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## Stamina 55-1708

# Stamina Elliptical Trainer 708 Instruction Manual

Model: 55-1708

## IMPORTANT SAFETY INFORMATION

Before using the Stamina Elliptical Trainer 708, read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions can result in injury or damage to the product.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Place the elliptical trainer on a level, stable surface. Ensure adequate clearance around the equipment.
- Inspect the equipment before each use for loose parts or signs of wear. Do not use if damaged.
- Wear appropriate exercise clothing and athletic shoes.
- Do not exceed the maximum user weight capacity of 113.4 kg (250 lbs).
- Use the equipment only as described in this manual.

## PRODUCT OVERVIEW

The Stamina Elliptical Trainer 708 is designed to provide an effective cardiovascular workout. It features magnetic resistance, an LCD monitor, and Bluetooth connectivity for smart app integration.

## Key Features

- **Adjustable Magnetic Resistance:** Eight levels of smooth, quiet resistance for varied intensity.
- **LCD Monitor:** Tracks time, speed, calories, distance, pulse, and total distance.
- **Bluetooth Connectivity:** Transmits workout data to a smartphone or tablet.
- **müüv Smart Fitness App:** Provides personalized training, assembly videos, and custom workouts.
- **Comfort Elements:** Padded upper body handlebars with integrated heart rate pulse sensors, textured foot plates, and a built-in drink holder.
- **Portability:** Built-in transport wheels for easy movement and storage.

## Components Diagram

# ELLIPTICAL TRAINING MACHINE



This image highlights the main components of the elliptical trainer, including the multi-function LCD monitor, upper-body handlebars, padded handlebars with integrated pulse sensors, built-in device tray, adjustable tension dial, built-in drink holder, textured spacious footplates, built-in wheels, and non-slip end caps.

## SETUP

### Assembly

The Stamina Elliptical Trainer 708 requires assembly. Refer to the detailed assembly instructions provided in the packaging. For visual guidance, a follow-along assembly video is available through the müuv smart fitness app.

### Battery Installation

The LCD monitor requires 2 AAA batteries (not included). Locate the battery compartment on the back of the monitor, insert the batteries according to the polarity indicators, and secure the cover.

### Placement

Place the elliptical trainer on a firm, level surface. Ensure there is sufficient space around the unit for safe operation and

movement. The dimensions of the assembled unit are approximately 116.84 cm (46 in) L x 61.6 cm (24.25 in) W x 158.75 cm (62.5 in) H.

# STANDING ELLIPTICAL MACHINE

An effective workout for users of all fitness levels



This image provides the overall dimensions of the elliptical trainer: 46 inches (L) x 24.25 inches (W) x 62.5 inches (H), with a maximum user weight capacity of 250 lbs.

## OPERATING INSTRUCTIONS

### Using the LCD Monitor

The multi-function LCD monitor displays your workout data. It automatically activates when you begin exercising. The monitor tracks:

- **Time:** Duration of your workout.
- **Speed:** Current speed.
- **Calories:** Estimated calories burned.
- **Distance:** Distance covered during the current workout.

- **Pulse:** Heart rate when gripping the pulse sensors.
- **Total Distance:** Cumulative distance over all workouts.

The **Scan Mode** cycles through all metrics automatically, allowing you to view your progress without pressing any buttons. To reset the monitor, press and hold the button for a few seconds.

## TRACK YOUR PROGRESS

- Equipped with ergonomic handlebars to track your heart rate
- Tracks the most important workout metrics
  - Exercise time
  - Counts number of pedal revolutions
  - Distance
  - Calories burned



This image shows a detailed view of the elliptical's LCD monitor, displaying workout metrics, and the integrated heart rate pulse sensors on the handlebars.

### Adjusting Resistance

The elliptical trainer features eight levels of magnetic resistance. To adjust the intensity of your workout, turn the tension dial located on the front upright post. Turn clockwise for increased resistance and counter-clockwise for decreased resistance.

# **DYNAMIC RESISTANCE LEVELS**



- Offers 8 different levels of smooth, quiet magnetic resistance
- Adjustable resistance for a customized training experience



This image illustrates the resistance adjustment dial, which allows users to select one of eight magnetic resistance levels.

