



STAMINA Active Aging Easyrow Rowing Machine Owner's Manual

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SAFETY INSTRUCTIONS

WARNING:

- Cancer and Reproductive Harm www.P65Warnings.ca.gov
 - 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 serious injury or death.
 - To reduce the risk of serious injury, read the following Safety Instructions before using the Stamina® Active Aging EasyRow.
1. Save these instructions and ensure that other exercisers read this manual prior to using the Stamina® Active Aging EasyRow for the first time.
 2. Read all warnings and cautions posted on the Stamina® Active Aging EasyRow.
 3. The Stamina® Active Aging EasyRow should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
 4. We recommend that two people be available for assembly of this product.
 5. Keep children away from the Stamina® Active Aging EasyRow. Do not allow children to use or play on the Stamina® Active Aging EasyRow. Keep children and pets away from the Stamina® Active Aging EasyRow when it is in use.
 6. It is recommended that you place this exercise equipment on an equipment mat.
 7. Set up and operate the Stamina® Active Aging EasyRow on a solid level surface. Do not position the Stamina® Active Aging EasyRow on loose rugs or uneven surfaces.
 8. Make sure that adequate space is available for access to and around the Stamina® Active Aging EasyRow.
 9. Before using, inspect the Stamina® Active Aging EasyRow for worn or loose components, and securely tighten

or replace any worn or loose components prior to use.

10. Shock on rower get HOT during use. To avoid burns, do not touch the shock until it has time to cool.
11. Consult a physician prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
12. 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.
13. Do not wear loose or dangling clothing while using the Stamina® Active Aging EasyRow.
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Stamina® Active Aging EasyRow, loss of balance may result in a fall and bodily injury.
16. Do not use the SEAT(46) to move the Stamina® Active Aging EasyRow. The SEAT(46) will move and the SEAT CARRIAGE(42) may pinch your hand or fingers.
17. The Stamina® Active Aging EasyRow should not be used by persons weighing over 300 pounds.
18. The Stamina® Active Aging EasyRow should be used by only one person at a time.
19. The Stamina® Active Aging EasyRow is for consumer use only. It is not for use in public or semipublic facilities.

BEFORE YOU BEGIN

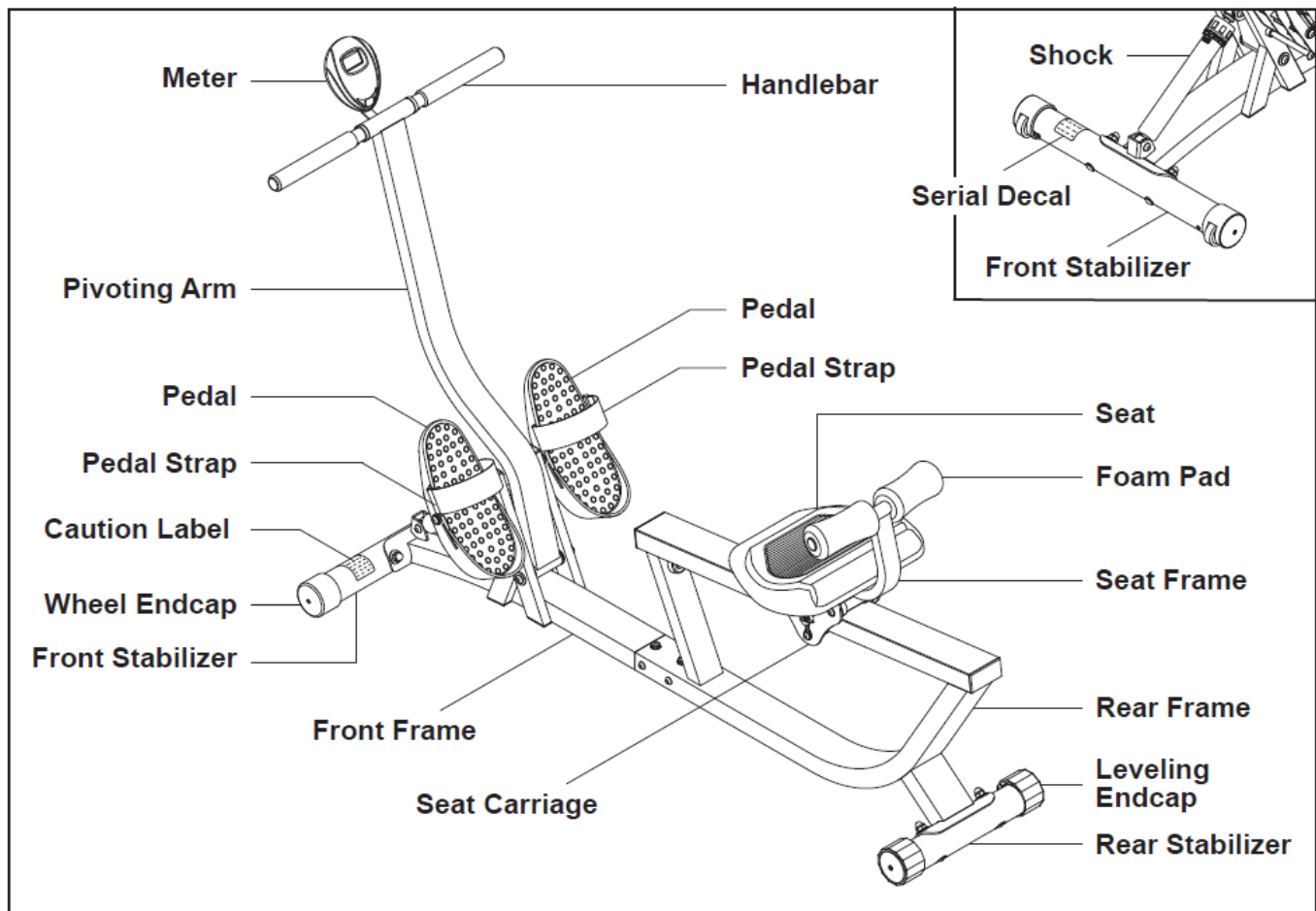
Thank you for choosing the Stamina® Active Aging EasyRow. We take great pride in this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Stamina® Active Aging EasyRow provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See page 6 for an image of the serial decal. Model number and serial number are required when calling for assistance.

