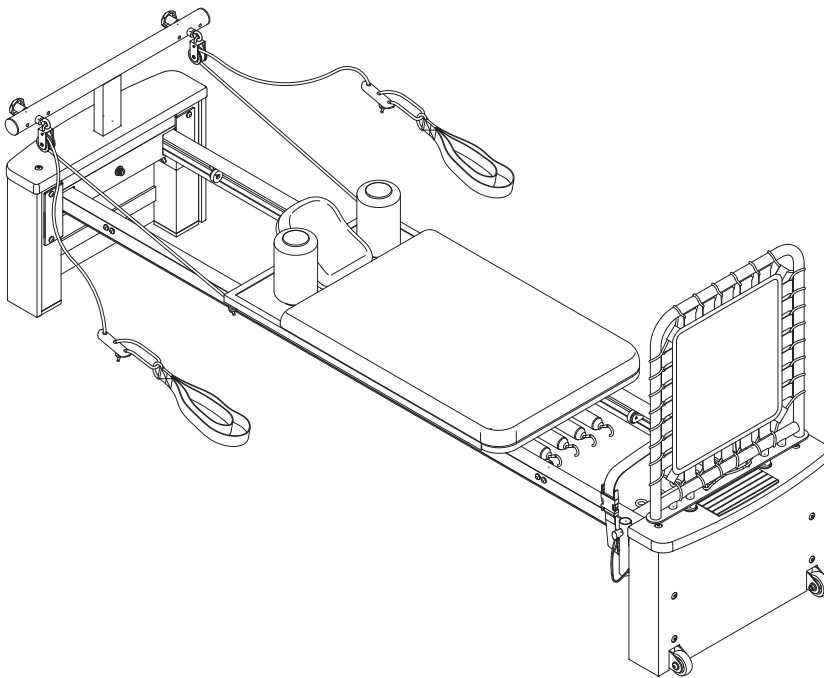


# AeroPilates®

LESS STRESS | MORE HEART

PROXP<sup>557</sup>

## Owner's Manual



Product May Vary Slightly From Pictured.

### CAUTION:

Weight on this product should not exceed 300 lbs.

This Product is Distributed Exclusively by



2040 N Alliance Ave, Springfield, MO 65803

Customer Care

1 (800) 375-7520

[www.staminaproducts.com](http://www.staminaproducts.com)

### ⚠ 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 numbers:

**Model#: 55-5557C**

**S/N: \_\_\_\_\_**


United States and/or International patents apply and/or are pending. See [www.staminaproducts.com](http://www.staminaproducts.com) for details.

**STAMINA PRODUCTS  
MADE IN CHINA**

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ACCESS DIGITAL VERSIONS  
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PLUS GET AN ADDITIONAL  
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1. Go to [video.staminaproducts.com](http://video.staminaproducts.com)
2. Click 
3. Enter your product VIDEO CODE

*Your **video code** is the model number + serial number. This info can be found on the serial decal.*

*\*EXAMPLE ONLY. USE MODEL NUMBER + SERIAL NUMBER FROM THE DECAL ON YOUR PRODUCT.*



Coupon Code\*

15-033601JAN351450

REDEEM

*Digital product only. No physical DVD will be shipped.*

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## SAFETY INSTRUCTIONS

**⚠ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**⚠ 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.

**⚠ CAUTION** The Bungee Cord(51) contain natural rubber latex which may cause allergic reactions.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates® Pro XP556.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **AeroPilates® Pro XP557** for the first time.
2. Read all warnings and cautions posted on the **AeroPilates® Pro XP557**.
3. The **AeroPilates® Pro XP557** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. We recommend that two people be available for assembly of this product.
5. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and the product.
6. Keep children away from the **AeroPilates® Pro XP557**. Do not allow children to use or play on the **AeroPilates® Pro XP557**. Keep children and pets away from the **AeroPilates® Pro XP557** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **AeroPilates® Pro XP557** on a solid level surface. Do not position the **AeroPilates® Pro XP557** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **AeroPilates® Pro XP557**.
10. Before using, inspect the **AeroPilates® Pro XP557** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. 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.
12. 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.
13. Do not wear loose or dangling clothing while using the **AeroPilates® Pro XP557**.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AeroPilates® Pro XP557**, loss of balance may result in a fall and bodily injury.
15. The **AeroPilates® Pro XP557** should not be used by persons weighing over 300 pounds.
16. The **AeroPilates® Pro XP557** should be used by only one person at a time.
17. The **AeroPilates® Pro XP557** is for consumer use only. It is not for use in public or semipublic facilities.

**EXTEND YOUR PARTS WARRANTY TO 180 DAYS FROM THE DATE OF PURCHASE. REGISTER YOUR PRODUCT.**



**NEED HELP?  
CONTACT US FIRST  
1 (800) 375-7520  
customer.care@staminaproducts.com**

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,  
***Stamina Customer Care***

**To enact your extended warranty and to help us better serve you, please go online and register your new product.**

**register.staminaproducts.com**

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.



**ONLINE**

customer.care@staminaproducts.com  
www.staminaproducts.com



**TELEPHONE**

1 (800) 375-7520



**FAX**

(417) 889-8064



**MAIL**

Stamina Products, Inc.  
ATTN: Customer Care  
2040 N Alliance Ave  
Springfield, MO 65803

 facebook.com/StaminaProducts  
facebook.com/AeroPilates

**CUSTOMER CARE HOURS:**  
Monday-Thursday, 7:30 AM-5:00 PM, Central Time  
Friday, 8:00 AM-3:00 PM, Central Time

## BEFORE YOU BEGIN

Thank you for choosing the **AeroPilates® Pro XP557**. 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 **AeroPilates® Pro XP557** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

