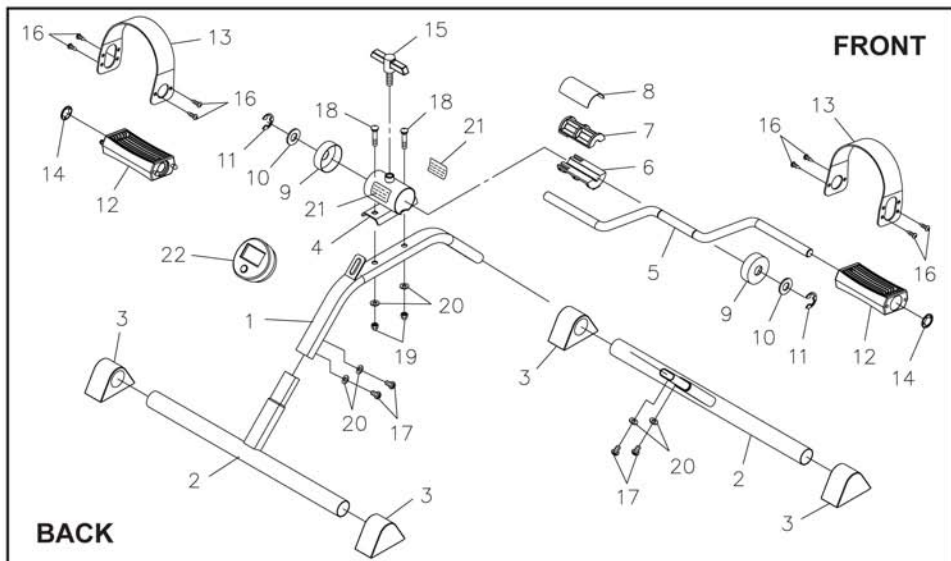
BATTERY: The electronic timer operates with a 3v CR2032 mercury battery, included. Replace the battery when you see inconsistencies in the display.

MAINTENANCE

The safety and integrity designed into the **InMotion for Health Pedal Exerciser** can only be maintained when the **InMotion for Health Pedal Exerciser** 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 **InMotion for Health Pedal Exerciser** 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,
4. Keep your **InMotion for Health Pedal Exerciser** clean by wiping with an absorbent cloth after use.

Product Parts Drawing and Parts List



Part No. and Description

Part No.	Description	Qty
1	Main Frame	1
2	Stabilizer	2
3	Stand Cap (25.4mm)	4
4	Hub	1
5	Crank	1
6	Bottom Brake Block	1
7	Top Brake Block	1
8	Press Plate	1
9	Hub Cap	2
10	Nylon Washer (1/2")	2
11	E Clip (1/2")	2
12	Pedal	2
13	Pedal Strap	2

Part No. and Description

Part No.	Description	Qty
14	Push Nut (1/2")	2
15	T Knob	1
16	Screw, Round Head (M4 x 12mm)	8
17	Bolt, Button Head (M6 x 1 x 12mm)	4
18	Carriage Bolt (M6x 1 x 25mm)	2
19	Acorn Nut (M6 x 1)	2
20	Washer (M6)	6
21	Caution Decal	2
22	Timer	1
23	Wrench	1
24	Allen Wrench (4mm)	1
25	Owner's Manual	1

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.