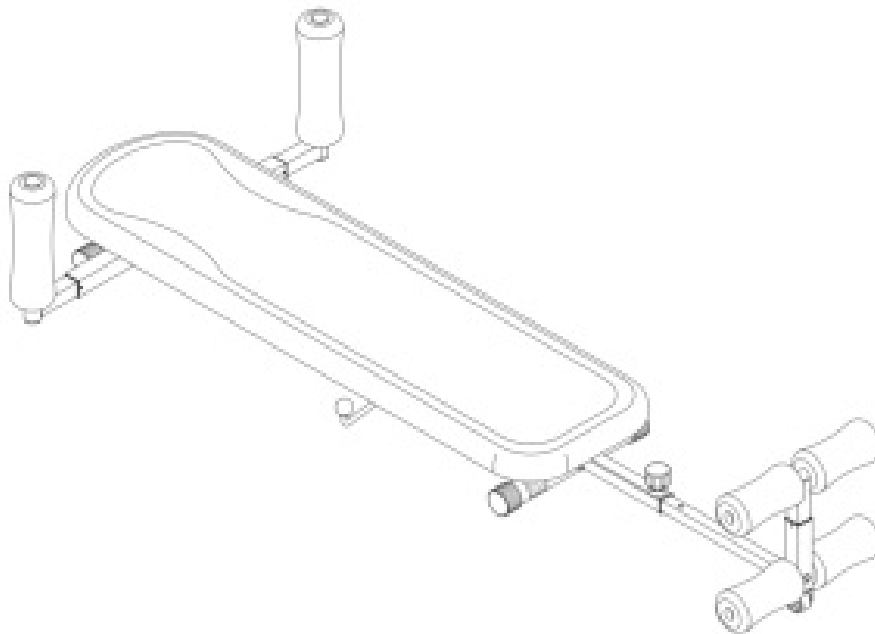


STAMINA InLine 55-1401B Back Stretch Bench Owner's Manual

[Home](#) » [Stamina](#) » STAMINA InLine 55-1401B Back Stretch Bench Owner's Manual 

STAMINA InLine 55-1401B Back Stretch Bench



WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following numbers:

Model#: 55-1401B
S/N: _____

STAMINA PRODUCTS MADE IN CHINA

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CAUTION: Weight on this product should not exceed 250 lbs.

This Product is Distributed Exclusively by



Contents

- 1 SAFETY INSTRUCTIONS**
- 2 BEFORE YOU BEGIN**
- 3 EQUIPMENT WARNING, CAUTION & NOTICE LABELS**
- 4 HARDWARE IDENTIFICATION CHART**
- 5 ASSEMBLY INSTRUCTIONS**
- 6 STORAGE**
- 7 MAINTENANCE**
- 8 OPERATIONAL INSTRUCTIONS**
 - 8.1 STRETCH SYSTEM**
 - 8.2 USING THE inLINE® Back Stretch Bench**
 - 8.3 ARMPIT PAD ADJUSTMENT**
- 9 LIMITED WARRANTY**
- 10 PRODUCT PARTS DRAWING**
- 11 PARTS LIST**
- 12 TO CONTACT CUSTOMER CARE**
- 13 Documents / Resources**
 - 13.1 References**
- 14 Related Posts**

SAFETY INSTRUCTIONS

⚠ WARNING Cancer and Reproductive Harm www.P65Warnings.ca.gov !

⚠ WARNING 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.

⚠ WARNING To reduce the risk of serious injury, read the following Safety Instructions before using the **inLINE® Back Stretch Bench**.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **inLINE® Back Stretch Bench** for the first time.
2. Read all warnings and cautions posted on the **inLINE® Back Stretch Bench**.
3. The **inLINE® Back Stretch Bench** 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 **inLINE® Back Stretch Bench**. Do not allow children to use or play on the **inLINE® Back Stretch Bench**. Keep children and pets away from the **inLINE® Back Stretch Bench** 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 **inLINE® Back Stretch Bench** on a solid level surface. Do not position the **inLINE® Back Stretch Bench** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **inLINE® Back Stretch Bench**.
9. Before using, inspect the **inLINE® Back Stretch Bench** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
10. 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.
11. 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.
12. Do not wear loose or dangling clothing while using the **inLINE® Back Stretch Bench**.
13. 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.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **inLINE® Back Stretch Bench**, loss of balance may result in a fall and bodily injury.
15. The **inLINE® Back Stretch Bench** should not be used by persons weighing over 250 pounds.
16. The **inLINE® Back Stretch Bench** should be used by only one person at a time.
17. The **inLINE® Back Stretch Bench** is for consumer use only. It is not for use in public or semipublic facilities.