Read this manual carefully before using the Stamina® Active Aging EasyRow.

Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your Stamina® Active Aging EasyRow, please do not return the product. Contact us FIRST!

If a part is missing or defective, please contact Customer Care for assistance. Call us toll free at 1-800-375-7520 (in the U.S.) or live chat on staminaproducts.com. Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday. Be sure to have the name and model number of the product available when you contact us.

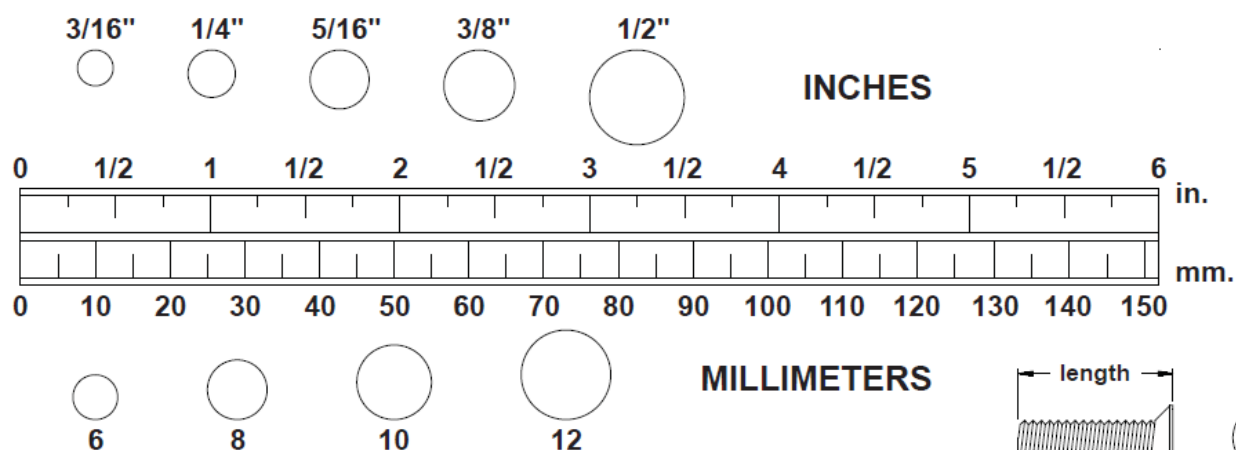


THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :

- Allen Wrench (6mm) (2 Pieces)
- Allen Wrench (4mm)
- Wrench

HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

	Part Number and Description		Qty
	3	Bolt, Button Head (M6 x 1 x 13mm)	6
	9	Bolt, Button Head (M8 x 1.25 x 16mm)	4
	15	Carriage Bolt (M10 x 1.5 x 70mm)	4
	25	Bolt, Button Head (M10 x 1.5 x 120mm)	2
	26	Bolt, Button Head (M10 x 1.5 x 135mm)	1
	34	Bolt, Button Head (M8 x 1.25 x 90mm)	2
	33	Bolt, Button Head w/ Washers (M8x1.25x16mm)	2
	36	Bolt, Button Head (M8 x 1.25 x 39mm)	1
	43	Bolt, Button Head (M8 x 1.25 x 30mm)	2
	17	Arc Washer (M10)	4
	24	Washer (M8)	4
	27	Washer (M10)	2
	18	Acorn Nut (M10)	4
	30	Nylock Nut (M10 x 1.5)	1
	35	Nylock Nut (M8 x 1.25)	3

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to

staminaproducts.com under the Customer Care section and order the part needed, e-mail us at customer.care@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.

