

Stamina A450-255

Avari Stamina Magnetic Manual Treadmill User Manual

Model: A450-255 | Brand: Stamina

1. INTRODUCTION

The Avari Stamina Magnetic Manual Treadmill is engineered to provide an effective and efficient cardiovascular workout in the comfort of your home. This non-motorized treadmill allows you to control your pace and intensity, engaging more muscles for a comprehensive workout. Its compact and foldable design ensures easy storage, making it ideal for spaces of any size.

Safety Information

WARNING: Cancer and Reproductive Harm

Always consult with a healthcare professional before starting any new exercise program. Ensure all components are securely assembled before use. Keep children and pets away from the treadmill during operation. Do not exceed the maximum weight capacity of 250 pounds.

2. SETUP AND ASSEMBLY

Your Avari Stamina Magnetic Manual Treadmill requires minimal assembly. Follow the instructions provided in the included assembly guide to ensure proper setup. Once assembled, place the treadmill on a flat, stable surface.



Figure 2.1: The Avari Stamina Magnetic Manual Treadmill in its operational, upright position.



Figure 2.2: Key components of the treadmill, including the multi-function electronic monitor, foam padded rail, adjustable magnetic resistance with 8 levels, dual weighted flywheels, sturdy steel oval tubing frame, 8-degree incline, textured non-slip surface, lightweight wheels for portability, and skid-resistant rubber floor protectors.

3. OPERATING THE TREADMILL

Getting Started

To begin your workout, simply step onto the textured, non-slip surface of the treadmill. The non-motorized design means the belt moves as you walk or run, allowing you to control the speed and intensity of your exercise.

Adjusting Resistance

The treadmill features adjustable magnetic resistance with 8 levels. To increase or decrease the workout intensity, turn the resistance knob located on the side of the frame. Higher numbers indicate greater resistance.



Figure 3.1: The resistance adjustment knob, allowing users to select from 8 levels of magnetic resistance to vary workout intensity.

Using the Electronic Monitor

The multi-function electronic monitor tracks your workout data. Use the buttons on the console to view various metrics:

- **SCAN:** Cycles through all functions automatically.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current speed.
- **DIST:** Displays the distance covered during your workout.
- **CAL:** Estimates calories burned.
- **TOTAL DIST:** Shows the total accumulated distance.
- **PULSE:** (If applicable) Displays your heart rate.

Use the **MODE** button to select the desired display function, **SET** to configure settings, and **RESET** to clear current workout data.



Figure 3.2: The electronic monitor, providing real-time feedback on workout metrics such as time, speed, distance, and calories burned.

müüv Smart Workout App Integration

Enhance your workout experience by connecting your treadmill with the müüv app. This all-in-one app offers smart guided audio coaching, personalized workouts, and assembly videos. Download the müüv app from the Apple App Store or Google Play store to access these features.



Figure 3.3: The müüv app, offering smart coaching and personalized workout experiences to complement your treadmill use.

4. MAINTENANCE

Cleaning

Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

Belt Adjustment

Over time, the treadmill belt may shift to one side. This can be easily corrected by adjusting the screws at the rear of the treadmill using a small Allen wrench. Tighten or loosen the screws as needed to center the belt. Refer to the detailed instructions in your assembly manual for precise adjustment procedures.

5. TROUBLESHOOTING

Treadmill Belt Shifting

If the treadmill belt begins to shift to one side during use, it can be realigned. This is typically resolved by making minor adjustments to the rear roller bolts. Use an Allen wrench to turn the bolt on the side towards which the belt has shifted clockwise, and the opposite bolt counter-clockwise, in small increments (e.g., quarter turns). Test the belt after each adjustment until it runs centrally. Detailed instructions are available in the full product manual.

Difficulty Moving the Belt

If the belt feels unusually difficult to move even at the lowest resistance setting, ensure that the magnetic resistance knob is not set to a high intensity. If the issue persists, check for any obstructions under the belt or contact customer support.

6. SPECIFICATIONS

Feature	Detail
Brand	Stamina
Model Name	A450-255
Color	Gray, Black
Product Dimensions	47"D x 44"W x 26"H
Item Weight	60 Pounds
Material	Carbon Steel
Maximum Speed	0.01 Miles per Hour (User-controlled)
Special Feature	Foldable, Incline
Maximum Incline Percentage	8%
Display Type	LCD
Power Source	Manual
Control Program Name	müüv
Metrics Measured	Speed, Distance, Calories Burned
Maximum Weight Recommendation	250 Pounds
Folded Size	20" long x 26" wide x 49" tall
UPC	854423003076

7. WARRANTY AND SUPPORT

Warranty Information

The Avari Stamina Magnetic Manual Treadmill comes with a **3-year warranty on the frame** and a **90-day warranty on parts**. Please retain your proof of purchase for warranty claims.





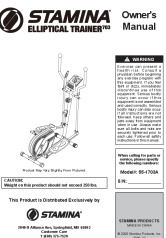
Customer Support

For any questions, assistance, or to report issues, please contact Stamina Fitness Shop customer support.

Information regarding support can typically be found on the product packaging or the official Stamina website.

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Related Documents - A450-255

	<p>Stamina X Air Bike Owner's Manual and Assembly Guide</p> <p>Comprehensive owner's manual for the Stamina X Air Bike (Model 15-1175B), including assembly instructions, operational guides, safety warnings, maintenance tips, warranty information, and contact details for Stamina Products.</p>
	<p>Stamina X Boulder Fit Door Gym Owner's Manual & Assembly Instructions</p> <p>Comprehensive guide for the Stamina X Boulder Fit Door Gym (Model 50-0085B), including safety instructions, assembly steps, installation guidance, workout routines, parts list, and warranty information.</p>
	<p>STAMINA X AIR BIKE Owner's Manual: Assembly, Operation, and Maintenance Guide</p> <p>Comprehensive owner's manual for the STAMINA X AIR BIKE (Model 15-1175). Includes detailed assembly instructions, operational guides, computer functions, maintenance tips, safety warnings, conditioning guidelines, parts list, and warranty information.</p>
	<p>FitRiderX™ Owner's Assembly & Workout Guide Stamina Products</p> <p>Comprehensive guide for assembling, maintaining, and using the Stamina FitRiderX™ exercise bike. Includes safety instructions, workout routines, and warranty information.</p>
	<p>Stamina Elliptical Trainer 703 Owner's Manual</p> <p>This owner's manual provides comprehensive instructions for the Stamina Elliptical Trainer 703, including assembly, setup, operation, maintenance, and safety guidelines. Learn how to use your elliptical for an effective and safe workout.</p>



[Stamina Mini Stepper Owner's Manual: Setup, Operation, and Safety](#)

The official owner's manual for the Stamina Mini Stepper. This guide provides essential information on safety precautions, assembly, setup, operation, maintenance, conditioning guidelines, warranty details, and a parts list for your Stamina Mini Stepper.