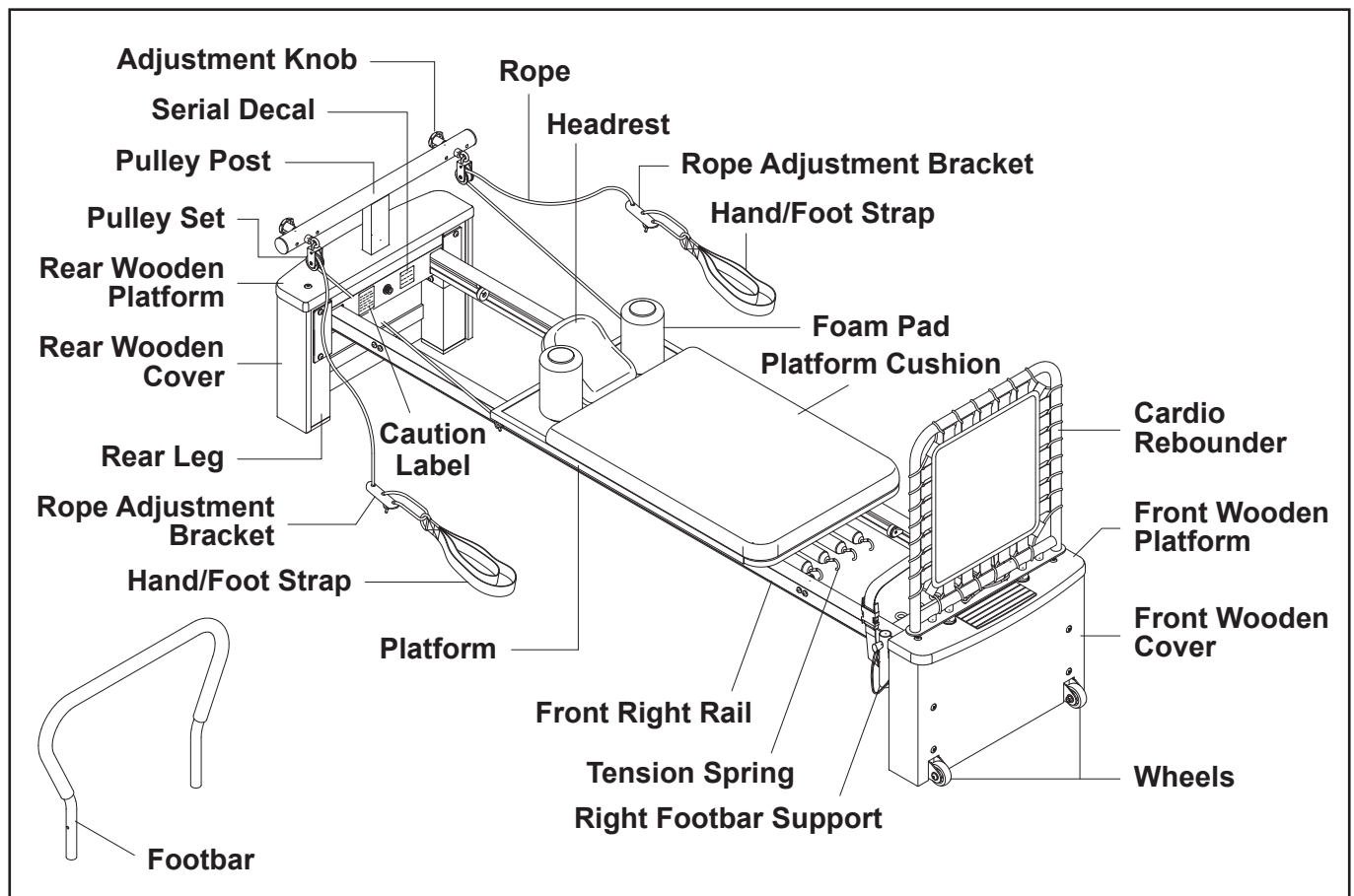
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See page 5 for an image of the serial decal. Model number and serial number are required when calling for assistance.

Read this manual carefully before using the **AeroPilates® Pro XP557**.

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 **AeroPilates® Pro XP557**, please do not return the product. Contact us FIRST!

If a part is missing or defective, please contact Customer Care for assistance. Call us toll free at 1-800-375-7520 (in the U.S.) or live chat on [staminaproducts.com](http://staminaproducts.com). Our Customer Care 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 :



## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **AeroPilates® Pro XP557**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

### CAUTION LABEL(86)



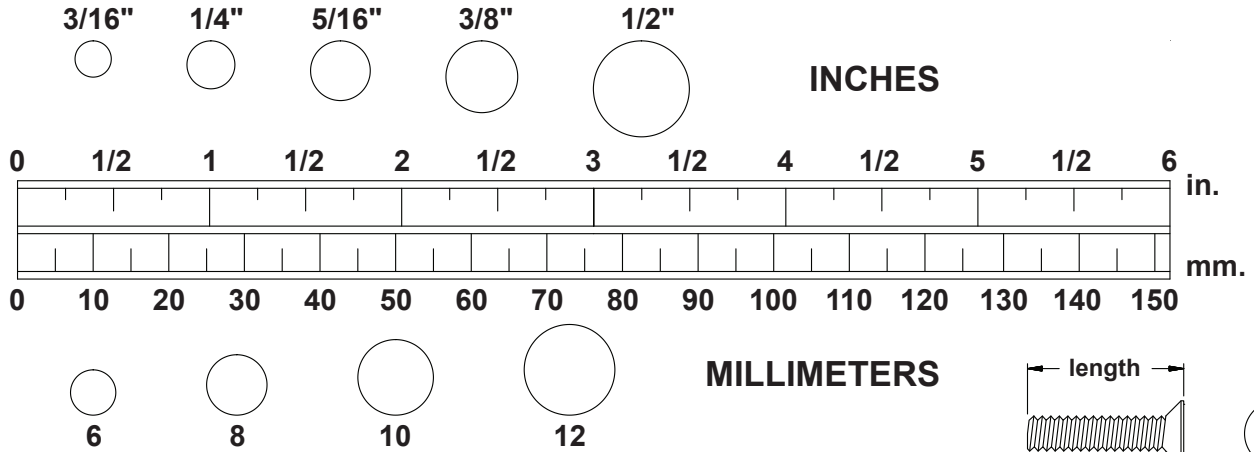
### SERIAL DECAL(87)



To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

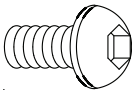
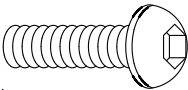
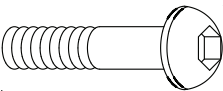
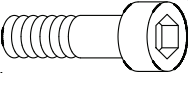

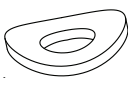
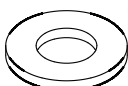
# HARDWARE IDENTIFICATION CHART

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
	55 Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker)	24
	56 Bolt, Button Head (M8 x 1.25 x 20mm)	16
	57 Bolt, Button Head (M8 x 1.25 x 24mm, with threadlocker)	4
	58 Bolt, Button Head (M8 x 1.25 x 30mm)	4
	81 Bolt, Button Head (M8 x 1.25 x 25mm)	8
	60 Bolt, Button Head (M8 x 1.25 x 45mm)	2
	61 Bolt, Socket Head (M10 x 1.5 x 35mm)	1
	73 Nylock Nut (M8 x 1.25)	2
	76 Arc Washer (M8)	2
	79 Washer (M8)	4
	80 Washer (M10)	1



## 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](http://staminaproducts.com) under the Customer Care section and order the part needed, e-mail us at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care 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.