STEP 1

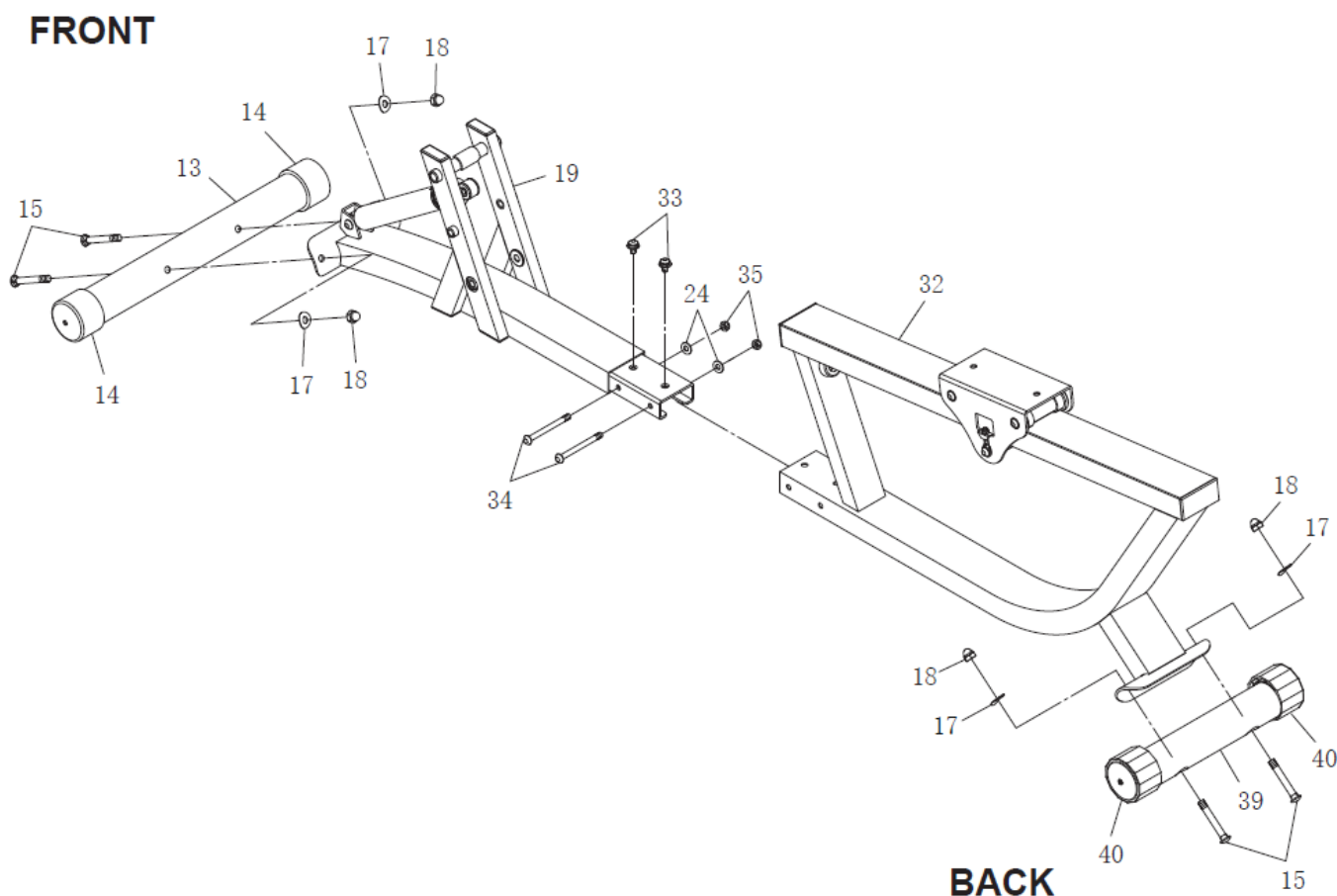
Position the wheels in the WHEEL ENDCAPS(14) to face to the front, then attach the FRONT STABILIZER(13) to the FRONT FRAME(19) with CARRIAGE BOLTS(M10x1.5x70mm)(15), ARC WASHERS(M10)(17), and ACORN NUTS(M10)(18).

STEP 2

Attach the REAR FRAME(32) to the FRONT FRAME(19) with BUTTON HEAD BOLTS w/ WASHERS (M8x1.25x16mm)(33), BUTTON HEAD BOLTS(M8x1.25x90mm)(34), WASHERS(M8)(24), and NYLOCK NUTS(M8)(35).

STEP 3

Attach the REAR STABILIZER(39) to the REAR FRAME(32) with CARRIAGE BOLTS(M10x1.5x70mm)(15), ARC WASHERS(M10)(17), and ACORN NUTS(M10)(18). Turn the LEVELING ENDCAPS(40) on the REAR STABILIZER(39) as needed until the rower is steady and not rocking.



