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Stamina 55-1618

Stamina Inmotion Compact Strider User Manual

Model: 55-1618 | Brand: Stamina

PRODUCT OVERVIEW

The Stamina Inmotion Compact Strider is a portable elliptical machine designed for low-impact cardiovascular exercise. It can be used while seated or standing, making it suitable for various environments such as under a desk or in a living area. This device helps to burn calories, tone leg muscles, and improve overall fitness without placing excessive stress on joints.



Figure 1: The Stamina Inmotion Compact Strider.

KEY FEATURES

- **Compact Design:** Easily fits under most desks and can be stored conveniently.

- **Versatile Use:** Supports both seated and standing exercise positions.
- **Adjustable Tension:** A knob allows for personalized resistance levels to vary workout intensity.
- **Fitness Monitor:** Tracks strides, workout time, and calories burned.
- **Non-Slip Pedals:** Large textured pedals provide secure footing during use.
- **Easy Portability:** Features an integrated handle for convenient transport.



Figure 2: Labeled components of the Strider, highlighting its compact design, easy carry handle, fitness monitor, adjustable tension, and large, non-slip pedals.

SETUP AND ASSEMBLY

The Stamina Inmotion Compact Strider requires minimal assembly. Follow these steps to prepare your device for use:

1. Unpack all components from the box. Verify that all parts listed in the packing list are present.
2. Attach the baseboard to the bottom of the main unit using the provided machine screws and hex tool. Ensure the baseboard is securely fastened to provide stability.
3. Attach the footplates to the pedal arms. Use the hex screws to secure each footplate firmly.
4. Ensure all screws are tightened appropriately before first use.

OPERATING INSTRUCTIONS

Seated Operation

For seated use, position the Strider on a flat, stable surface in front of your chair. Ensure the adjustment knob is facing towards you for easy access. Place your feet firmly on the pedals and begin a smooth, elliptical motion. This mode is ideal for use under a desk or while watching television.



Figure 3: Proper seated position for using the Strider.

Standing Operation

To use the Strider while standing, place the unit on a flat, stable surface. Position yourself behind the Strider, ensuring the adjustment knob is facing away from you. Place your feet on the pedals and maintain balance while performing the elliptical motion. It is recommended to hold onto a stable object for support, especially when first starting.



Figure 4: Proper standing position for using the Strider.

Adjusting Resistance

The Strider features an adjustable tension knob to modify the resistance level. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier stride. Adjust the tension gradually to find your preferred intensity.



Figure 5: The adjustable tension knob for customizing workout intensity.

Using the Fitness Monitor

The integrated fitness monitor displays key workout metrics. Press the button on the monitor to cycle through different readings such as strides, time, and calories burned. To reset the monitor, press and hold the button until the display clears.



Figure 6: The digital fitness monitor showing workout data.

Resistance Bands (Cords Model)

For models equipped with resistance cords, attach the cords to the designated hooks on the front of the unit. Hold the handles of the cords while pedaling to engage your upper body muscles, providing a more comprehensive workout.

MAINTENANCE

Regular maintenance ensures the longevity and smooth operation of your Strider:

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** If the unit begins to squeak or the motion feels less smooth, apply a small amount of silicone-based lubricant to the moving parts, particularly around the pedal axles and internal mechanisms. Consult the full user manual for specific lubrication points.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight. Retighten as necessary.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking noise during operation	Lack of lubrication on moving parts.	Apply silicone-based lubricant to pedal axles and internal mechanisms.
Monitor not displaying correctly or resetting	Battery low or monitor malfunction.	Replace monitor battery. If issue persists, contact customer support.
Unstable movement	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Use on a flat, stable surface.

SPECIFICATIONS



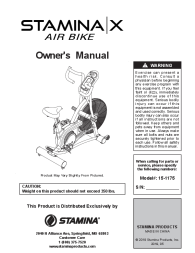
Model Name: Stamina InMotion Compact Strider
Product Dimensions: 24.5"D x 17"W x 12"H
Material: Steel frame, plastic housing, plastic pedals
Resistance Mechanism: Manual
Maximum Weight Recommendation: 250 Pounds
Item Weight: 24 Pounds
Style: Cords (for models with resistance bands)
Part Number: 55-1618
UPC: 022643516182

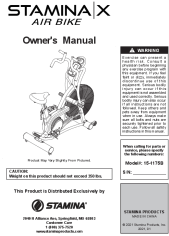


WARRANTY AND SUPPORT

The Stamina Inmotion Compact Strider comes with a 90-day warranty for parts and a 1-year warranty for the frame. For detailed warranty information, troubleshooting assistance, or to order replacement parts, please refer to the official user manual available as a PDF document or contact Stamina customer support directly.
Official User Manual (PDF): [Download Here](#)

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Related Documents - 55-1618

	<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 Compact Strider Owner's Manual Assembly, Operation, and Maintenance</p> <p>Comprehensive owner's manual for the Stamina Compact Strider fitness equipment. Includes safety instructions, assembly guide, setup, operational procedures, maintenance tips, conditioning guidelines, 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>The image shows the cover of the Stamina X Air Bike Owner's Manual. It features a black and white illustration of the air bike. The text on the cover includes 'STAMINA X AIR BIKE', 'Owner's Manual', and 'Model 15-1175B'. It also mentions 'This Product is Distributed Exclusively by STAMINA' and 'STAMINA PRODUCTS'.</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>The image shows the cover of the Stamina X Boulder Fit Door Gym Owner's Manual & Assembly Instructions. It features a black and white illustration of the door gym. The text on the cover includes 'STAMINA X Boulder Fit DOOR GYM', 'Owner's Manual', and 'Model 50-0085B'. It also mentions 'This Product is Distributed Exclusively by STAMINA' and '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>The image shows the cover of the Stamina Elliptical Trainer 703 Owner's Manual. It features a black and white illustration of the elliptical trainer. The text on the cover includes 'STAMINA ELIPTICAL TRAINER', 'Owner's Manual', and 'Model 703'. It also mentions 'This Product is Distributed Exclusively by STAMINA' and 'STAMINA PRODUCTS'.</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>