**NOTE:** We recommend that two people be available for assembly of this product.

### STEP 1

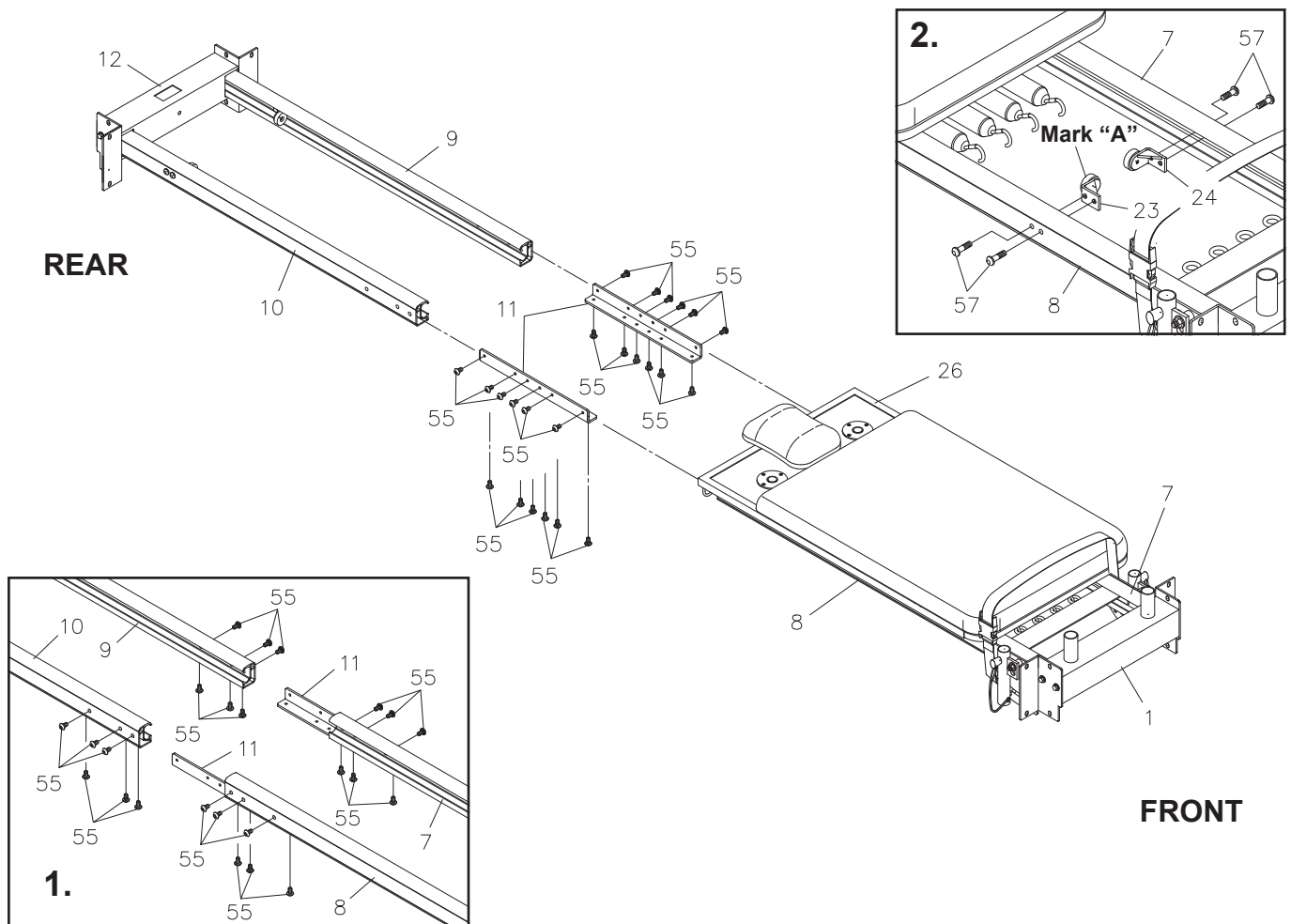
Refer to illustration 1. To connect the **RAILS**: Insert the **CONNECTING BRACKETS(11)** into the **FRONT LEFT RAIL(7)** and **FRONT RIGHT RAIL(8)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(55)**. Do not tighten the bolts until STEP 2.

### STEP 2

Insert the **CONNECTING BRACKETS(11)** into the **REAR LEFT RAIL(9)** and **REAR RIGHT RAIL(10)** and secure with **BUTTON HEAD BOLTS(M8x1.25x10mm)(55)**. Tighten all of the bolts.

### STEP 3

Refer to illustration 2. There is an "A" decal on the **STOP BRACKET A(23)** and a "B" decal on the **STOP BRACKET B(24)**. Move the **PLATFORM(26)** toward the **REAR BRACE(12)**. Attach the **STOP BRACKET A(23)** to the **FRONT RIGHT RAIL(8)** with **BUTTON HEAD BOLTS(M8x1.25x24mm)(57)**. Attach the **STOP BRACKET B(24)** to the **FRONT LEFT RAIL(7)** with **BUTTON HEAD BOLTS(M8x1.25x24mm)(57)**.