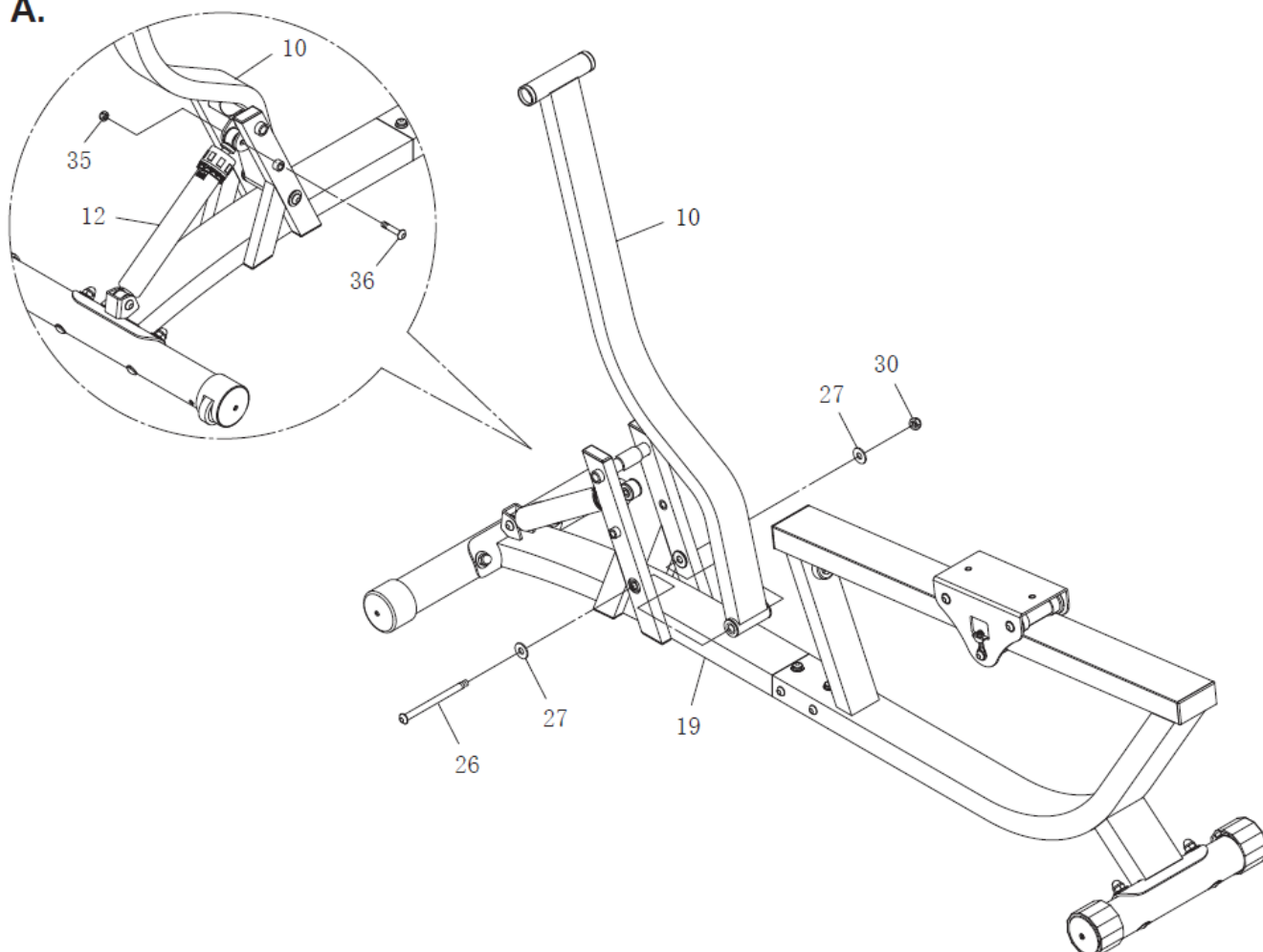
STEP 4

Place the PIVOTING ARM(10) into the FRONT FRAME(19) and secure with BUTTON HEAD BOLT (M10x1.5x135mm)(26), WASHERS(M10)(27), and NYLOCK NUT(M10)(30).

STEP 5

Refer to illustration A. Attach the SHOCK(12) to the U bracket on the Pivoting Arm(10) with BUTTON HEAD BOLT(M8x1.25x39mm)(36) and NYLOCK NUT(M8)(35).

A.



STEP 6

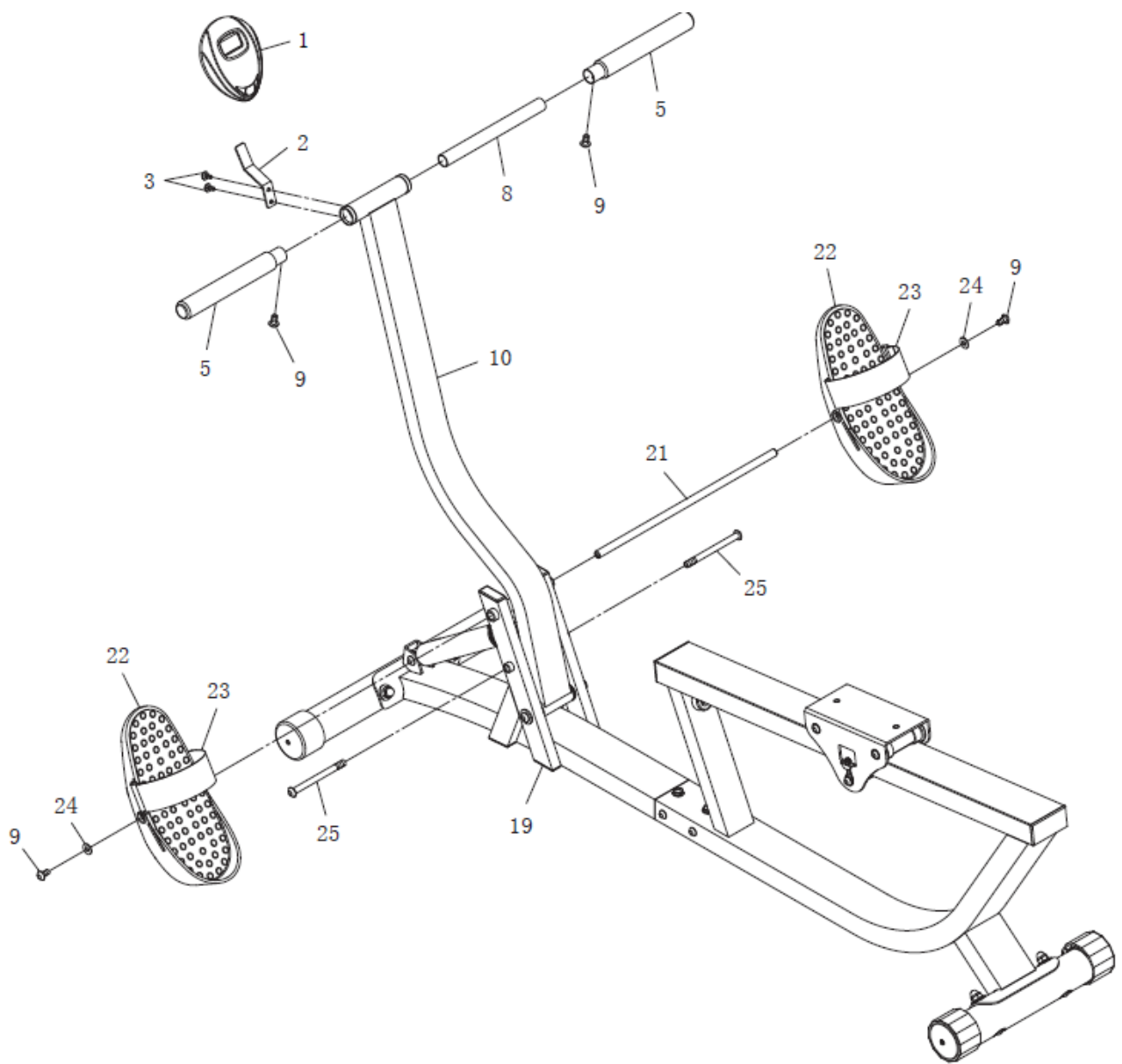
Screw the BUTTON HEAD BOLTS(M10x1.5x120mm)(25) into both sides of the FRONT FRAME(19). Insert the PEDAL SHAFT(21) through hole on the FRONT FRAME(19). Place a PEDAL(22) onto each end of the PEDAL SHAFT(21) and slide them toward the FRONT FRAME(19). Then secure the PEDALS(22) with BUTTON HEAD BOLTS(M8x1.25x16mm)(9) and WASHERS(M8)(24) at both ends of the PEDAL SHAFT(21). You need to use two Allen Wrenches to tighten the BUTTON HEAD BOLTS(M8x1.25x16mm)(9) at both ends of the PEDAL SHAFT(21) at the same time.

