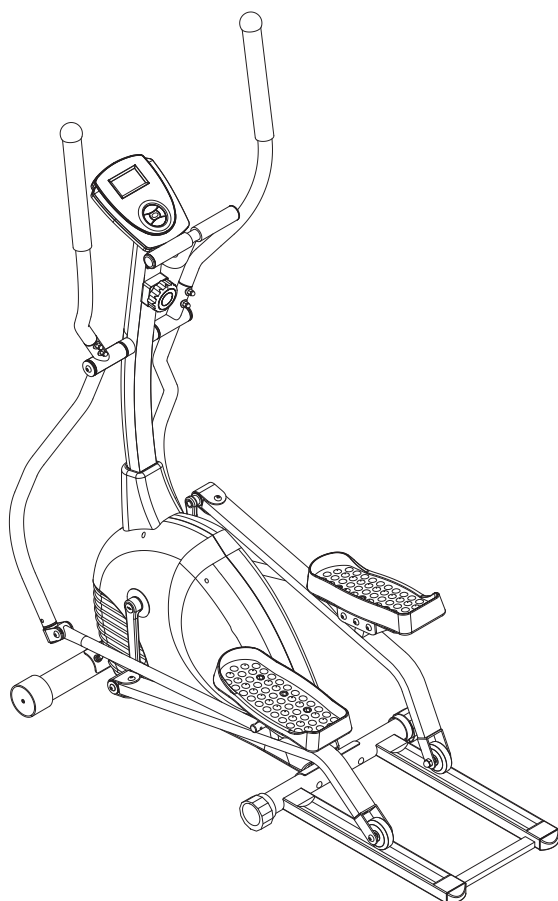


STAMINA® 1764 MAGNETIC ELLIPTICAL TRAINER

Owner's Manual



Product May Vary Slightly From Pictured.

CAUTION:

Weight on this product should not exceed 250 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#: 55-1764

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803

Customer Service

1 (800) 375-7520

www.staminaproducts.com

**STAMINA PRODUCTS
MADE IN CHINA**

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2011, 11

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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.

⚠ WARNING To reduce the risk of serious injury, read the following Safety Instructions before using the 1764 Magnetic Elliptical Trainer.

1. Read all warnings and cautions posted on the **1764 Magnetic Elliptical Trainer**.
2. The **1764 Magnetic Elliptical Trainer** 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 **1764 Magnetic Elliptical Trainer**. Do not allow children to use or play on the **1764 Magnetic Elliptical Trainer**. Keep children and pets away from the **1764 Magnetic Elliptical Trainer** when it is in use.
5. The **1764 Magnetic Elliptical Trainer** is not equipped with a free-wheel. Pedal speed should be reduced in a controlled manner.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **1764 Magnetic Elliptical Trainer** on a solid level surface. Do not position the **1764 Magnetic Elliptical Trainer** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **1764 Magnetic Elliptical Trainer**.
9. Adjust the Leveling Caps(47) and Stands(46) on the Rear Base(2) so that the **1764 Magnetic Elliptical Trainer** sits on the floor without rocking.
10. Before using, inspect the **1764 Magnetic Elliptical Trainer** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Care should be taken in mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
12. 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.
13. 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.
14. Do not wear loose or dangling clothing while using the **1764 Magnetic Elliptical Trainer**.
15. 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.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **1764 Magnetic Elliptical Trainer**, loss of balance may result in a fall and serious bodily injury.
17. The **1764 Magnetic Elliptical Trainer** should not be used by persons weighing over 250 pounds.
18. The **1764 Magnetic Elliptical Trainer** should be used by only one person at a time.
19. The **1764 Magnetic Elliptical Trainer** 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 1764 Magnetic Elliptical Trainer

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

To help you get started, we have pre-assembled most of your
1764 Magnetic Elliptical Trainer 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.



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 **1764 Magnetic Elliptical Trainer**. 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 **1764 Magnetic Elliptical Trainer** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

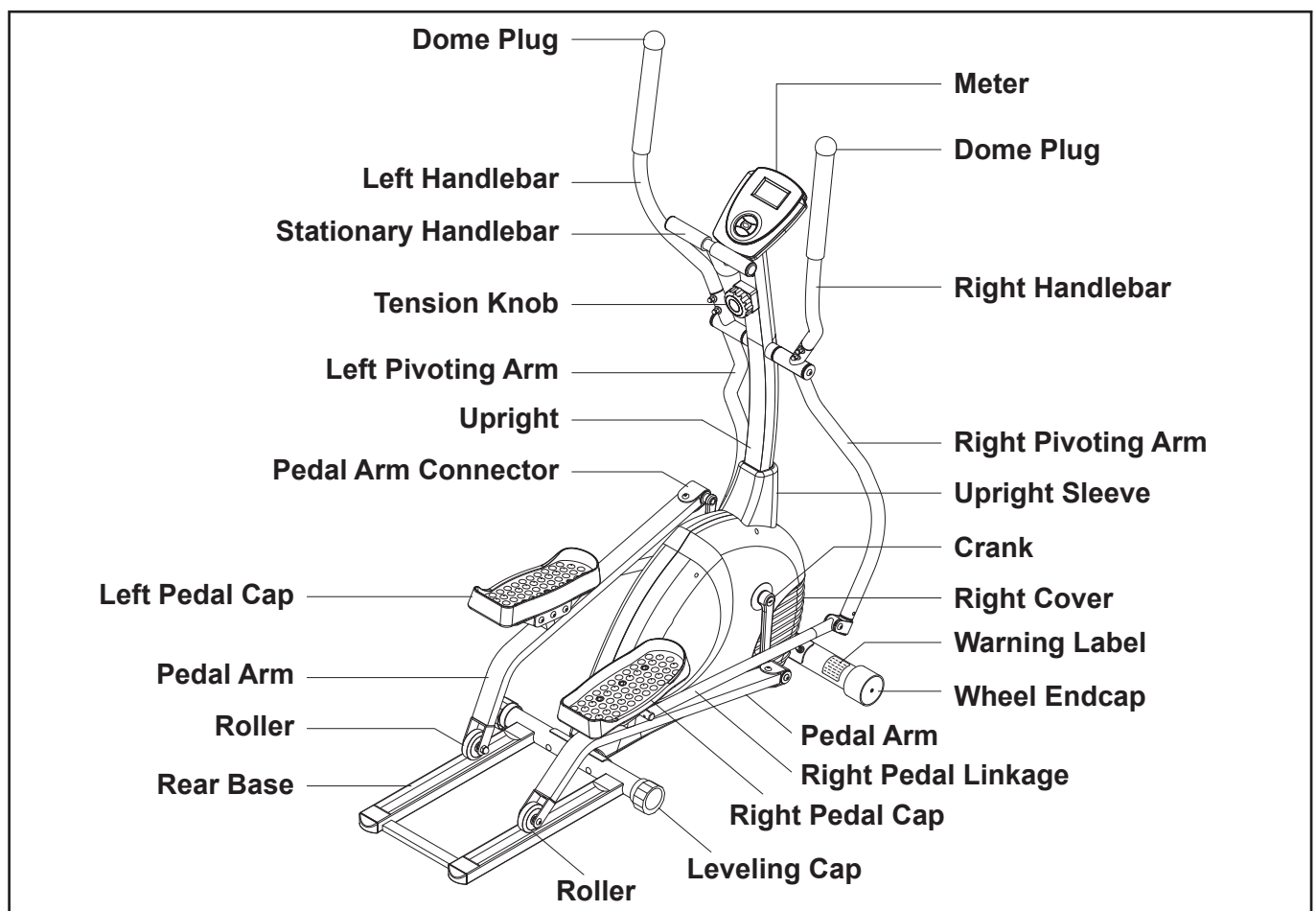
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **1764 Magnetic Elliptical Trainer**.