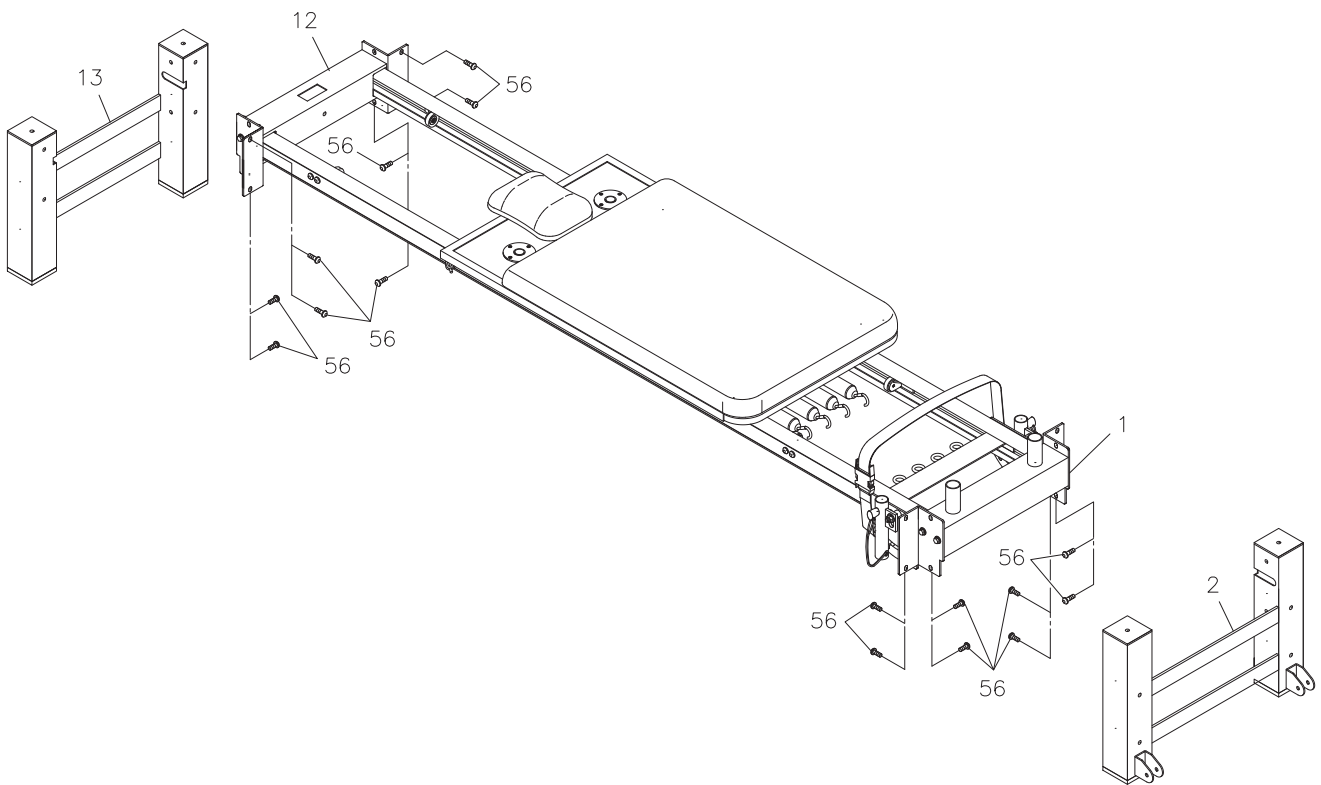
## ASSEMBLY INSTRUCTIONS

### STEP 4

Slide the **FRONT LEG(2)** onto the **FRONT BRACE(1)** as shown in the illustration and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(56)**. Do not tighten bolts until STEP 5 is complete.

### STEP 5

Slide the **REAR LEG(13)** onto the **REAR BRACE(12)** as shown in the illustration and secure with **BUTTON HEAD BOLTS(M8x1.25x20mm)(56)**. Tighten all of the bolts.



## ASSEMBLY INSTRUCTIONS

### STEP 6

Attach the **FRONT WOODEN COVER(82)** to the **FRONT LEG(2)** with **BUTTON HEAD BOLTS (M8x1.25X25mm)(81)**.

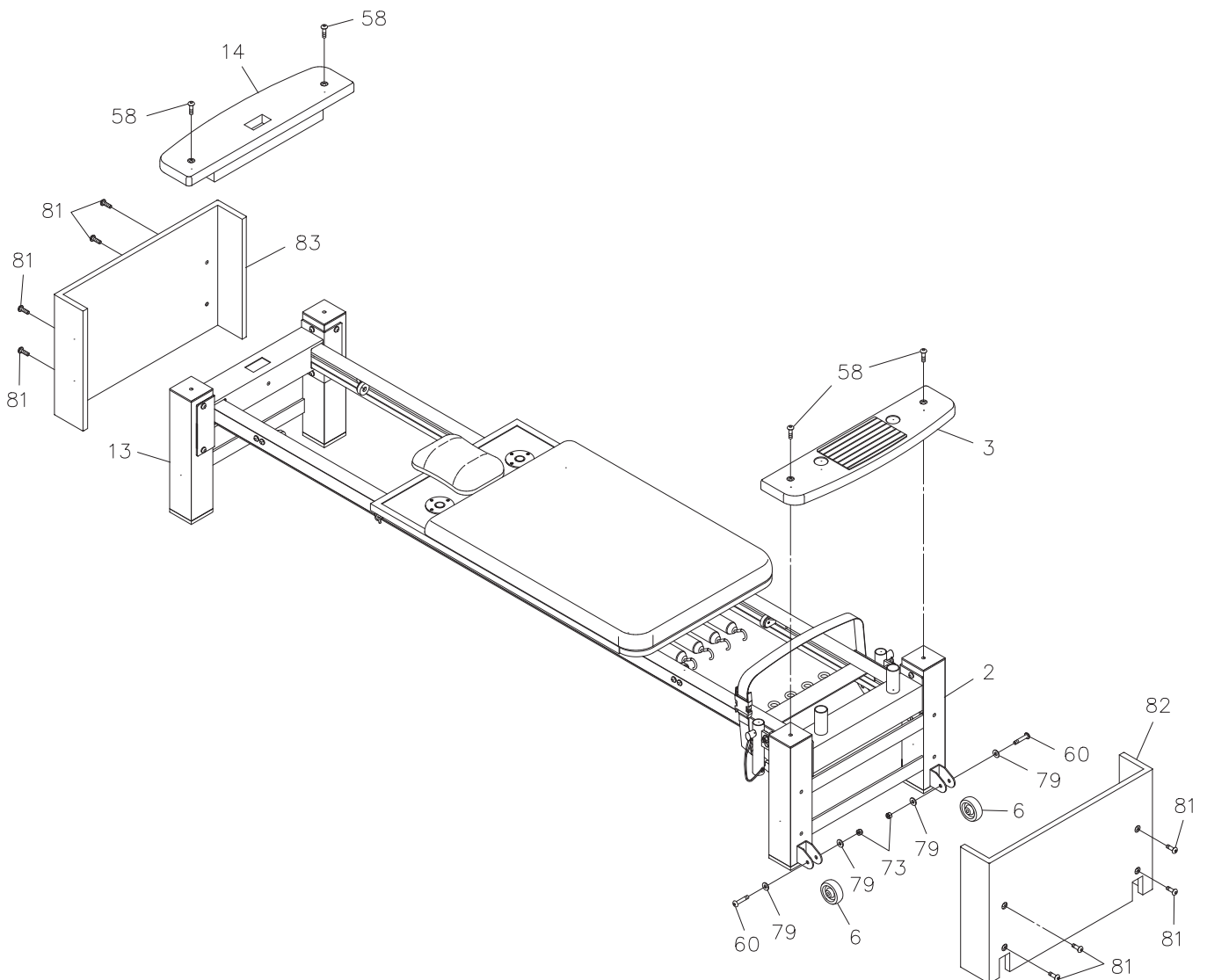
### STEP 7

Attach the **FRONT WOODEN PLATFORM(3)** to the top of the **FRONT LEG(2)** with **BUTTON HEAD BOLTS (M8x1.25x30mm)(58)**.

Repeat STEP 6 and STEP 7 to attach the **REAR WOODEN COVER(83)** and **REAR WOODEN PLATFORM (14)** to the **REAR LEG(13)**.

### STEP 8

Attach the **WHEELS(6)** to the **FRONT LEG(2)** with **BUTTON HEAD BOLTS(M8x1.25x45mm)(60)**, **WASHERS(M8)(79)**, and **NYLOCK NUTS(M8x1.25)(73)**.



## ASSEMBLY INSTRUCTIONS

### STEP 9

Insert the **PULLEY POST(39)** into the **REAR WOODEN PLATFORM(14)** and secure with **SOCKET HEAD BOLT(M10x1.5x35mm)(61)** and **WASHER(M10)(80)**. Insert the **PULLEY SETS(41)** through the **PULLEY SPACERS(42)** and the **PULLEY POST(39)** and secure with **ADJUSTMENT KNOBS(43)** and **ARC WASHERS(M8)(76)**.