STEP 7

Insert the HANDLEBAR CONNECTOR(8) through the hole on the top of the PIVOTING ARM(10). Attach the HANDLEBARS(5) to both ends of the HANDLEBAR CONNECTOR(8) with BUTTON HEAD BOLTS (M8x1.25x16mm)(9).

STEP 8

Attach the METER BRACKET(2) to the PIVOTING ARM(10) with BUTTON HEAD BOLTS(M6x1x13mm)(3). Install two AAA batteries into the METER(1), the batteries are not included. See page 13 for detailed battery installation instructions. Insert the METER(1) onto the METER BRACKET(2).

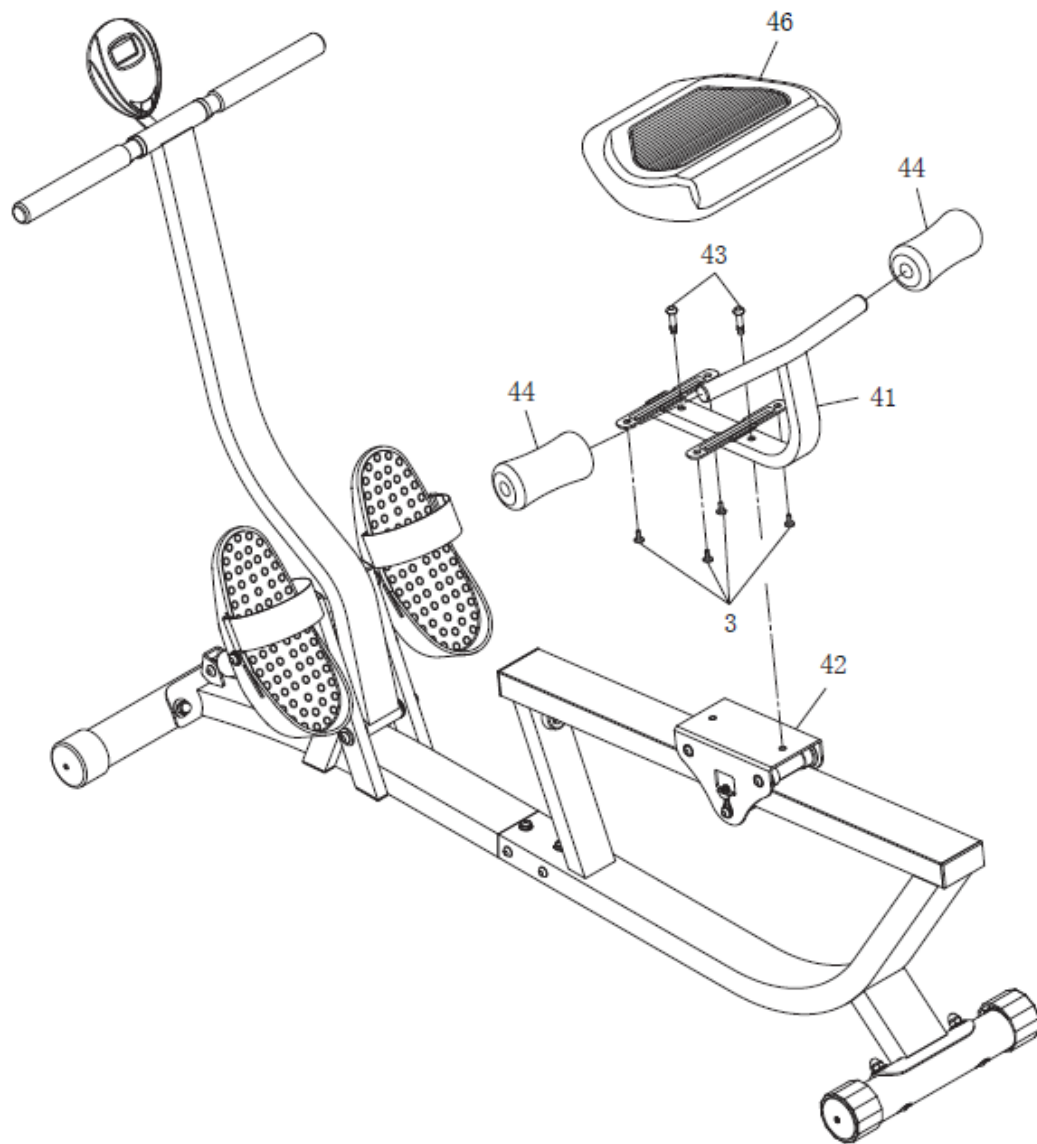


STEP 9

Attach the SEAT FRAME(41) to the SEAT CARRIAGE(42) with BUTTON HEAD BOLTS(M8x1.25x30mm)(43).

STEP 10

Attach the SEAT(46) to the SEAT FRAME(41) with BUTTON HEAD BOLTS(M6x1x13mm)(3). Press the FOAM PADS(44) onto both sides of the SEAT FRAME(41).



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

POWER ON: Move the handlebar or press any button.

POWER OFF: Automatically shuts off after 4 minutes of inactivity.

FUNCTION BUTTONS :

MODE : In the STOP mode, press and release to select each function for preset target values for TIME, COUNT, and CALORIES.

Press and release to select functions for display for TIME, COUNT, TOTAL COUNT, RPM, and CALORIES.

SET : In the STOP mode, press to set target values. Press the button and hold it down for three seconds, the meter will continue to add the values even without pressing the SET button. Press any button to stop.

RESET : In the STOP mode, press the button to reset the setting values to zero. Press the button and hold it down for three seconds to reset all functions to zero.

FUNCTIONS:

SCAN: Automatically scans each function of TIME, COUNT, TOTAL COUNT, RPM, and CALORIES in sequence changing every six seconds. Press and release the MODE button until the arrow appears on the display and points to the SCAN.