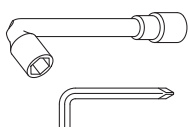
Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **1764 Magnetic Elliptical Trainer**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to staminaproducts.com to the Services 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.

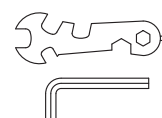


THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Socket Wrench

Allen Wrench w/ Screwdriver (6mm)



Wrench

Allen Wrench (5mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **1764 Magnetic Elliptical Trainer**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

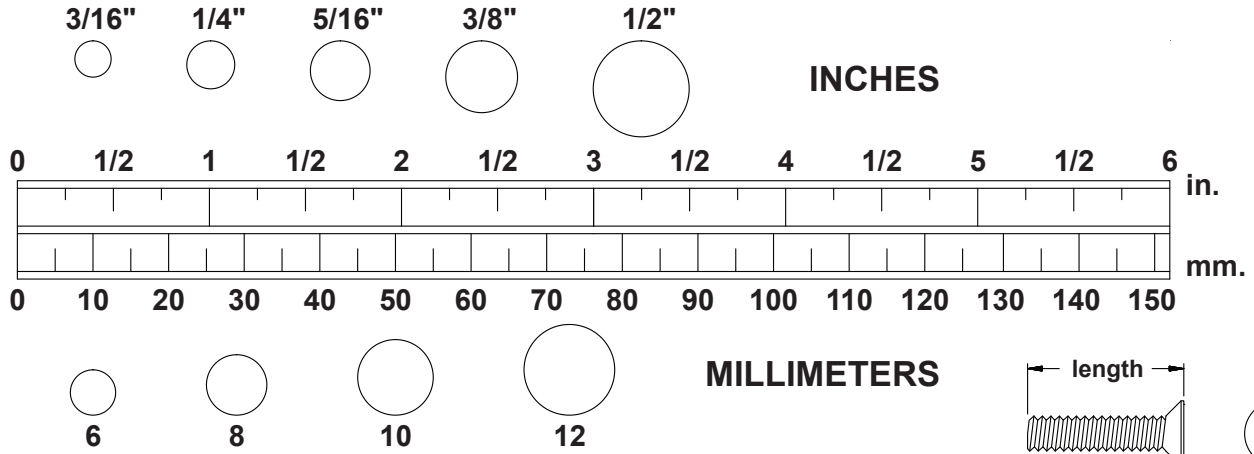
Label is larger than actual size

W1 WARNING LABEL(98)

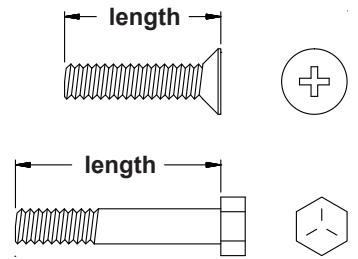


HARDWARE IDENTIFICATION CHART




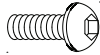

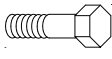








This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.

	Part No. and Description	Qty
	69 Flange Nut, Brass Color (M10 x 1.25, Left Hand Threads)	1
	70 Flange Nut, Black Color (M10x1.25, Right Hand Threads)	1
	68 Tooth Lock Washer (M10)	2
	48 Carriage Bolt (M8 x 1.25 x 65mm)	2
	75 Carriage Bolt (M8 x 1.25 x 75mm)	2
	24 Bolt, Button Head (M8 x 1.25 x 20mm)	11
	33 Bolt, Button Head (M8 x 1.25 x 15mm)	6
	39 Bolt, Button Head (M8 x 1.25 x 12mm)	6
	31 Bolt, Button Head (M8 x 1.25 x 48mm)	4
	25 Bolt, Hex Head (M6 x 1 x 38mm)	4
	16 Screw, Round Head (M5 x 0.8 x 15mm)	4
	90 Screw, Round Head (M5 x 0.8 x 55mm)	1
	32 Nylock Nut (M8 x 1.25)	4
	28 Acorn Nut (M6 x 1)	4
	73 Acorn Nut (M8 x 1.25)	4
	26 Arc Washer (M6)	4
	74 Arc Washer (M8)	6
	18 Lock Washer (M8)	15
	27 Lock Washer (M6)	4
	23 Large Washer (M8 x ø32 x 2mm thick)	2
	29 Spacer Washer (ø19 x ø38 x 0.5mm thick)	2
	72 Washer (M8)	11
	84 Wave Washer (ø20 x ø26 x 0.5mm thick)	2

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 go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, 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.

STEP 1

There is an “L” decal on the **FRONT STABILIZER(80)**. Position the **FRONT STABILIZER(80)** with the “L” decal on the left side, and attach it to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x75mm)(75)**, **ACORN NUTS(M8x1.25)(73)**, **LOCK WASHER(M8)(18)**, and **ARC WASHERS(M8)(74)**.

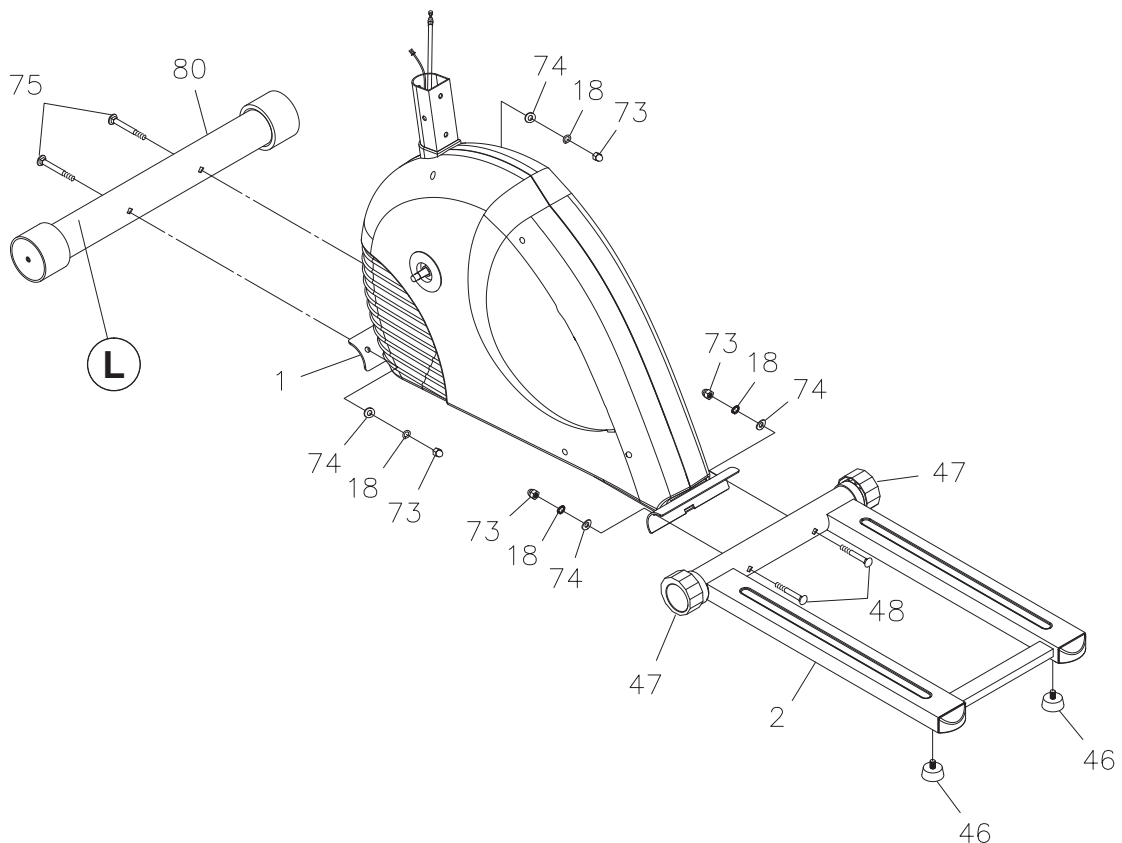
STEP 2

Attach the **STANDS(46)** to the bottom of the **REAR BASE(2)**.

