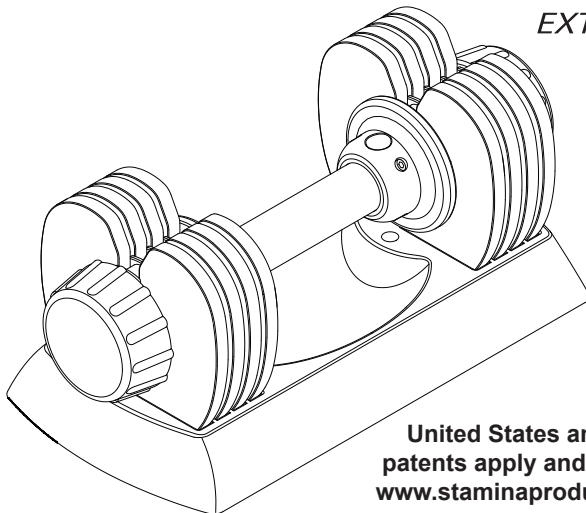


# STAMINA | X

EXTREME TRAINING SERIES

ADJUSTABLE  
**VERSA  
BELL**



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

## Owner's Manual

Safety Instructions  
Customer Service  
Operation  
Warranty

### SAFETY INSTRUCTIONS

**⚠ WARNING** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

**⚠ CAUTION** 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 bodily injury and property damage.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the STAMINA | X Versa Bell.

1. Save these instructions and ensure that other exercisers read this manual prior to using the STAMINA | X Versa Bell for the first time.
2. Read this Owner's Manual and follow it carefully before using the STAMINA | X Versa Bell.
3. Keep children away from the STAMINA | X Versa Bell. Do not allow children to use or play around the STAMINA | X Versa Bell. Keep children and pets away from the STAMINA | X Versa Bell when it is in use.
4. Make sure the STAMINA | X Versa Bell is resting in a horizontal position in the Weight Tray.
5. Inspect the STAMINA | X Versa Bell for damaged or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the STAMINA | X Versa Bell.
7. Before exercising, check both Select Knobs to verify the Weight Plates are secured properly. Falling Weights can result in severe injury.  
**CAUTION: Never adjust the Select Knobs when the STAMINA | X Versa Bell is removed from the Weight Tray.**
8. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
9. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
10. Do not wear loose or dangling clothing while using the STAMINA | X Versa Bell.
11. The STAMINA | X Versa Bell is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Distributed Exclusively by



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When calling for parts or  
service, please specify the  
following number:  
**05-2150B**

MADE IN CHINA  
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2014, 12

| Part No. and Description | Qty |
|--------------------------|-----|
| 1 Weight Tray            | 1   |
| 2 Weight Plate (5 lbs)   | 8   |
| 3 Handle                 | 1   |
| 4 Hand Grip              | 1   |
| 5 Support Guide          | 2   |
| 6 Left Slider            | 1   |
| 7 Right Slider           | 1   |
| 8 Threaded Bar           | 2   |
| 9 Securing Block         | 2   |

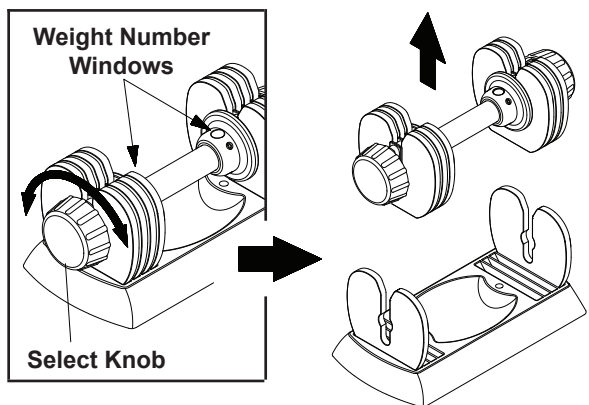
  

| Part No. and Description        | Qty |
|---------------------------------|-----|
| 10 Select Knob                  | 2   |
| 11 Spring                       | 2   |
| 12 Steel Ball                   | 2   |
| 13 Bolt, Socket Head(M6x1x7mm)  | 8   |
| 14 Bolt, Socket Head(M6x1x20mm) | 2   |
| 15 Bolt, Socket Head(M6x1x35mm) | 4   |
| 16 Decal                        | 2   |
| 17 Manual (not pictured)        | 1   |
| 18 Caution Label                | 1   |

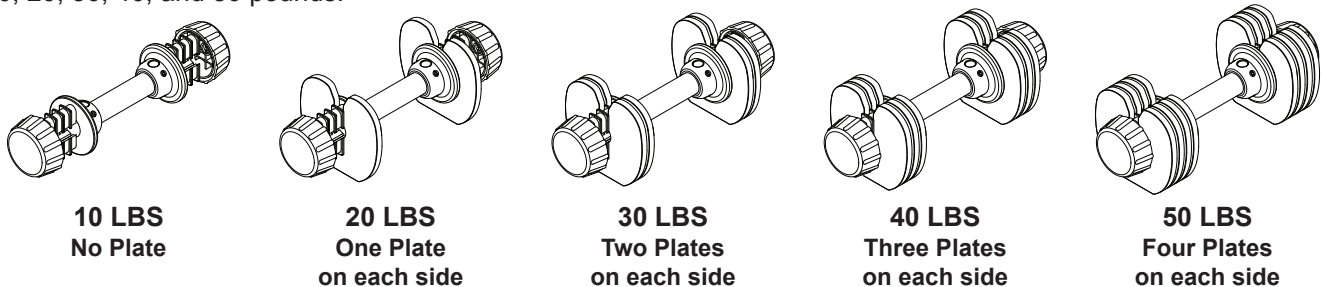
## OPERATIONAL INSTRUCTIONS

**STAMINA | X Versa Bell** has an internal slider system that allows the user to adjust the weights on both sides of the bar. Follow the following process to adjust and work out with your **STAMINA | X Versa Bell** :

- While in the Weight Tray, turn the **SELECT KNOBS(10)** to adjust, one turn for one Weight Plate. To increase the weight, turn the **SELECT KNOBS(10)** clockwise. To decrease the weight, turn the **SELECT KNOBS(10)** counterclockwise. The Weight Number Windows at each end of the hand grip display the amount of weight selected on each end of the **STAMINA | X Versa Bell**.
- Lift the **STAMINA | X Versa Bell** approximately 6 inches from the Weight Tray and check the Weight Plates.  
**CAUTION: Never adjust the SELECT KNOBS(10) when the STAMINA | X Versa Bell is removed from the Weight Tray.**
- Start to work out if the Weight Plates are secure.



We recommend that you keep the **STAMINA | X Versa Bell** balanced as closely as possible. For example, if three weights are used, use two on one side and one on the other side. The illustrations below show the proper setup for 10, 20, 30, 40, and 50 pounds.



## LIMITED WARRANTY

This product is warranted to be free from defects in material and workmanship and to be in perfect working order at the time of purchase. This warranty applies to personal, family or household use. This warranty does not apply to use in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities.

If the product should, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer. This warranty does not apply to any damage caused by improper assembly, accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

Products shipped to the manufacturer must be in the original shipping carton with freight prepaid. All expenses for repairing or replacing the product, including the cost of shipping it back to the original purchaser, will be covered by the manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.