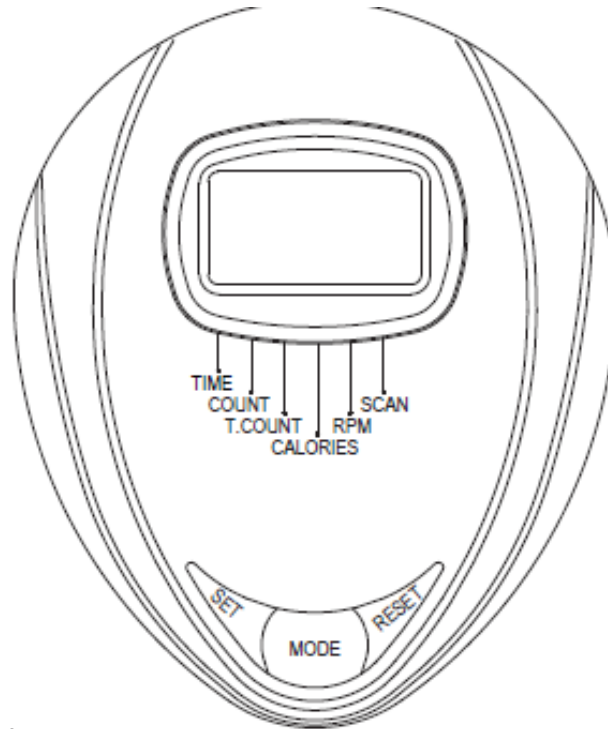
TIME: Displays the time from 1 sec. up to 99:59 minutes. Counts down from preset value.

COUNT: Displays the total number of rows you have taken from zero to 9999 rows. Counts down from preset value.

TOTAL COUNT: Displays the total accumulated number of rows you have taken, from zero to 9999 rows. The TOTAL COUNT value is retained when the meter is turned off, until the batteries are removed.

RPM: Displays the rowing speed from zero to 9999 strokes per minute.

CALORIES: Displays the calories burned from zero to 999.9 Kcal. Counts down from preset value. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.



PRESET VALUES OPERATION:

You can pull on the HANDLEBARS(5) to power on the meter and workout with the meter directly. Or, you can preset the function values for counting down. Press the MODE button to make the SCAN function stop working. Stop rowing for four seconds, the meter will enter the STOP mode. The meter will go through the input items as follows and allow you to set the function values. Use the SET and RESET buttons to input the values, and press the MODE button to confirm. Or, just press the MODE button to skip the setting and move on to the next function. After all the desired settings are chosen, begin pulling on the HANDLEBARS(5) to start the workout.

Time (1:00 to 99:00)

Count (10 to 9999 rows)

Calories (1.0 to 999 Kcal)

NOTE:

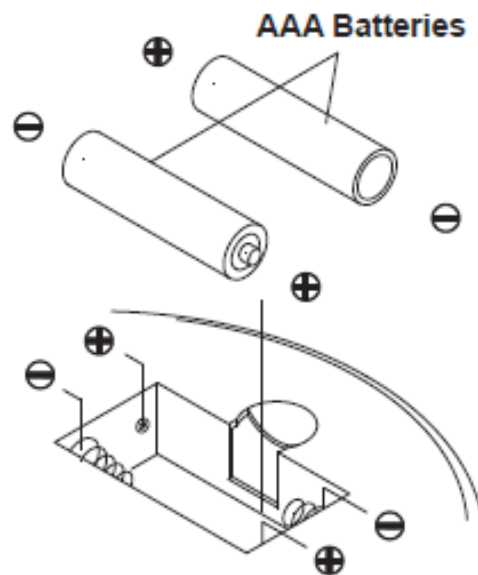
1. You may preset values for several functions. The preset function values will start to count down. When you complete one of the preset functions, then the value of this completed function will start to count up, while the other preset functions will continue to count down.
2. The Meter will shut off automatically after 4 minutes of inactivity. All function values will be kept. You can continue to workout with these function values, or press the RESET button and hold it down for three seconds to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AAA batteries (1.5V each), the batteries are not included. Refer to the illustration to install or replace the batteries.

NOTE:

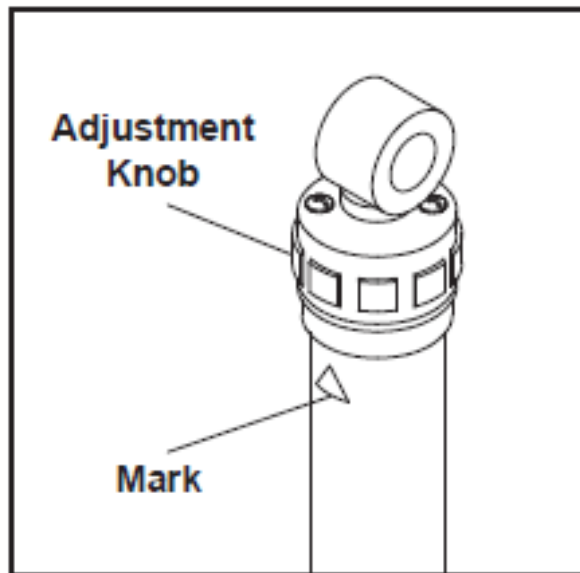
1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. Ultimate disposal of battery should be handled according to all state and federal laws and regulations.
5. Do not dispose of batteries in fire.



LOAD ADJUSTMENT

The resistance of the shock can be adjusted by twisting the adjustment knob at the top of the shock. There are settings from 1 to 12. Setting #1 will provide the lowest resistance. Setting #12 will provide the highest resistance.

CAUTION: The shock gets HOT after a few minutes of use.



STORAGE

1. To store the Stamina® **Active Aging EasyRow**, simply keep it in a clean dry place.
2. Move the Stamina® **Active Aging EasyRow** with the wheels in the **WHEEL ENDCAPS(14)** on the **FRONT STABILIZER(13)**. Lift the **REAR STABILIZER(39)** to move the Stamina® Active Aging EasyRow.
Do not use the SEAT(46) to move the Stamina® Active Aging EasyRow. The SEAT(46) will move and the **SEAT CARRIAGE(42)** may pinch your hand or fingers.
3. To avoid damage to the meter, remove the batteries before storing the Stamina® Active Aging EasyRow for one year or more.