STEP 3

Make sure the grooves on the **REAR BASE(2)** are on top as shown. Attach the **REAR BASE(2)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS(M8x1.25x65mm)(48)**, **ACORN NUTS(M8x1.25)(73)**, **LOCK WASHER(M8)(18)**, and **ARC WASHERS(M8)(74)**.

NOTE: You can adjust the **LEVELING CAPS(47)** and the **STANDS(46)** on the **REAR BASE(2)** to keep the **1764 Magnetic Elliptical Trainer** stable.



ASSEMBLY INSTRUCTIONS

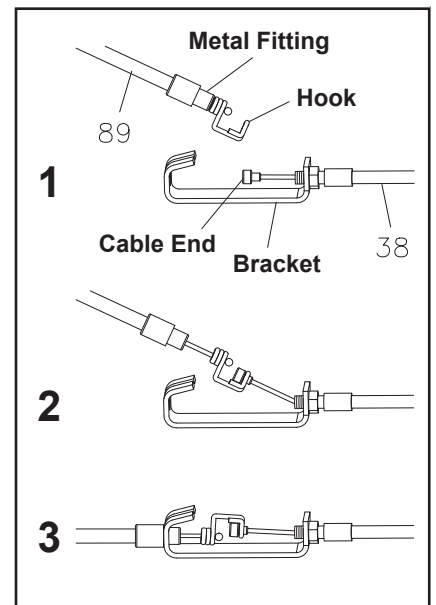
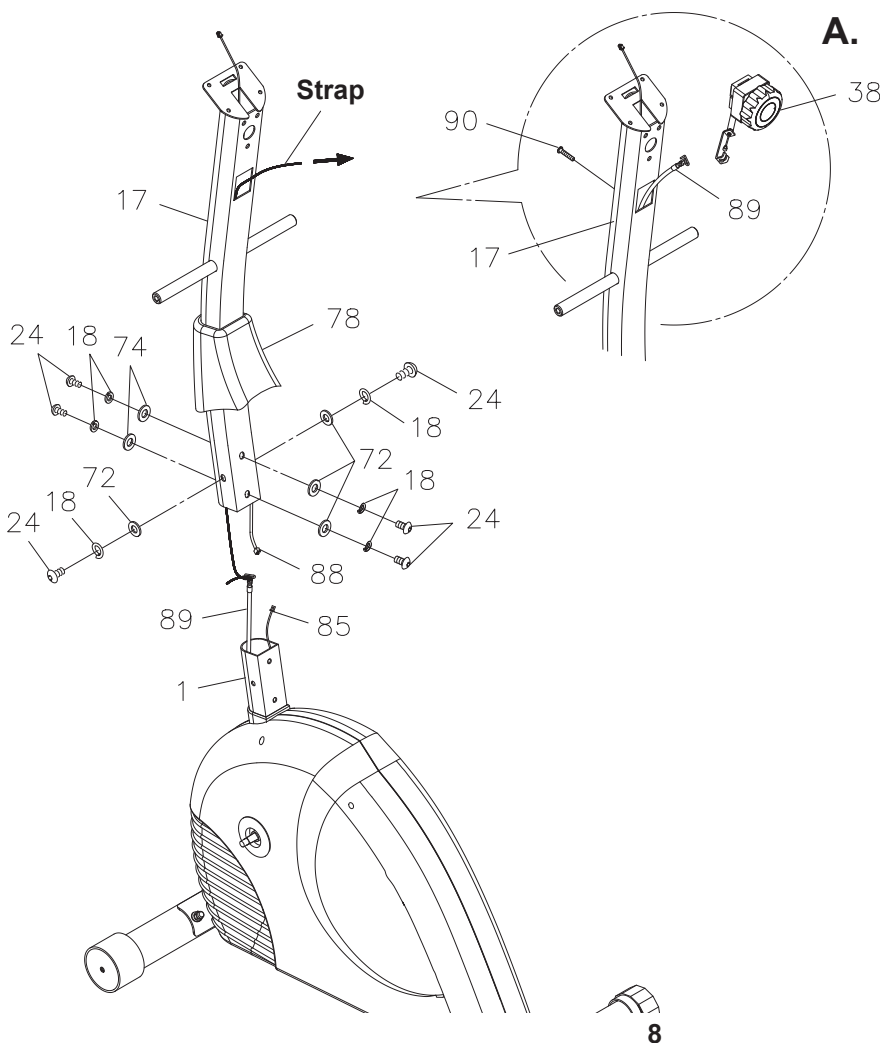
STEP 4

Slide the **UPRIGHT SLEEVE(78)** over the **UPRIGHT(17)**. Refer to illustration below. Tie the **STRAP** to the hook on the end of the **TENSION CABLE(89)**. Pull the **STRAP** from the square opening in the **UPRIGHT(17)** until the **TENSION CABLE(89)** is pulled through and extends out of the square opening in the **UPRIGHT(17)**. Connect the **CONNECTION WIRE(88)** to the **SENSOR WIRE(85)**. Slide the **UPRIGHT(17)** onto the **MAIN FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(24)**, **LOCK WASHERS(M8)(18)**, **WASHERS(M8)(72)**, and **ARC WASHERS(M8)(74)**. Slide down the **UPRIGHT SLEEVE(78)** to cover the bolt heads.

STEP 5

Refer to the inset drawing and detail view **A** to connect the **TENSION KNOB(38)** to the **TENSION CABLE(89)**:

1. Set the **TENSION KNOB(38)** at position “6” so that the **CABLE END** extends out at the proper position for assembly. Connect the **CABLE END** of the **TENSION KNOB(38)** to the **HOOK** on the end of the **TENSION CABLE(89)**.
2. Pull on the **TENSION CABLE(89)** firmly so that enough cable is available to allow the **METAL FITTING** go through the slot in the top of the **BRACKET**.
3. Insert the **METAL FITTING** into the hole at the end of the slot in the **BRACKET**.
4. Adjust the **TENSION KNOB(38)** and verify that the **HOOK** moves when the **TENSION KNOB(38)** is adjusted.
5. Attach the **TENSION KNOB(38)** to the **UPRIGHT(17)** with **ROUND HEAD SCREW(M5x0.8x55mm)(90)**.



ASSEMBLY INSTRUCTIONS

STEP 6

There is an “L” decal on the **LEFT PEDAL LINKAGE(4)**, and an “R” decal on the **RIGHT PEDAL LINKAGE(5)**. Refer to the **RIGHT PEDAL ARM ASSEMBLY** view for the following assembly:

