When calling for parts or service, please specify the following number:

Model#: 40-0056

This Product is Produced Exclusively by

STAMINA PRODUCTS
MADE IN CHINA

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2010, 03
SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the inSTRIDE® Twist Stepper.

1. Read all warnings posted on the inSTRIDE® Twist Stepper.
2. The inSTRIDE® Twist Stepper should only be used after a thorough review of the Owner’s Manual.
3. Keep children away from the inSTRIDE® Twist Stepper. Do not allow children to use or play on the inSTRIDE® Twist Stepper. Keep children and pets away from the inSTRIDE® Twist Stepper when it is in use.
4. Inspect the Resistance Tubes(21) for nicks and cuts before each use. Do not use Resistance Tubes(21) that are nicked or cut.
5. Always make sure that the Cable(15) is properly seated in the groove on the Pulley(14) before using the inSTRIDE® Twist Stepper.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the inSTRIDE® Twist Stepper on a solid level surface. Do not position the inSTRIDE® Twist Stepper on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the inSTRIDE® Twist Stepper.
9. Before using, inspect the inSTRIDE® Twist Stepper for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. Before using, always check the LOCKING KNOB(11) to be sure it is securely tightened.
11. Shocks on steppers get HOT during use. To avoid burns, do not touch the shocks until they have time to cool.
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. Follow your physician’s recommendations in developing your own personal fitness program.
14. 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.
15. Do not wear loose or dangling clothing while using the inSTRIDE® Twist Stepper.
16. 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.
17. Be careful to maintain your balance while using, mounting, dismounting, or assembling the inSTRIDE® Twist Stepper, loss of balance may result in a fall and serious bodily injury.
18. The inSTRIDE® Twist Stepper should not be used by persons weighing over 250 pounds.
19. The inSTRIDE® Twist Stepper should be used by only one person at a time.
20. The inSTRIDE® Twist Stepper is for consumer use only. It is not for use in public or semipublic facilities.

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 PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.
THANK YOU FOR PURCHASING THE inSTRIDE® Twist Stepper

To help you get started, we have pre-assembled most of your inSTRIDE® Twist Stepper 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.
Thank you for choosing the inSTRIDE® Twist Stepper. 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 inSTRIDE® Twist Stepper 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 inSTRIDE® Twist Stepper.

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 inSTRIDE® Twist Stepper, please do not return the product. Contact us FIRST!

If a part is missing or defective, please 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.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

Be sure to have the name and model number of the product available when you contact us.
This chart is provided to help identify the warning and notice labels on the inSTRIDE® Twist Stepper. Please take a moment to familiarize yourself with all of the warning and notice labels.

EQUIPMENT WARNING & NOTICE LABELS

Label is larger than actual size

W1  WARNING LABEL(32)

WARNING

Failure to comply with these warnings could result in serious injury or death. All warnings and instructions are to be read prior to use. Replace this warning label if damaged, illegible, or removed.

Keep others including children & pets away from equipment when in use.

BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PERSONS OVER THE AGE OF THIRTY-FIVE OR WITH PREEXISTING HEALTH PROBLEMS. STAMINA® ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. Make sure all nuts and bolts are securely tightened, and follow all safety tips and instructions set forth herein. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in the front of your manual.

W2  SHOCK WARNING DECAL(33)

CAUTION HOT SURFACE!

Shocks may become hot during use, allow to cool before moving or storing stepper.
**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 customerservice@staminaproducts.com.

**STEP 1**
Refer to illustration A. Lift the RIGHT PEDAL ARM(3) up as shown. Tighten the LOCKING KNOB(11) to lock the PULLEY BRACKET(13) in position. Press the RIGHT PEDAL ARM(3) down and make sure the CABLE(15) is properly seated in the groove on the PULLEY(14).

**STEP 2**
Refer to illustration B. Hook the RESISTANCE TUBES(21) to the D RINGS(20) on both sides.
OPERATIONAL INSTRUCTIONS

USING THE ELECTRONIC METER

POWER ON: Pedal movement or press the button.

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

FUNCTION BUTTON:
Press and release to select the function of the lower readout.
Press and hold for four seconds to reset all functions to zero.

FUNCTIONS:

COUNT: Upper readout displays the total number of strides you have taken from zero to 9999 strides.

SCAN: Automatically scans each function of TIME, CALORIE, REPS/MIN in sequence with change every five seconds.

TIME: Displays the stepping time from one second up to 99:59 minutes. After four seconds of inactivity, the meter will automatically stop timing the workout. Restart the workout time by moving the pedals.

REPS/MIN: Displays the rate of strides per minute.

CALORIE: Displays the calorie consumption from zero to 9999 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 button and hold it down for four seconds to reset all functions to zero.

BATTERY
The meter operates with a 1.5v LR44 mercury battery. Replace the battery when you see inconsistencies in the display.