MAINTENANCE

The safety and integrity designed into the Stamina® Active Aging EasyRow can only be maintained when the Stamina® Active Aging EasyRow is regularly examined for damage and wear. Special attention should be given to the following:

1. Pull on the HANDLEBARS(5) and verify that the SHOCK(12) provides tension and the seat travel is smooth and stable.
2. Clean the roller track on the rail in the REAR FRAME(32) with an absorbent cloth.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the CAUTION LABEL(54) is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement CAUTION LABEL(54) if it is missing or damaged.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components must be replaced immediately or the Stamina® Active Aging EasyRow removed from service until repair is made.
7. Only Stamina Products supplied components should be used to maintain/repair the Stamina® Active Aging EasyRow.
8. Keep your Stamina® Active Aging EasyRow clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

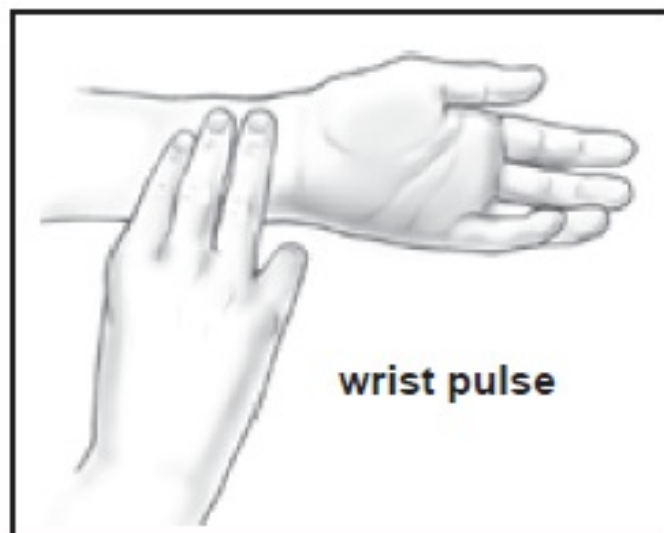
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

WARM-UP and COOL-DOWN

Warm-Up

The purpose of warming up is to prepare your body for exercise and to minimize injuries.

Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises

Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.

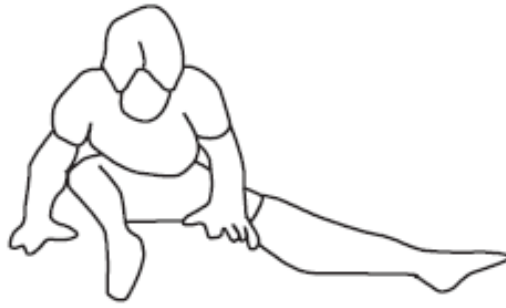
DO NOT BOUNCE! When the pull on the back of the legs lessens, gradually try a lower position.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist.

Hold this position at least 10 seconds. Repeat 10 times on each side.



Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.

DO NOT BOUNCE!

Do this stretch 10 times. Repeat the stretch with the left leg.



Bent Over Leg Stretch

Stand with feet shoulderwidth apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down.

DO NOT BOUNCE!

Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.



Remember to always check with your physician before starting any exercise program.

Cool-Down

The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

LIMITED WARRANTY

Stamina Products, Inc. ("Stamina") warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation in accordance with product warnings/instructions for a period of 90 days on the parts and three years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.** Commercial use includes use of product in athletic clubs, health clubs, spas, gyms, and all other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to Stamina Products, Inc. 2040 N Alliance Ave, Springfield, Missouri, USA, MO 65803, or email us at customer.care@staminaproducts.com, or call us at 1-800-375-7520. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option.

NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER. These warranties are not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY.** If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