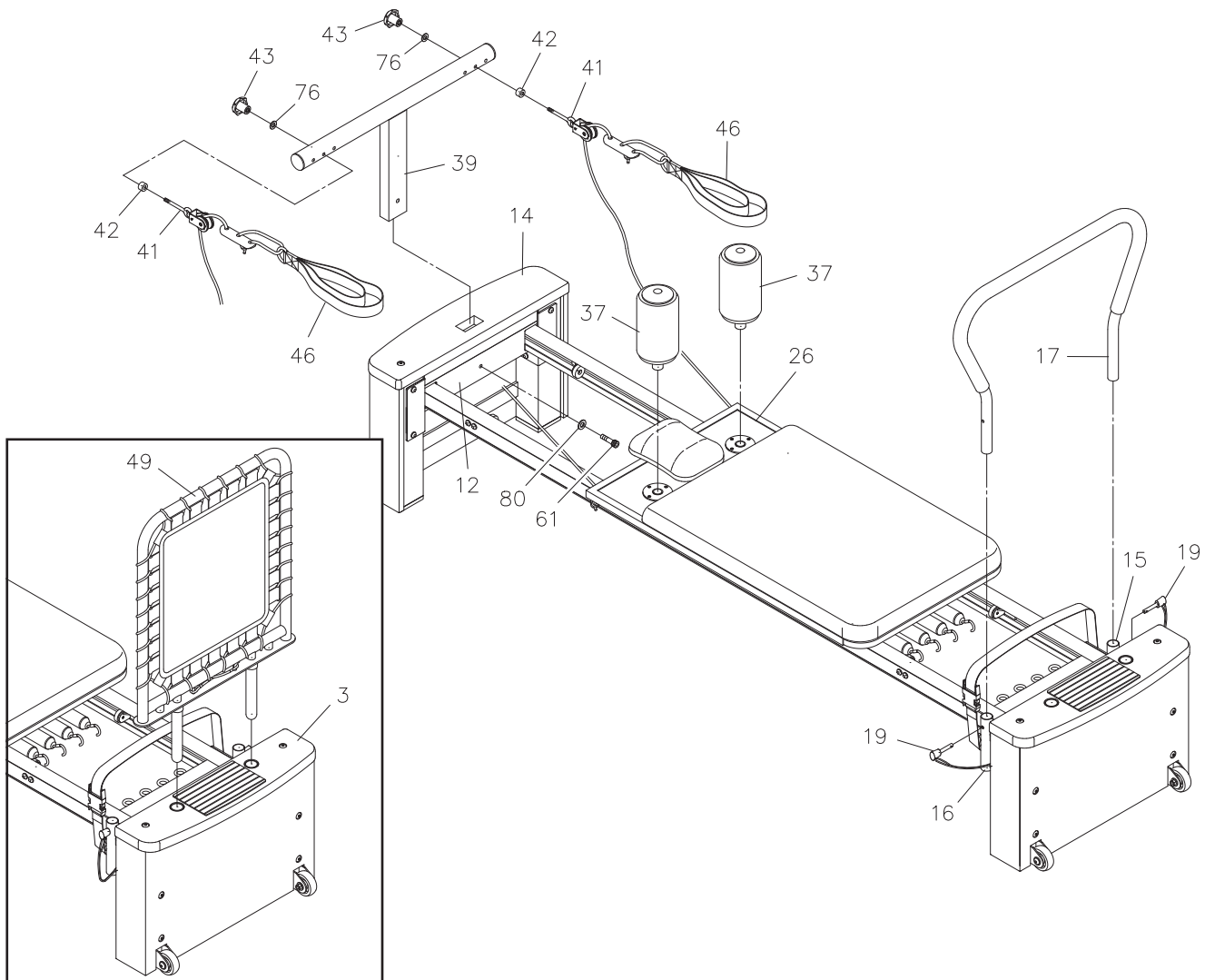
### STEP 10

Screw the two **FOAM PADS(37)** into the **PLATFORM(26)**.

### STEP 11

The **FOOTBAR(17)** and the **CARDIO REBOUNDER(49)** cannot be used at the same time. For cardio workouts, install the **CARDIO REBOUNDER(49)** and for Pilates workouts, install the **FOOTBAR(17)**.

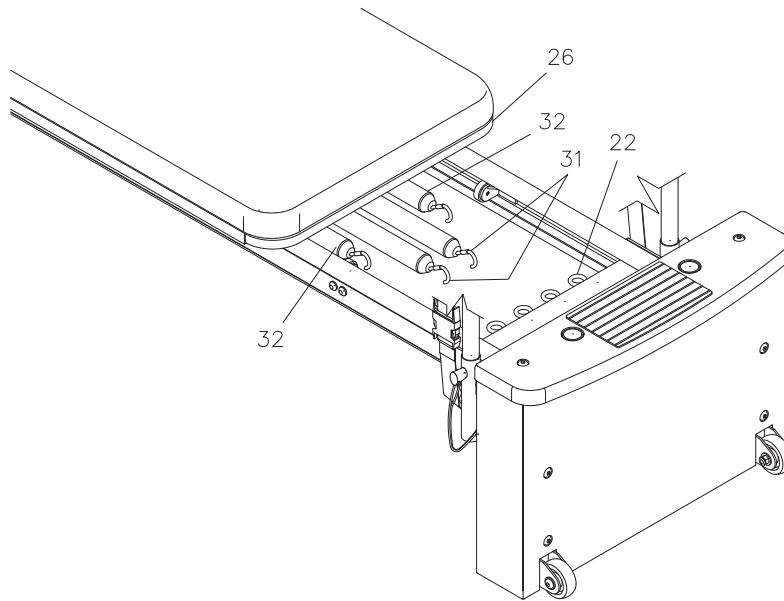
1. To install the **FOOTBAR(17)**, insert the **FOOTBAR(17)** into the **LEFT and RIGHT FOOTBAR SUPPORTS (15, 16)**. Lock the **FOOTBAR(17)** in position with the **PULL PINS(19)** on both sides.
2. To remove the **FOOTBAR(17)**, remove the **PULL PINS(19)** on both sides. Grasp the **FOOTBAR(17)** on both sides, pull up, and remove. Store the **PULL PINS(19)** by inserting them back into the holes on the **LEFT and RIGHT FOOTBAR SUPPORTS(15, 16)**.
3. Refer to the inset drawing. To install the **CARDIO REBOUNDER(49)**, insert the **CARDIO REBOUNDER(49)** posts into the holes in the **FRONT WOODEN PLATFORM(3)**.