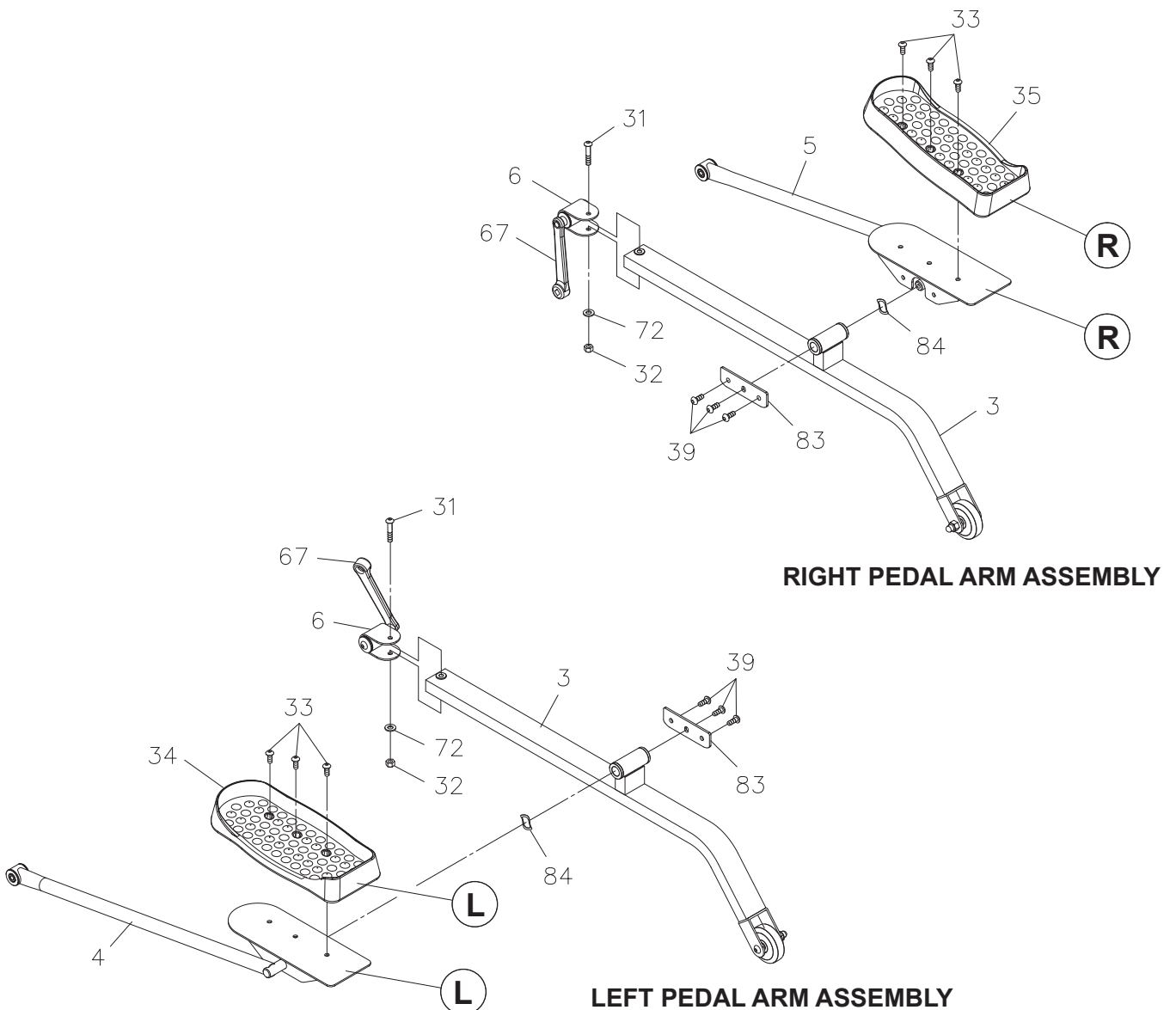
A. Attach a **PEDAL ARM(3)** to the **RIGHT PEDAL LINKAGE(5)** with the **SUPPORT PLATE(83)**, **WAVE WASHER($\phi 20 \times \phi 26 \times 0.5$ mm thick)(84)**, and **BUTTON HEAD BOLTS(M8x1.25x12mm)(39)**.

B. There is an “L” decal on the **LEFT PEDAL CAP(34)**, and an “R” decal on the **RIGHT PEDAL CAP(35)**. Attach the **RIGHT PEDAL CAP(35)** to the **RIGHT PEDAL LINKAGE(5)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(33)**.

NOTE: The **LEFT** and **RIGHT PEDAL CAPS(34, 35)** have a raised lip on three sides. Attach the **LEFT** and **RIGHT PEDAL CAPS(34, 35)** to the **LEFT** and **RIGHT PEDAL LINKAGES(4, 5)** so that the side without the raised lip is on the outside.

C. Position a **CRANK/PEDAL ARM CONNECTOR(67, 6)** as shown in the illustration, and attach it to the **RIGHT PEDAL ARM ASSEMBLY** with **BUTTON HEAD BOLT(M8x1.25x48mm)(31)**, **WASHER(M8)(72)**, and **NYLOCK NUT(M8x1.25)(32)**.

Repeat the above assembly steps for left side.



ASSEMBLY INSTRUCTIONS

WARNING: The **CRANKS(67)** require a special tool to remove once assembled. Read all of the following **ASSEMBLY INSTRUCTIONS** before attaching the **CRANKS(67)**.

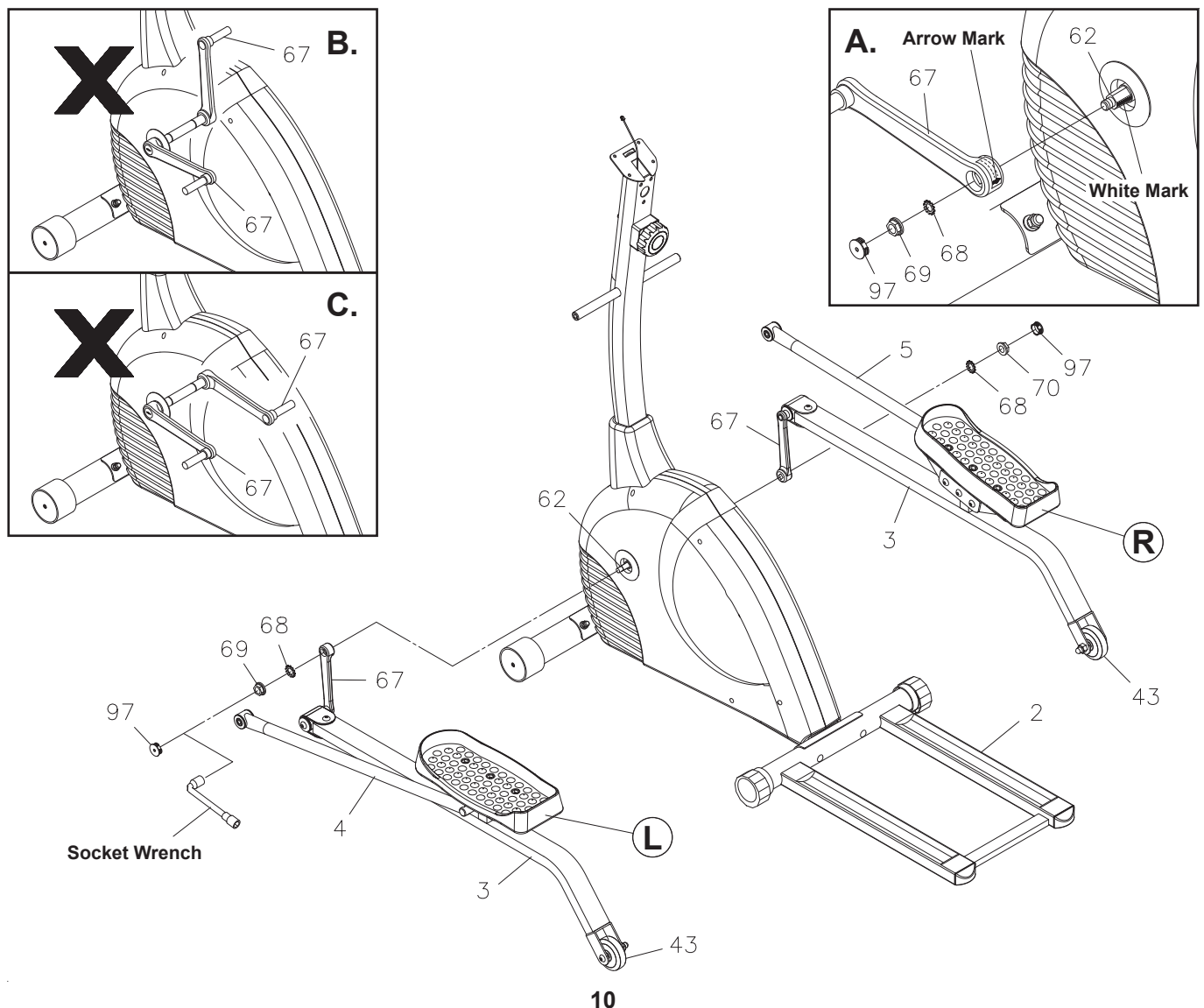
NOTE: 1. Align the **ARROW MARK** on the **CRANK(67)** to the **WHITE MARK** on the **AXLE(62)** when installing the two **CRANKS(67)** onto the **AXLE(62)**. Refer to inset drawing **A**.

