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Stamina 55-1401

Stamina InLine Back Stretch Bench (Model 55-1401) Instruction Manual

Brand: Stamina | Model: 55-1401

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1. INTRODUCTION

The Stamina InLine Back Stretch Bench is designed to provide comfortable stretching for your back, hips, knees, and ankles. It offers a non-inversion method for spinal decompression, aiming to improve posture and reduce the risk of future injury. This manual provides essential information for the safe and effective use of your equipment.



Figure 1: The Stamina InLine Back Stretch Bench, a device for non-inversion spinal decompression.

2. SAFETY INFORMATION

Before using the Stamina InLine Back Stretch Bench, please read and understand all safety warnings and instructions. Consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions or concerns about back pain.

- **WARNING:** This product contains chemicals known to the State of California to cause cancer and reproductive harm.
- Always ensure the bench is placed on a stable, level surface before use.
- Do not exceed the maximum user weight limit of 250 pounds.
- Ensure all adjustment knobs and locking mechanisms are securely fastened before and during use.
- Stop immediately if you experience any pain, dizziness, or discomfort.
- Keep children and pets away from the equipment during operation.

3. SETUP

The InLine Back Stretch Bench requires minimal assembly and adjustment to suit your body. Follow these steps for initial setup:

1. **Unpack Components:** Carefully remove all parts from the packaging. Ensure all components listed in the product manual are present.
2. **Position the Bench:** Place the bench on a flat, stable surface.
3. **Adjust Length:** Loosen the knob on the height adjustment beam and extend it to accommodate your height. The bench is designed for users from 4'8" up to 6'5". Securely tighten the knob once adjusted.
4. **Adjust Arm Supports:** The arm supports can be adjusted to three width positions (narrow, medium, wide) to comfortably fit your shoulder width. Select the position that allows your arms to rest comfortably without strain.

ADJUSTABLE INLINE BENCH

Designed with easy length adjustment and and easy-to-operate traction lever

Item dimensions:

72"L x 25"W x 11"H

Product weight: 20.25 lbs

Max user weight: 250 lbs

Max user height: 4'8" up to 6'5"



Figure 2: The adjustable length and arm supports of the InLine Back Stretch Bench, showing dimensions and user height/weight limits.

ENGINEERED FOR COMFORT

- For enhanced relaxation and recovery
- Achieve decompression without flipping upside down on an inversion table



Figure 3: Detailed diagram highlighting key features such as adjustable arm and ankle supports, padded back support, traction lever, and floor protection.

4. OPERATING INSTRUCTIONS

Using the Stamina InLine Back Stretch Bench for spinal decompression is a straightforward process:

1. **Sit Down:** Sit on the padded bench with your back facing the arm supports.
2. **Secure Ankles:** Place your ankles into the padded ankle supports. Ensure they are comfortably and securely positioned. The easy-to-use ankle lock will help secure your ankles.
3. **Lie Back:** Gently lie back onto the padded bench, positioning your upper body so that your arms can rest over the arm supports.
4. **Initiate Decompression:** Reach for the traction lever located on the side of the bench. Slowly and gently crank the lever to begin stretching your spine. You should feel a gentle pull and decompression in your back. Do not over-stretch or cause pain.
5. **Hold and Release:** Hold the stretched position for a comfortable duration, typically 30 seconds to a minute, as

recommended by your healthcare professional. To release, slowly reverse the cranking motion of the lever. It is recommended to release the arm supports first, then the ankle supports, allowing your body to relax gradually.

6. **Repeat:** You may repeat the stretching process as desired, ensuring adequate rest between repetitions.

BACK STRETCH BENCH

- Provides a non-invasive form of traction therapy
- An easy alternative to Inversion Tables



Figure 4: A user demonstrating how to secure ankles into the padded ankle supports before lying back.



EASY TO USE

Simply adjust the bench length and support arms to your desired fit and crank the lever to decompress.



Figure 5: A user operating the traction lever to initiate spinal decompression, with an arrow indicating the direction of movement.

Your browser does not support the video tag.

Video 1: Official demonstration of the Stamina InLine Back Stretch Bench, showing setup and usage for spinal decompression.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your InLine Back Stretch Bench:

- **Cleaning:** Wipe down the padded surfaces and frame with a damp cloth after each use. Use mild soap and water if necessary, avoiding harsh chemicals.
- **Inspection:** Periodically inspect all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners and replace worn components immediately.
- **Storage:** Store the bench in a clean, dry environment away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your InLine Back Stretch Bench, refer to the following common solutions:

- **Difficulty Adjusting Length:** Ensure the adjustment knob is fully loosened. Check for any obstructions in the adjustment beam.
- **Insufficient Stretch:** Verify that your ankles are securely fastened and the arm supports are correctly positioned. Slowly increase the tension with the traction lever. Do not force the stretch.
- **Discomfort During Use:** Re-check your body positioning on the bench. Ensure the arm and ankle supports are adjusted for your body size. If discomfort persists, discontinue use and consult a healthcare professional.

7. SPECIFICATIONS

Brand	Stamina
Model Name	InLine Back Stretch Bench
Model Number	55-1401
Item Weight	20.25 Pounds
Material	Steel frame, vinyl upholstered bench, chrome height adjustment bar
Color	Blue
Product Dimensions (LxWxH)	72" x 25" x 11"
Weight Limit	250 Pounds
Suggested Users	Unisex-adult
UPC	022643514010

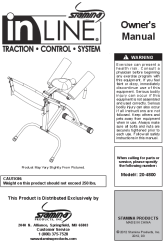


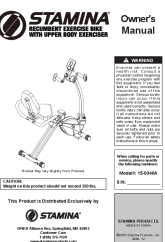


8. WARRANTY AND SUPPORT

Warranty Description: The Stamina InLine Back Stretch Bench comes with a 1-year warranty on the frame and 90 days on parts. For customer support, replacement parts, or warranty claims, please contact Stamina Products, Inc. directly through their official website or customer service channels. Refer to the product packaging or the official Stamina website for the most current contact information.



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Related Documents - 55-1401

	<p>Stamina inLine Traction Control System Owner's Manual</p> <p>This owner's manual provides comprehensive instructions for the Stamina inLine Traction Control System (Model 20-4800), covering assembly, safe operation, maintenance, and warranty information. Learn how to use this home fitness equipment for spinal decompression and stretching.</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>Stamina InMotion E1000 Compact Strider Owner's Manual</p> <p>Comprehensive owner's manual for the Stamina InMotion E1000 Compact Strider, detailing safety instructions, assembly, setup, operational guidelines, maintenance, conditioning advice, parts list, and warranty information.</p>
	<p>Stamina Recumbent Exercise Bike with Upper Body Exerciser Owner's Manual (Model 15-0340A)</p> <p>Comprehensive owner's manual for the Stamina Recumbent Exercise Bike with Upper Body Exerciser (Model 15-0340A). This guide covers safety instructions, assembly, setup, operation of the fitness meter, maintenance, conditioning guidelines, warm-up/cool-down routines, and warranty information.</p>
	<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>