## OPERATIONAL INSTRUCTIONS

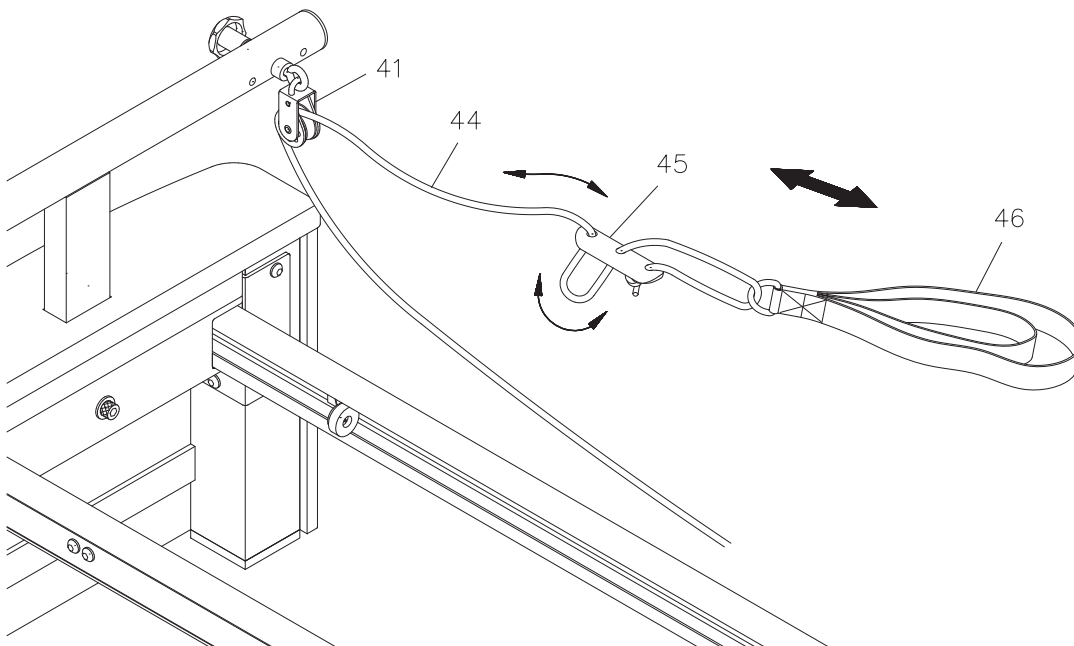
### LOAD ADJUSTMENT

The AeroPilates® Pro XP557 has four springs: two **HIGH TENSION SPRINGS(31)** identified with yellow bands and two **LOW TENSION SPRINGS(32)** identified with blue bands. The resistance of the **PLATFORM(26)** can be adjusted by attaching the springs to the **EYEHOOKS(22)**. Springs are easily changed between exercises for an uninterrupted workout. The workout wall chart and video workouts recommend how many and which springs to use for each exercise.



### ROPE LENGTH ADJUSTMENT

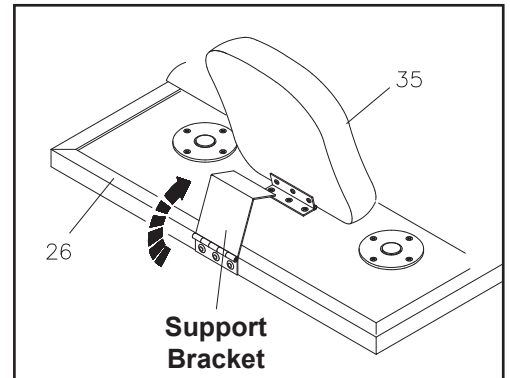
The position of the **HAND/FOOT STRAP(46)** can be adjusted by pulling the **ROPE(44)** through the **ROPE ADJUSTMENT BRACKET(45)** as shown. Be sure to adjust both **HAND/FOOT STRAPS(46)** to the same position on both sides.



## OPERATIONAL INSTRUCTIONS

### HEADREST ADJUSTMENT

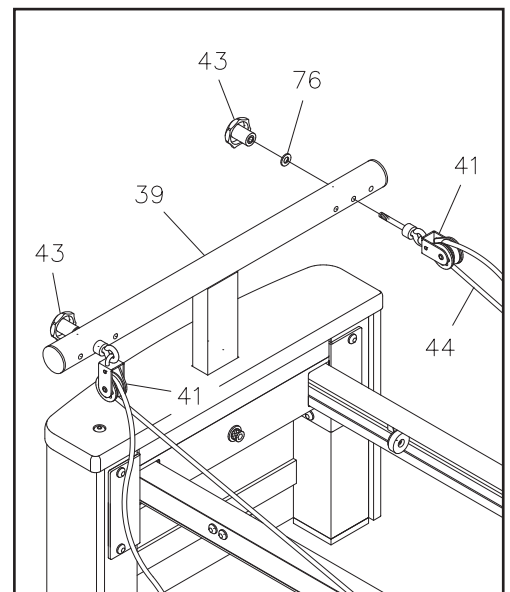
The **HEADREST(35)** on the **PLATFORM(26)** can be positioned flat or at an incline by simply pivoting the support bracket underneath the **HEADREST(35)**.



### PULLEY ADJUSTMENT

There are three adjustment holes on each side of the **PULLEY POST(39)** for attaching the **PULLEY SETS(41)** in different widths. Remove the **ADJUSTMENT KNOBS(43)** and **ARC WASHERS (M8)(76)** from the **PULLEY POST(39)**. Attach the **PULLEY SETS(41)** to the position you want and secure with the **ADJUSTMENT KNOBS(43)** and **ARC WASHERS(M8)(76)**.

**NOTE:** Always use the same adjustment holes for both sides.

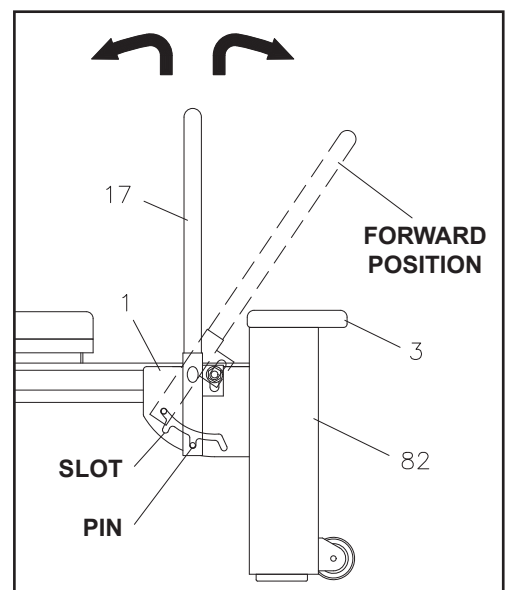


### FOOTBAR ADJUSTMENT

The **FOOTBAR(17)** can be positioned at three angles. Lift the **FOOTBAR(17)** until the pins come out of the slots on the **FRONT BRACE(1)**. Move the **FOOTBAR(17)** to the desired position and lock the **FOOTBAR(17)** in position by pushing it down so that the pins are in the slots on the **FRONT BRACE(1)**.

**NOTE:**

1. Always make sure the pins are locked into the slots properly.
2. Use forward position of the **FOOTBAR(17)** when standing on the **AeroPilates® Pro XP557** with one foot on the **FRONT WOODEN PLATFORM(3)**.