2. The **LEFT FLANGE NUT(M10x1.25)(69)**, brass color, has left hand threads and is tightened by turning counterclockwise. The **RIGHT FLANGE NUT(M10x1.25)(70)**, black color, has right hand threads and is tightened by turning clockwise.

STEP 7

Place the **ROLLER(43)** on the back end of the **LEFT PEDAL ARM ASSEMBLY(3, 4)** on the **REAR BASE(2)**. Attach the **CRANK(67)** to the **AXLE(62)** with **TOOTH LOCK WASHER(M10)(68)** and **LEFT FLANGE NUT(M10x1.25)(69)**. **SECURELY TIGHTEN** the **LEFT FLANGE NUT(M10x1.25)(69)** with the socket wrench. Push the **CRANK CAP(97)** into the **CRANK(67)**.

CAUTION: It is possible to assemble the **CRANKS(67)** the wrong way as shown in inset drawings **B** and **C**. The **CRANK(67)** on the **RIGHT PEDAL ARM ASSEMBLY(3, 5)** must be assembled in the opposite direction from the left side. Refer to the below illustration. Use the same procedure as above to assemble the **RIGHT PEDAL ARM ASSEMBLY(3, 5)**.



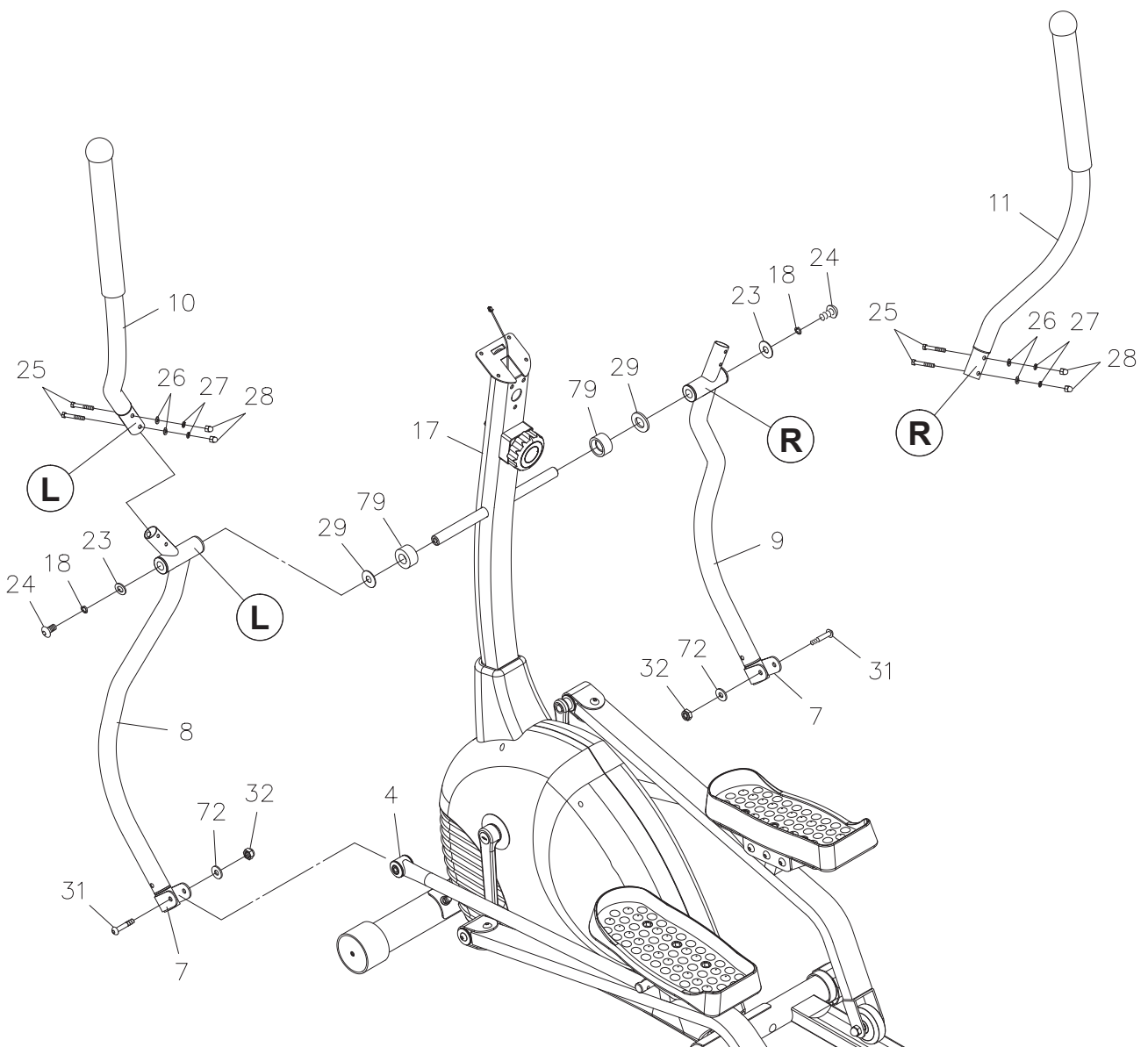
ASSEMBLY INSTRUCTIONS

STEP 8

There is an "L" decal on the **LEFT PIVOTING ARM(8)**, and an "R" decal on the **RIGHT PIVOTING ARM(9)**. To assemble the **LEFT PIVOTING ARM(8)**, place a **SPACER(79)** and a **SPACER WASHER($\varnothing 19 \times \varnothing 38 \times 0.5 \text{mm}$ thick)(29)** on the left side of the **SHAFT** on the **UPRIGHT(17)**. Slide the **LEFT PIVOTING ARM(8)** onto the **SHAFT** and secure with a **LARGE WASHER(M8x $\varnothing 32 \times 2.0 \text{mm}$ thick)(23)**, **LOCK WASHER(M8)(18)**, and **BUTTON HEAD BOLT(M8x1.25x20mm)(24)**. Attach the lower end of the **LEFT PIVOTING ARM(8)** to the **LEFT PEDAL LINKAGE(4)** with **BUTTON HEAD BOLT(M8x1.25x48mm)(31)**, **WASHER(M8)(72)**, and **NYLOCK NUT(M8x1.25)(32)**. Repeat on the right side.

STEP 9

There is an "L" decal on the **LEFT HANDLEBAR(10)**, and an "R" decal on the **RIGHT HANDLEBAR(11)**. Insert the **LEFT** and **RIGHT HANDLEBARS(10, 11)** into the **LEFT** and **RIGHT PIVOTING ARMS(8, 9)** and secure with **HEX BOLTS(M6x1x38mm)(25)**, **ARC WASHERS(M6)(26)**, **LOCK WASHERS(M6)(27)**, and **ACORN NUTS(M6x1)(28)**. The **HEX BOLTS(M6x1x38mm)(25)** must fit inside the hex-shaped holes to properly secure the **LEFT** and **RIGHT PIVOTING ARMS(8, 9)** to the **LEFT** and **RIGHT HANDLEBARS(10, 11)**.