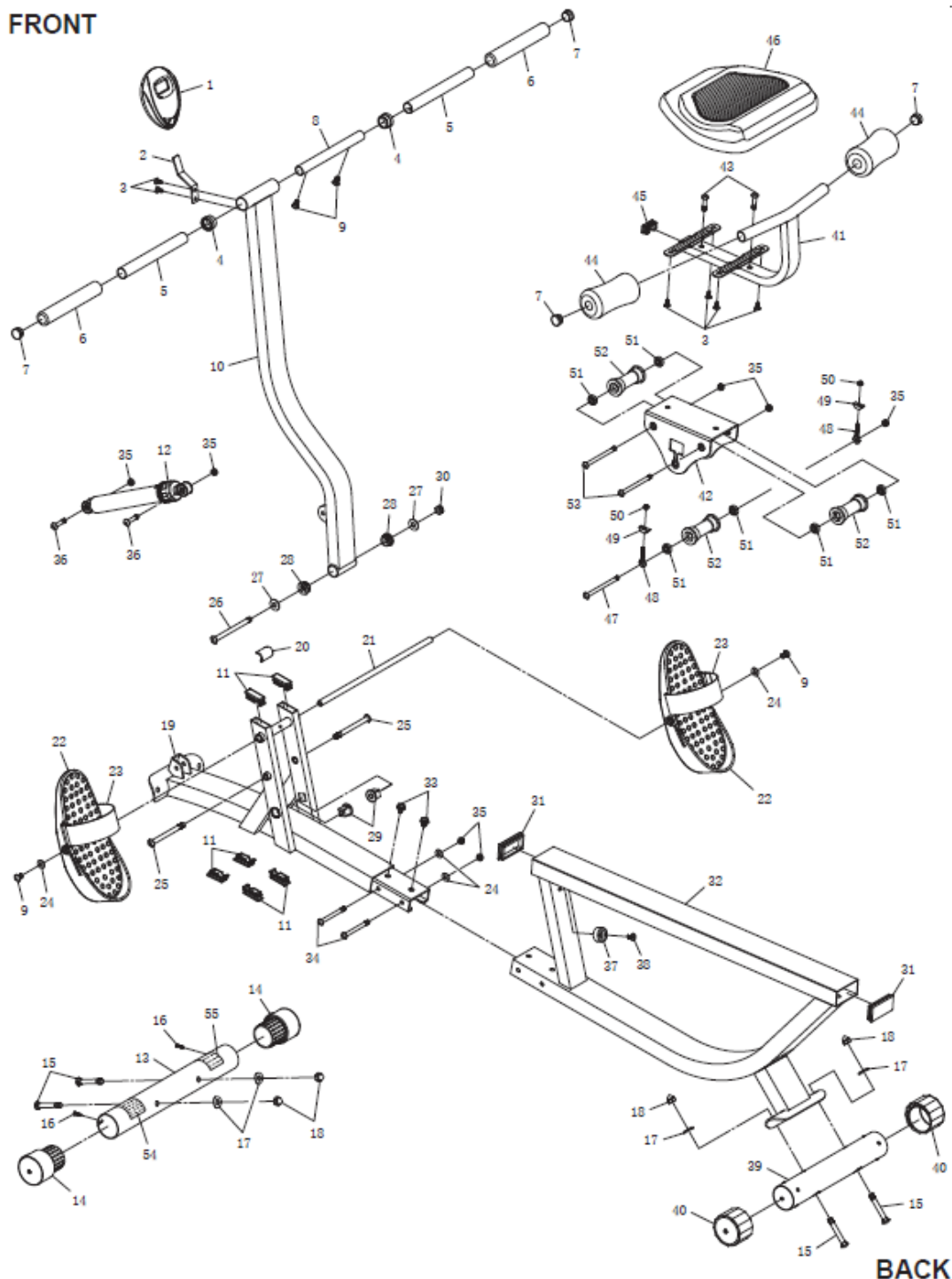
Stamina **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR**

INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.

THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY. NO ORAL OR WRITTEN INFORMATION GIVEN BY STAMINA, ITS AGENTS OR EMPLOYEES, SHALL CREATE A WARRANTY OR IN ANY WAY INCREASE THE SCOPE OF THIS WARRANTY. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some states affect the disclaimer or limitation of implied warranties and consequential and incidental damages. If any such law is found applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages shall be deemed to be modified to the extent necessary to comply with applicable law.

PRODUCT PARTS DRAWING



PARTS LIST

PART#	PART NAME	QTY
1	Meter	1
2	Meter Bracket	1
3	Bolt, Button Head (M6 x 1 x 13mm)	6
4	Handlebar Bushing	2
5	Handlebar	2
6	Foam Grip (ø23 x ø33 x 205mm)	2
7	Round Plug (25mm)	4
8	Handlebar Connector	1
9	Bolt, Button Head (M8 x 1.25 x 16mm)	4
10	Pivoting Arm	1
11	Rectangular Plug (20mm x 40mm)	6
12	Shock	1
13	Front Stabilizer	1

14	Wheel Endcap (ø60mm)	2
15	Carriage Bolt (M10 x 1.5 x 70mm)	4
16	Screw, Round Head (M4 x 10mm)	2
17	Arc Washer (M10)	4
18	Acorn Nut (M10 x 1.5)	4
19	Front Frame	1
20	Bumper	1
21	Pedal Shaft	1
22	Pedal	2
23	Pedal Strap	2
24	Washer (M8)	4
25	Bolt, Button Head (M10 x 1.5 x 120mm)	2
26	Bolt, Button Head (M10 x 1.5 x 135mm)	1
27	Washer (M10)	2

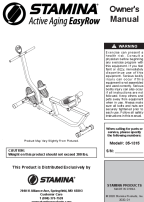
28	Pivoting Bushing	2
29	Frame Bushing	2
30	Nylock Nut (M10 x 1.5)	1
31	Rectangular Plug (40mm x 80mm)	2
32	Rear Frame	1
33	Bolt, Button Head w/ Washers (M8 x 1.25 x 16mm)	2
34	Bolt, Button Head (M8 x 1.25 x 90mm)	2
35	Nylock Nut (M8 x 1.25)	7
36	Bolt, Button Head (M8 x 1.25 x 39mm)	2
37	Seat Bumper	1
38	Bolt, Round Head (M6 x 1 x 15mm)	1
39	Rear Stabilizer	1
40	Leveling Endcap (ø60mm)	2
41	Seat Frame	1

42	Seat Carriage	1
43	Bolt, Button Head (M8 x 1.25 x 30mm)	2
44	Foam Pad	2
45	Rectangular Plug (20mm x 40mm)	1
46	Seat	1
47	Bolt, Button Head (M8 x 1.25 x 118mm)	1

PART#	PART NAME	QTY
48	Eye Bolt (M6 x 1 X 55MM)	2
49	Tension Bracket	2
50	Nylock Nut (M6 x 1)	2
51	Ball Bearing (608ZZ)	6
52	Roller	3
53	Bolt, Button Head (M8 x 1.25 x 110mm)	2
54	Caution Label	1
55	Serial Decal	1
56	Allen Wrench (6mm)	2
57	Allen Wrench (4mm)	1
58	Wrench	1
59	Manual	1



Documents / Resources

	<p>STAMINA Active Aging Easyrow Rowing Machine [pdf] Owner's Manual Active Aging Easyrow Rowing Machine, 35-1315</p>
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References

- [Customer Care - Exercise Equipment | Stamina Products](#)
- [Customer Care - Exercise Equipment | Stamina Products](#)
- [Customer Care - Exercise Equipment | Stamina Products](#)
- [Quality Home Fitness & Exercise Equipment | Stamina Products](#)
- [P65Warnings.ca.gov](#)
- [Quality Home Fitness & Exercise Equipment | Stamina Products](#)