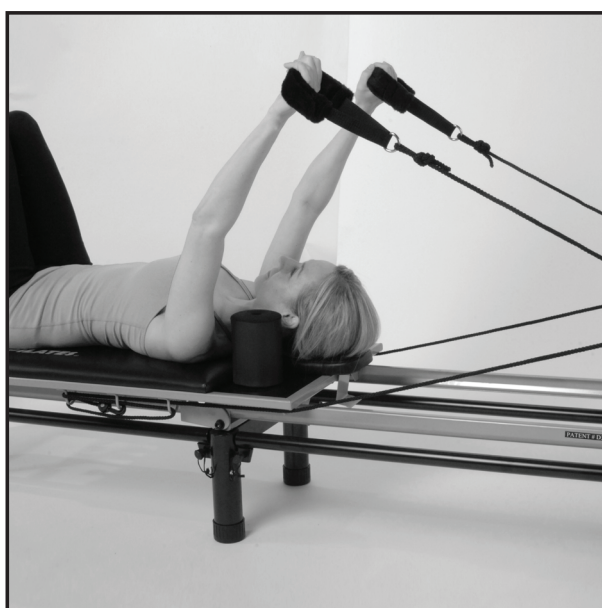
## OPERATIONAL INSTRUCTIONS

### CUSTOMIZING ROPE LENGTH

Ideal rope length will vary depending on your height and limb length. To determine your ideal rope length, begin by placing the hand/foot straps over the shoulder rests as shown below. Adjust the ropes so they are taut. For complete rope length adjustment instructions, see additional Rope Length Adjustment instructions in this Owner's Manual.



Next, lie on the reformer with your hands in the straps with shoulders against the shoulder rests. Reach your hands toward the ceiling until they are directly over the back edge of the reformer platform as shown below. In this position, the reformer platform should be at rest with no tension on the ropes. If there is still tension on the ropes in this position, lengthen the ropes. If you lose tension before reaching the arm position shown below, shorten the ropes.



## STORAGE

1. To store the **AeroPilates® Pro XP557**, simply keep it in a clean dry place.
2. It is recommended that two people be available to move the **AeroPilates® Pro XP557**.
3. To move the **AeroPilates® Pro XP557**: First, attach one of the **TENSION SPRINGS(31, 32)** to the **EYEHOOK(22)** to prevent the **PLATFORM(26)** from moving. Second, grasp the **PULLEY POST(39)** and lift the unit from the back. Third, roll the **AeroPilates® Pro XP557** on the moving wheels that are attached to the **FRONT LEG(2)**.

## MAINTENANCE

The safety and integrity designed into the **AeroPilates® Pro XP557** can only be maintained when the **AeroPilates® Pro XP557** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components must be replaced immediately or the **AeroPilates® Pro XP557** removed from service until repair is made.
3. Verify that the **CAUTION LABEL(86)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(86)** if it is missing or damaged.
4. Verify that the **ROPES(44)** are properly installed on the **PULLEY SETS(41)**.
5. Check the condition of the **ROPES(44)** and replace if they are frayed or worn.
6. Check the condition of the **TENSION SPRINGS(31, 32)**. Replace the springs that are damaged.
7. Check the **BUNGEE CORD(51)** on the **CARDIO REBOUNDER(49)** for wear. Replace the **CARDIO REBOUNDER(49)** if the **BUNGEE CORD(51)** is frayed or worn.
8. Check the **PULLEY SETS(41)** for excessive wear. Replace worn **PULLEY SETS(41)**.
9. Check the **HAND/FOOT STRAPS(46)** for damage. Replace damaged parts.
10. Check the **FOAM SLEEVE(18)**, **FOAM PADS(37)**, and **FOAM PAD WEAR COVERS(84)** and replace if damaged or worn.
11. Check the **STOP PLATES(23, 24)** for looseness or damage and replace any damaged parts.
12. Check the **PLATFORM CUSHION(29)** and replace if it is damaged or worn.
13. Check and clean the **ROLLERS(27)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
14. Only Stamina Products supplied components should be used to maintain/repair the **AeroPilates® Pro XP557**.
15. Keep your **AeroPilates® Pro XP557** 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.

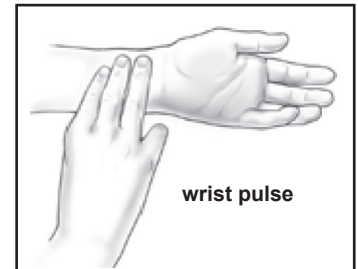
Remember to follow these essentials:

- 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

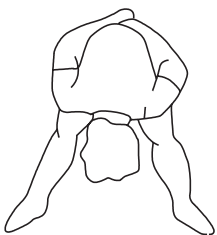
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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.

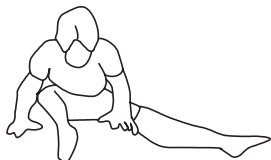


#### Floor Stretch

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.

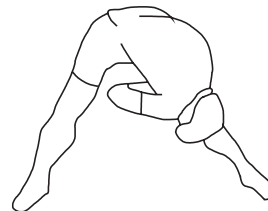
**DO NOT BOUNCE!**

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

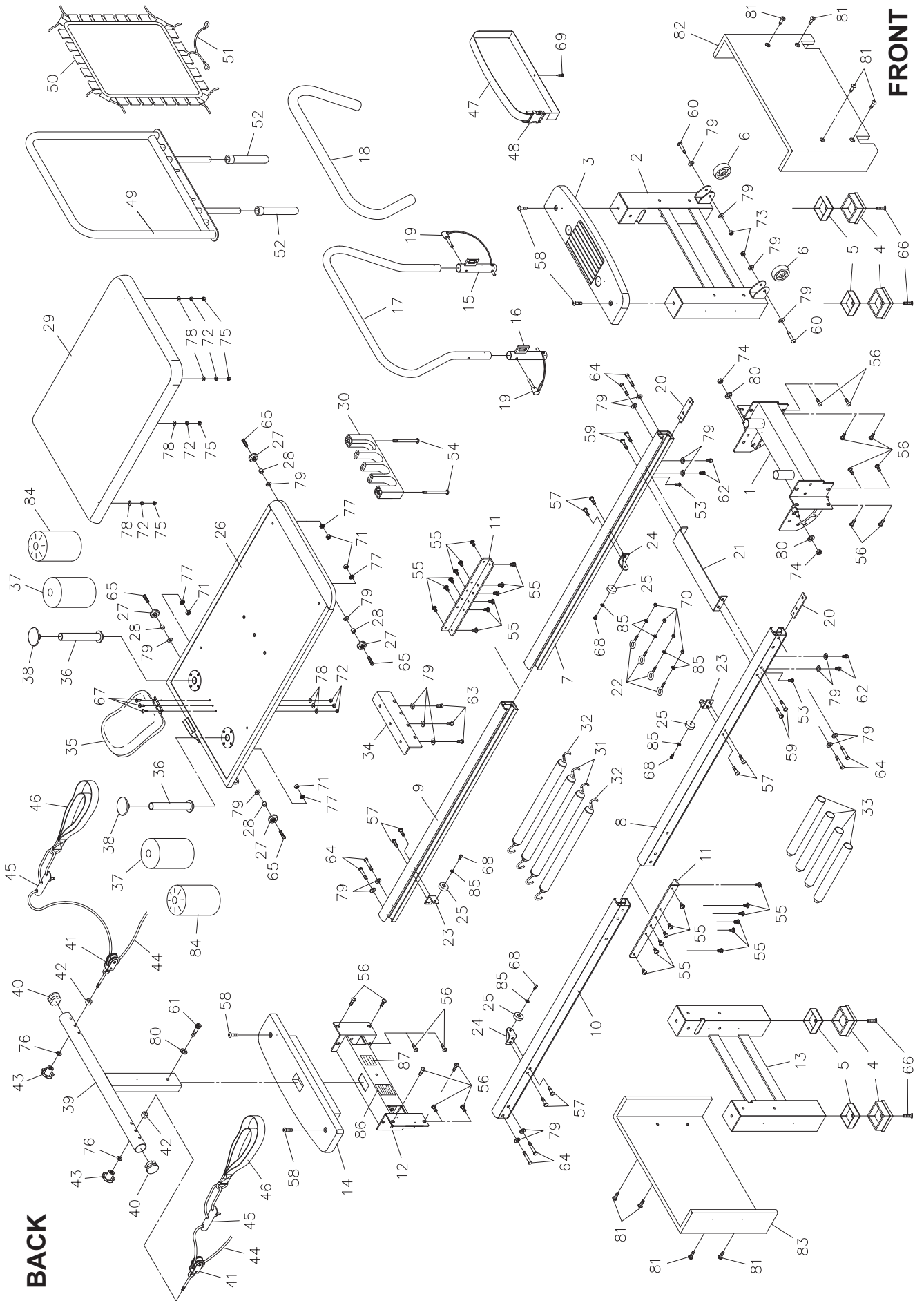
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!**