PRECAUTIONS FOR USING
1. To maintain your balance, always mount or dismount the inSTRIDE® Twist Stepper from the lowest foot pedal, refer to the following illustrations. Loss of balance may result in a fall and serious bodily injury.
2. Use a wall or a table to help to maintain your balance while using the inSTRIDE® Twist Stepper until you are familiar with the inSTRIDE® Twist Stepper.
**STORAGE**

1. To store the inSTRIDE® Twist Stepper, simply keep it in a clean dry place.
2. The minimum dimensions of inSTRIDE® Twist Stepper is approximately 16” long x 15” wide x 9” tall. These dimensions will vary. Please measure your inSTRIDE® Twist Stepper if exact dimensions are needed.
3. Grasp the Front and Rear Stabilizers to move the inSTRIDE® Twist Stepper. Do not use the Pedal Arms to move the inSTRIDE® Twist Stepper.

**MAINTENANCE**

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

1. Inspect the RESISTANCE TUBES(21) for nicks and cuts. Replace damaged RESISTANCE TUBES(21).
2. Verify that the SHOCKS(9) provides resistance by pushing down on the foot pedals.
3. SHOCKS(9) on steppers get HOT during use. To avoid burns, do not touch the SHOCKS(9) until they have time to cool.
4. Verify that the WARNING LABEL(32) is in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement Warning Label if the WARNING LABEL(32) is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the inSTRIDE® Twist Stepper removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the inSTRIDE® Twist Stepper.
8. Keep your inSTRIDE® Twist Stepper clean by wiping with an absorbent cloth after use.
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*

<table>
<thead>
<tr>
<th>Age</th>
<th>Target Heart Rate Zone (55%-90% of Maximum Heart Rate)</th>
<th>Average Maximum Heart Rate 100%</th>
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<tr>
<td>20 years</td>
<td>110-180 beats per minute</td>
<td>200 beats per minute</td>
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<tr>
<td>25 years</td>
<td>107-175 beats per minute</td>
<td>195 beats per minute</td>
</tr>
<tr>
<td>30 years</td>
<td>105-171 beats per minute</td>
<td>190 beats per minute</td>
</tr>
<tr>
<td>35 years</td>
<td>102-166 beats per minute</td>
<td>185 beats per minute</td>
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<tr>
<td>40 years</td>
<td>99-162 beats per minute</td>
<td>180 beats per minute</td>
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<tr>
<td>45 years</td>
<td>97-157 beats per minute</td>
<td>175 beats per minute</td>
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<tr>
<td>50 years</td>
<td>94-153 beats per minute</td>
<td>170 beats per minute</td>
</tr>
<tr>
<td>55 years</td>
<td>91-148 beats per minute</td>
<td>165 beats per minute</td>
</tr>
<tr>
<td>60 years</td>
<td>88-144 beats per minute</td>
<td>160 beats per minute</td>
</tr>
<tr>
<td>65 years</td>
<td>85-139 beats per minute</td>
<td>155 beats per minute</td>
</tr>
<tr>
<td>70 years</td>
<td>83-135 beats per minute</td>
<td>150 beats per minute</td>
</tr>
</tbody>
</table>

* 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 - Age = 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

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 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 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.
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<td>Right Pedal Arm</td>
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<td>Pedal Arm Bushing</td>
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<td>6</td>
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<td>9</td>
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<td>11</td>
<td>Locking Knob</td>
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<td>12</td>
<td>Lock Washer (M10)</td>
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<td>13</td>
<td>Pulley Bracket</td>
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<td>Endcap (50mm)</td>
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<td>Bolt, Hex Head (M6 x 1 x 31mm)</td>
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<td>Bolt, Button Head (M6 x 1 x 36mm)</td>
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<td>Bolt, Button Head (M8 x 1.25 x 25mm)</td>
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<td>Bolt, Button Head (M8 x 1.25 x 36.5mm)</td>
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<td>Nylock Nut (M6 x 1)</td>
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Please do not return the product. For your convenience, Stamina's Customer Service Department can be reached by email at customerservice@staminaproducts.com or toll free at 1-800-375-7520 (in the U.S.). Should a part be missing or a defective part found, please call us 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. on Friday or fill out the fax sheet ordering form below and fax it to (417) 889-8064. Our Customer Service Department will be able to assist you with your problem and the part will be mailed directly to your house.

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**FAX/MAIL ORDERING FORM**

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms:  
Address:  
City:  
State:  
Zip Code:  
Phone #: (   )  
Work Phone #: (   )  
Date Purchased:  
Model #:  
Purchased From:  

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

<table>
<thead>
<tr>
<th>PART #</th>
<th>DESCRIPTION</th>
<th>QUANTITY</th>
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<tbody>
<tr>
<td>1</td>
<td>Rear Unit Assembly</td>
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