## **Using the müüv Smart Fitness App**

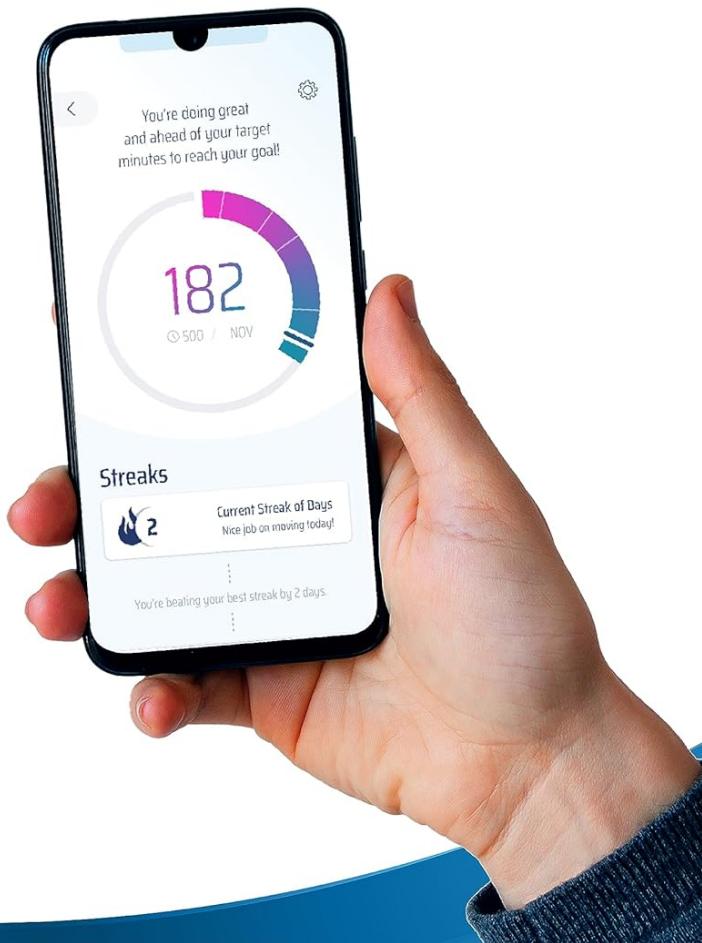
The Stamina Elliptical Trainer 708 is compatible with the müüv smart audio coaching app. Download the müüv app from the Apple App Store or Google Play Store.

1. Ensure Bluetooth is enabled on your smartphone or tablet.
2. Open the müüv app and follow the on-screen instructions to connect to your Stamina Elliptical Trainer 708.
3. The app provides personalized workouts tailored to your equipment and fitness goals.
4. Access the assembly video and enjoy an ad-free music listening experience from iHeartRadio.

# MÜÜV SMART WORKOUT APP

Fully supported by the Smart Audio Coaching app

- Step-by-step assembly videos
- Personalized workouts on your equipment
- Integrates equipments you already own
- Music listening experience from iHeartRadio



This image shows the müüv app, which offers personalized workouts, assembly videos, and integrates with your equipment.

## MAINTENANCE

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### Cleaning

Wipe down the elliptical trainer with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

### Inspection

Periodically check all nuts, bolts, and moving parts for tightness and proper function. Tighten any loose fasteners. Inspect cables and connections for wear or damage. Replace worn components immediately.

### Storage

When not in use, store the elliptical trainer in a clean, dry environment. The built-in transport wheels allow for easy relocation. Lift the rear of the unit and roll it to your desired storage location.

## TROUBLESHOOTING

- Monitor Not Displaying:** Check if the 2 AAA batteries are correctly installed and have sufficient charge. Replace if necessary.
- Inaccurate Heart Rate Reading:** Ensure your hands are firmly gripping the pulse sensors. Skin contact must be consistent.
- Resistance Not Changing:** Verify that the tension dial is turning freely and the resistance mechanism is not obstructed.
- Unusual Noises:** Inspect all connections and moving parts for looseness. Lubricate joints if squeaking occurs, using a silicone-based lubricant.
- Bluetooth Connectivity Issues:** Ensure the müuv app is updated and your device's Bluetooth is active. Restart both the app and your device if problems persist.

## SPECIFICATIONS

Feature	Specification
Model Number	55-1708
Product Dimensions (L x W x H)	116.84 x 61.6 x 158.75 cm (46 x 24.25 x 62.5 inches)
Item Weight	29.94 kg (66 lbs)
Maximum User Weight	113.4 kg (250 lbs)
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Display Type	LCD
Monitor Metrics	Time, Speed, Calories, Distance, Pulse, Total Distance
Batteries Required	2 AAA (not included)
Material	Alloy Steel

## WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your product or visit the official Stamina Products website. You may also contact customer support directly for assistance with your Stamina Elliptical Trainer 708.