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.

**PRODUCT PARTS DRAWING**



## PARTS LIST

PART#	PART NAME	QTY
1	Front Brace	1
2	Front Leg	1
3	Front Wooden Platform	1
4	Stand Cap	4
5	Support Cap	4
6	Wheel	2
7	Front Left Rail	1
8	Front Right Rail	1
9	Rear Left Rail	1
10	Rear Right Rail	1
11	Connecting Bracket	2
12	Rear Brace	1
13	Rear Leg	1
14	Rear Wooden Platform	1
15	Left Footbar Support	1
16	Right Footbar Support	1
17	Footbar	1
18	Foam Sleeve	1
19	Pull Pin	2
20	Support Plate	2
21	Spring Brace	1
22	Eyehook	4
23	Stop Bracket A	2
24	Stop Bracket B	2
25	Bumper	4
26	Platform	1
27	Roller	4
28	Roller Spacer	4
29	Platform Cushion	1
30	Spring Holder	1
31	High Tension Spring, Yellow Marked	2
32	Low Tension Spring, Blue Marked	2
33	Tension Spring Sleeve	4
34	Hanging Bracket	1
35	Headrest	1
36	Foam Pad Tube	2
37	Foam Pad	2
38	Foam Cap	2
39	Pulley Post	1
40	Round Plug (42mm)	2
41	Pulley Set	2
42	Pulley Spacer	2
43	Adjustment Knob	2
44	Rope	2
45	Rope Adjustment Bracket	2
46	Hand/Foot Strap	2
47	Foot Strap	1
48	Buckle	1
49	Cardio Rebounder	1
50	Cardio Rebounder Mat	1

## PARTS LIST

PART#	PART NAME	QTY
51	Bungee Cord	1
52	Bumper Sleeve	2
53	Bolt, Button Head (M6 x 1 x 10mm)	2
54	Bolt, Button Head (M6 x 1 x 80mm)	2
55	Bolt, Button Head (M8 x 1.25 x 10mm, with threadlocker)	24
56	Bolt, Button Head (M8 x 1.25 x 20mm)	16
57	Bolt, Button Head (M8 x 1.25 x 24mm, with threadlocker)	8
58	Bolt, Button Head (M8 x 1.25 x 30mm)	4
59	Bolt, Button Head (M8 x 1.25 x 28mm)	4
60	Bolt, Button Head (M8 x 1.25 x 45mm)	2
61	Bolt, Socket Head (M10 x 1.5 x 35mm)	1
62	Bolt, Hex Head (M8 x 1.25 x 12mm, with threadlocker)	4
63	Bolt, Hex Head (M8 x 1.25 x 15mm)	3
64	Bolt, Hex Head (M8 x 1.25 x 50mm)	8
65	Bolt, Round Head (M8 x 1.25 x 30mm)	4
66	Bolt, Flat Head (M10 x 1.5 x 45mm)	4
67	Screw, Flat Head (M5 x 0.8 x 25mm)	3
68	Screw, Round Head (M6 x 1 x 10mm)	4
69	Screw, Round Head (M4 x 18mm)	1
70	Nut (M6 x 1)	4
71	Nut (M8 x 1.25)	4
72	Nylock Nut (M5 x 0.8)	7
73	Nylock Nut (M8 x 1.25)	2
74	Nylock Nut (M10 x 1.5)	2
75	Acorn Nut (M5 x 0.8)	4
76	Arc Washer (M8)	2
77	Lock Washer (M8)	4
78	Washer (M5)	7
79	Washer (M8)	23
80	Washer (M10)	3
81	Bolt, Button Head (M8 x 1.25 x 25mm)	8
82	Front Wooden Cover	1
83	Rear Wooden Cover	1
84	Foam Pad Wear Cover	2
85	Washer (M6)	8
86	Caution Label	1
87	Serial Decal	1
88	Allen Wrench (5mm)	1
89	Allen Wrench (6mm)	1
90	Allen Wrench (8mm)	1
91	Combination Wrench	1
92	Manual	1
93	Workout Chart	1
94	AeroPilates® Primer (DVD)	1
95	AeroPilates® Basic Workout Package (DVD)	1

## LIMITED WARRANTY

MODEL 55-5557C

### WARRANTY

Stamina Products, Inc. ("Stamina") warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation in accordance with product warnings/instructions for a period of 90 days on the parts and five 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 KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.** Commercial use includes use of product in athletic clubs, health clubs, spas, gyms, and all 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 purposes.

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## **NOTES**



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For your convenience, Stamina's customer care representatives can be reached by email at **customer.care@staminaproducts.com** or by phone at 1-800-375-7520 (in the U.S.). Our customer care 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 CARE

customer.care@staminaproducts.com  
www.staminaproducts.com



### TELEPHONE

#### CUSTOMER CARE

Tel: 1 (800) 375-7520



### FAX

#### CUSTOMER CARE

Fax: (417) 889-8064



### MAIL

#### STAMINA PRODUCTS, INC.

ATTN: Customer Care  
2040 N Alliance Ave  
Springfield, MO 65803

Would you like to receive email information or special offers from Stamina Products? Register at contact staminaproducts.com.

## 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 care. 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.**  
2040 N Alliance Ave, Springfield, MO 65803

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 Stabilizer	1