ASSEMBLY INSTRUCTIONS

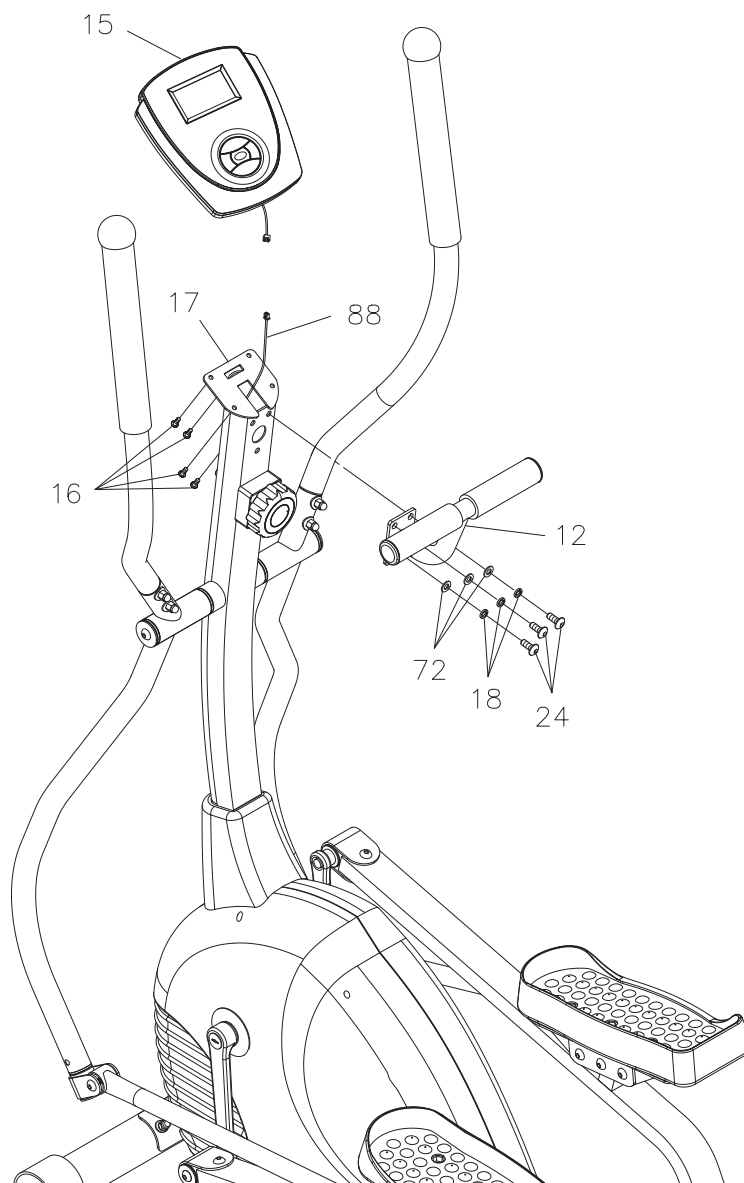
STEP 10

Attach the **STATIONARY HANDLEBAR(12)** to the **UPRIGHT(17)** with **BUTTON HEAD BOLTS(M8x1.25x20mm)(24)**, **LOCK WASHERS(M8)(18)**, and **WASHERS(M8)(72)**.

STEP 11

Install two AA batteries into the **METER(15)**, the batteries are not included. See page 15 for detailed battery installation instructions. Plug the **CONNECTION WIRE(88)** into the **METER(15)** and push the excess wires back into the **UPRIGHT(17)**. Attach the **METER(15)** to the plate on the **UPRIGHT(17)** with **ROUND HEAD SCREWS(M5x0.8x15mm)(16)**.

NOTE: Be careful not to damage the wires when attaching the **METER(15)** to the **UPRIGHT(17)**.

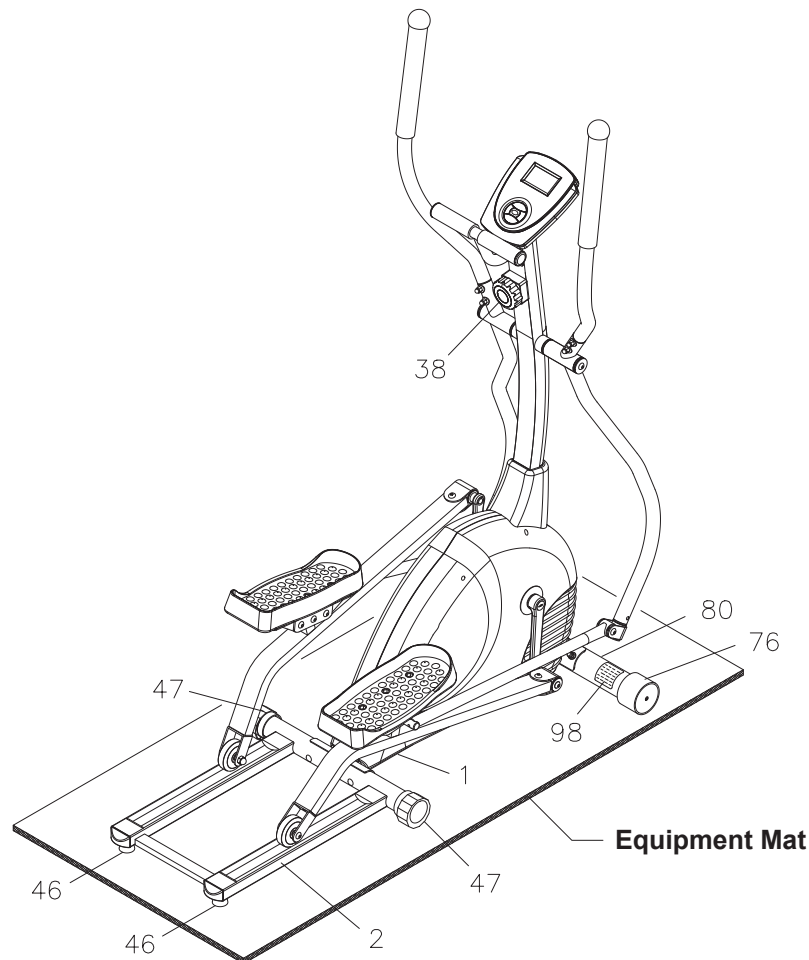


SET UP INSTRUCTIONS

Place the **1764 Magnetic Elliptical Trainer** in the area where it will be used. It is recommended that the **1764 Magnetic Elliptical Trainer** be placed on an equipment mat. The maximum operation dimensions of the **1764 Magnetic Elliptical Trainer** are approximately 58 inches long x 25.5 inches wide x 64.8 inches tall. (These dimensions may vary up to one inch.) Make sure that adequate space is available for access to passage around and emergency dismount from the **1764 Magnetic Elliptical Trainer**. A minimum of 20 inches on at least one side and 20 inches either behind or in front of the **1764 Magnetic Elliptical Trainer** is required for safe operation.

LEVELING: There are four points where you can adjust your **1764 Magnetic Elliptical Trainer** so it sits on the floor without any rocking motion when it's used. First, adjust the **LEVELING CAPS(47)** on the rear stabilizer of the **REAR BASE(2)** so that the **MAIN FRAME(1)** is stable and sits firmly on the floor. Next, adjust the **STANDS(46)** to make the **REAR BASE(2)** stable so that the **1764 Magnetic Elliptical Trainer** sits on the floor without rocking.

MOVING: The **1764 Magnetic Elliptical Trainer** has a pair of wheels on the **FRONT STABILIZER(80)**. Grasp and lift the back end of the **REAR BASE(2)** to move.



FUNCTION INSPECTION:

Visually inspect the **1764 Magnetic Elliptical Trainer** to verify that assembly is as shown in the above illustration. Check the function of the **1764 Magnetic Elliptical Trainer**, stand on the foot pedals and place your hands at a comfortable position on the handlebars. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly. Adjust the **TENSION KNOB(38)** and verify that it functions properly.

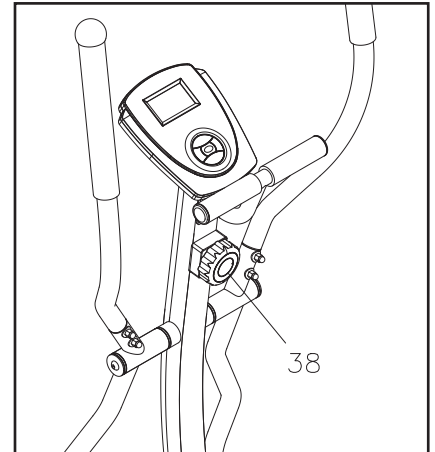
CAUTION: Locate and read the **WARNING LABEL(98)** on the **1764 Magnetic Elliptical Trainer**. Make sure that all users read the **WARNING LABEL(98)** before using the product.

OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

To increase the load, turn the **TENSION KNOB(38)** clockwise. To decrease the load, turn the **TENSION KNOB(38)** counterclockwise. There are eight levels for the load adjustment.

NOTE: The load will increase as you pedal faster.



EXERCISE WORKOUT

To start using the **1764 Magnetic Elliptical Trainer** simply stand on the foot pedals with the front of your shoes close to the front edge of the pedal cap. Place your hands at a comfortable position on the handlebars. Simply move your highest foot forward and follow the natural path of the machine.

Start on a load level that is comfortable to familiarize yourself with the machine. Once you are comfortable, start adjusting the load level to achieve the workout desired.

Forward and Reverse

The **1764 Magnetic Elliptical Trainer** can be used in the forward and reverse direction to vary the muscles that you work out. This will also vary your workout, helping you to stay motivated. To change directions, simply slow the pedals down until they stop, and switch directions.

Load Level Adjustment

The load level of **1764 Magnetic Elliptical Trainer** can be changed at any time during your workout. Adjusting your load level will allow you to increase or decrease your intensity level.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

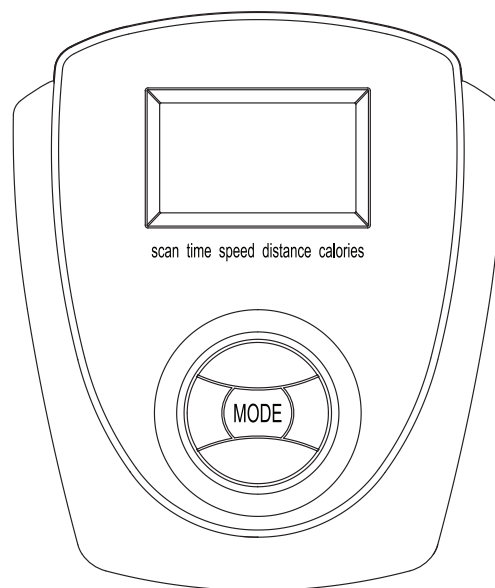
POWER ON : Pedal movement or press the **MODE** button.

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

MODE BUTTON:

Press to select display functions, include **SCAN**, **TIME**, **SPEED**, **DISTANCE**, and **CALORIES**.

Press and hold for three seconds to reset all functions to zero.



FUNCTIONS:

SCAN: Automatically scans each function of **TIME**, **SPEED**, **DISTANCE**, and **CALORIES** in sequence with change every four seconds. Press and release the button until "**SCAN**" appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

SPEED: Displays the current speed from zero to 999.9 miles per hour.

DISTANCE: Displays the distance from zero to 99.99 miles.

CALORIES: Displays the calorie consumption from zero to 999.9 Kcal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

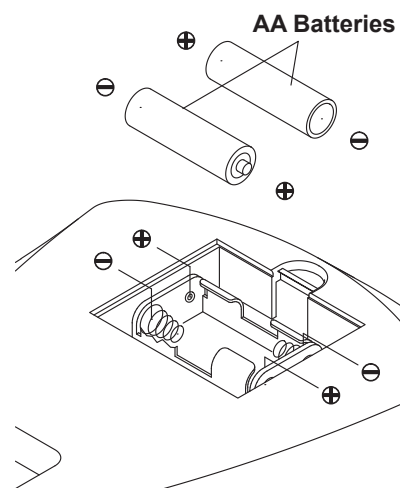
NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the **MODE** button and hold it down for three seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the **METER(15)**.
2. The **METER(15)** operates with two AA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.



STORAGE

1. To store the **1764 Magnetic Elliptical Trainer**, simply keep it in a clean dry place.
2. The minimum rest dimensions of the **1764 Magnetic Elliptical Trainer** are approximately 53.3 inches long x 25.5 inches wide x 66.8 inches tall. These dimensions may vary. Please measure your **1764 Magnetic Elliptical Trainer** if exact dimensions are needed.
3. To move the **1764 Magnetic Elliptical Trainer**, lift the back end of the **REAR BASE(2)** and use the wheels which built in the **FRONT STABILIZER(80)**.
4. To avoid damage to the electronics, remove the batteries before storing the **1764 Magnetic Elliptical Trainer** for one year or more.

MAINTENANCE

The safety and integrity designed into the **1764 Magnetic Elliptical Trainer** can only be maintained when the **1764 Magnetic Elliptical Trainer** is regularly examined for damage and wear. Special attention should be given to the following:

1. Adjust the **TENSION KNOB(38)** and verify that the resistance changes.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **WARNING LABEL(98)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(98)** 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 **1764 Magnetic Elliptical Trainer** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **1764 Magnetic Elliptical Trainer**.
7. Keep your **1764 Magnetic Elliptical Trainer** 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.

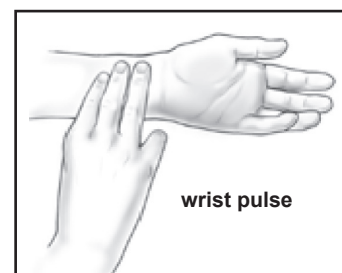
Remember to follow these essentials:

- 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

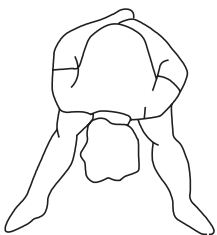
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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

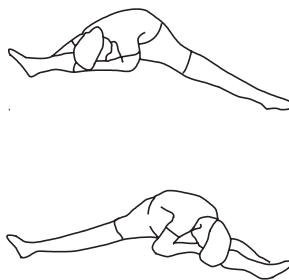
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for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

Suggested Stretching Exercises



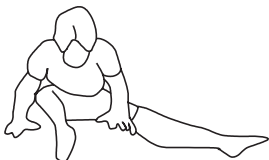
Lower Body Stretch

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.



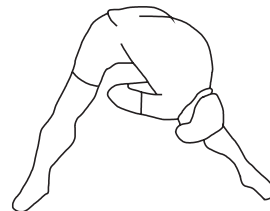
Floor Stretch

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 55-1764

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.

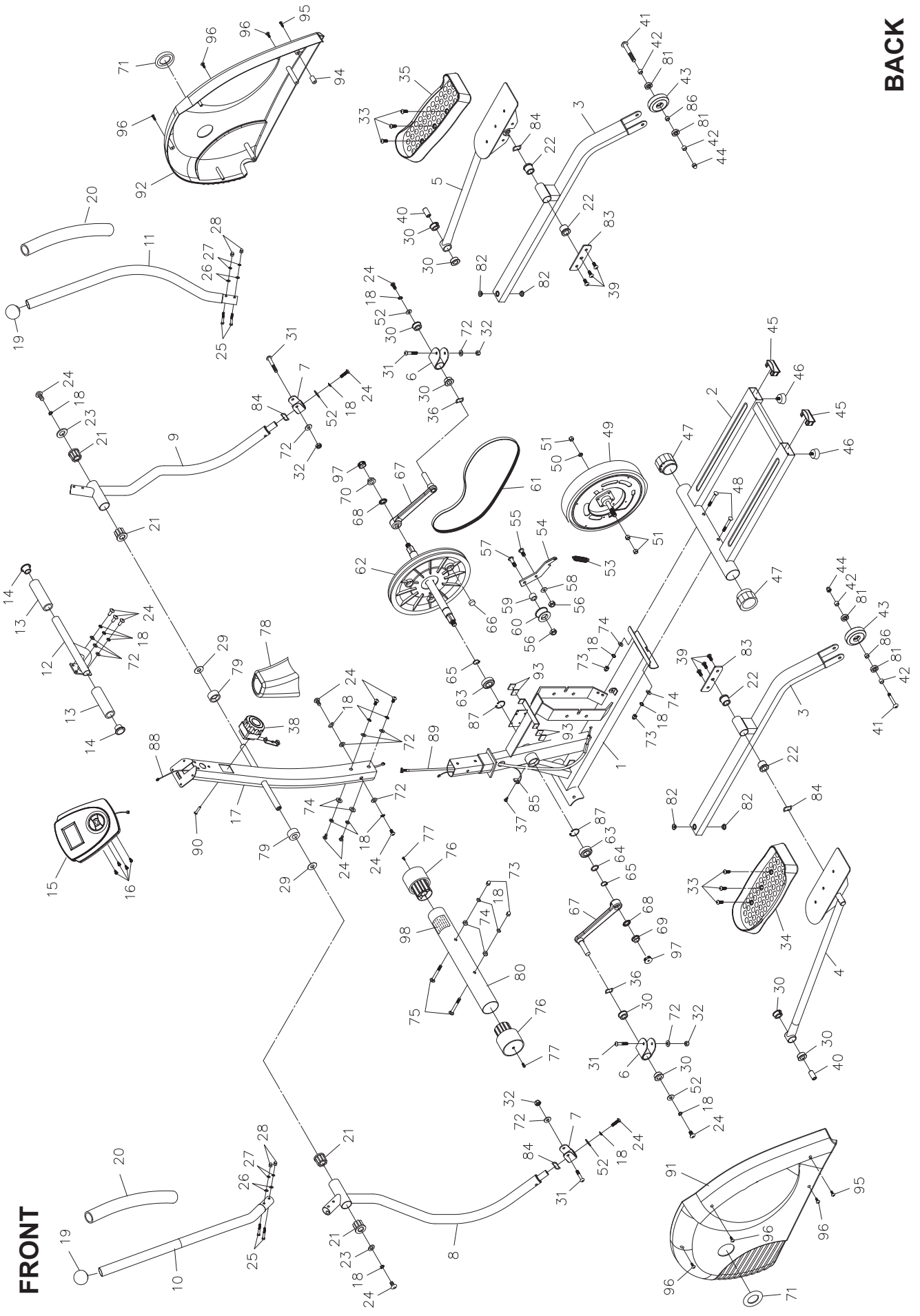
Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

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

FRONT



BACK

PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Rear Base	1
3	Pedal Arm	2
4	Left Pedal Linkage	1
5	Right Pedal Linkage	1
6	Pedal Arm Connector	2
7	Linkage Connector	2
8	Left Pivoting Arm	1
9	Right Pivoting Arm	1
10	Left Handlebar	1
11	Right Handlebar	1
12	Stationary Handlebar	1
13	Foam Grip	2
14	Round Plug (25.4mm)	2
15	Meter	1
16	Screw, Round Head (M5 x 0.8 x 15mm)	4
17	Upright	1
18	Lock Washer (M8)	19
19	Dome Plug (ø50mm)	2
20	Foam Tube	2
21	Pivoting Arm Bushing	4
22	Pedal Bushing (ø19 x ø32 x 25mm)	4
23	Large Washer (M8 x ø32 x 2.0mm thick)	2
24	Bolt, Button Head (M8 x 1.25 x 20mm)	15
25	Bolt, Hex Head (M6 x 1 x 38mm)	4
26	Arc Washer (M6)	4
27	Lock Washer (M6)	4
28	Acorn Nut (M6 x 1)	4
29	Spacer Washer (ø19 x ø38 x 0.5mm thick)	2
30	Connector Bushing (ø16 x ø32 x 14mm)	8
31	Bolt, Button Head (M8 x 1.25 x 48mm)	4
32	Nylock Nut (M8 x 1.25)	4
33	Bolt, Button Head (M8 x 1.25 x 15mm)	6
34	Left Pedal Cap	1
35	Right Pedal Cap	1
36	Wave Washer (ø16.5 x ø22 x 0.5mm thick)	2
37	Screw, Round Head (M5 x 0.8 x 15mm)	1
38	Tension Knob	1
39	Bolt, Button Head (M8 x 1.25 x 12mm)	6
40	Sleeve (ø8 x ø16 x 31mm)	2
41	Bolt, Button Head (M10 x 1.5 x 60mm)	2
42	Roller Spacer (ø10.5 x ø14 x 9.5mm)	4
43	Roller	2
44	Acorn Nut (M10 x 1.5mm)	2
45	Rectangle Plug (30 x 60mm)	2
46	Stand	2
47	Leveling Cap (ø50.8mm)	2
48	Carriage Bolt (M8 x 1.25 x 65mm)	2
49	Magnetic Unit	1
50	Thin Nut (3/8" - 26 x 4mm thick)	1
51	Nut (3/8" - 26W x 7mm thick)	3
52	Large Washer (ø8.4 x ø32 x 2.0mm thick)	4

PARTS LIST

PART#	PART NAME	QTY
53	Spring (ø17 x 75mm, wire ø2.3mm)	1
54	Idler Arm	1
55	Bolt, Flat Allen Head (M10 x 1.5 x 20mm)	1
56	Nylock Nut (M10 x 1.5)	2
57	Bolt, Flat Allen Head (M10 x 1.5 x 40mm)	1
58	Washer (ø16.5 x ø32 x 0.5mm thick)	1
59	Spacer (ø10.2 x ø16 x 18mm)	1
60	Idler Wheel	1
61	V-Ribbed Belt	1
62	Axle w/ Pulley	1
63	Bearing (R12zz)	2
64	Spacer Washer (ø19.5 x ø26 x 0.5mm thick)	1
65	C Ring (19mm)	2
66	Magnet	1
67	Crank	2
68	Tooth Lock Washer (M10)	2
69	Flange Nut, Brass Color (M10 x 1.25, Left Hand Threads)	1
70	Flange Nut, Black Color (M10x1.25, Right Hand Threads)	1
71	Crank Cover	2
72	Washer (M8)	11
73	Acorn Nut (M8 x 1.25)	4
74	Arc Washer (M8)	6
75	Carriage Bolt (M8 x 1.25 x 75mm)	2
76	Wheel Endcap (ø60mm)	2
77	Screw, Round Head (M4 x 0.7 x 12mm)	2
78	Upright Sleeve	1
79	Spacer	2
80	Front Stabilizer	1
81	Bearing (6000z)	4
82	Pedal Arm Bushing (ø8.2 x ø19 x 7mm)	4
83	Support Plate	2
84	Wave Washer (ø20 x ø26 x 0.5mm thick)	4
85	Sensor Wire	1
86	Short Roller Spacer (ø10.5 x ø14 x 8.2mm)	2
87	Inner C Ring (42mm)	2
88	Connection Wire	1
89	Tension Cable	1
90	Screw, Round Head (M5 x 0.8 x 55mm)	1
91	Left Cover	1
92	Right Cover	1
93	Foam Pad (25 x 25 x 5mm)	4
94	Cover Spacer (ø12 x 30mm)	1
95	Screw, Round Head (M4 x 15mm)	2
96	Screw, Round Head (M4 x 25mm)	6
97	Crank Cap	2
98	Warning Label	1
99	Allen Wrench (5mm)	1
100	Allen Wrench w/ Screwdriver (6mm)	1
101	Wrench	1
102	Socket Wrench	1
103	Manual	1

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