BEFORE YOU BEGIN

Thank you for choosing the **inLINE® Back Stretch Bench**. 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 **inLINE® Back Stretch Bench** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

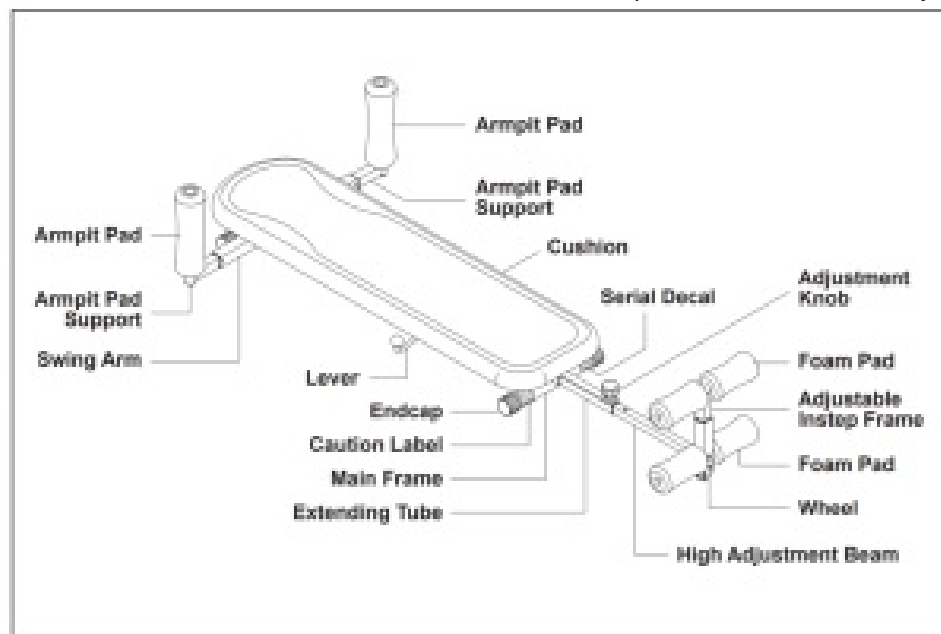
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space

provided. See the next page for an image of the serial decal. Model number and serial number are required when calling for assistance.

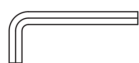
Read this manual carefully before using the **inLINE® Back Stretch Bench**.

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 **inLINE® Back Stretch Bench**, please do not return the product. Contact us FIRST!

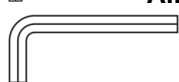
If a part is missing or defective, please contact Customer Care for assistance. Call us toll free at 1-800-375-7520 (in the U.S.) or live chat on staminaproducts.com. Our Customer Care Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 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 (4mm)



Allen Wrench (6mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **inLINE® Back Stretch Bench**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

CAUTION LABEL(40)



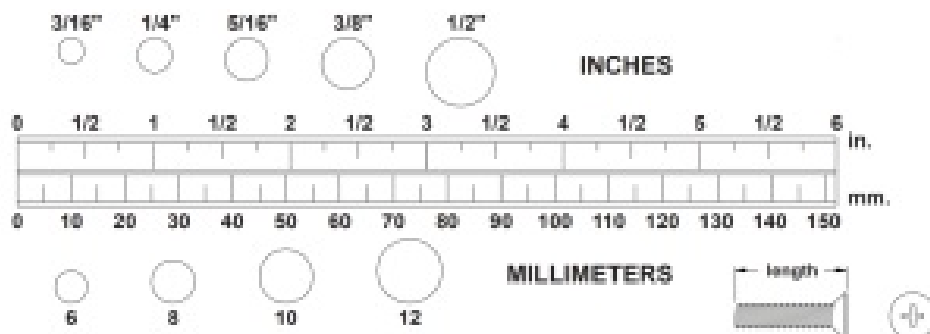
SERIAL DECAL(46)



To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

HARDWARE IDENTIFICATION CHART

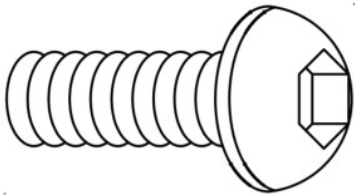
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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 items. Some hardware may be already attached to the part.

	Part	Number and Description	Qty
	33	Bolt, Button Head (M6 x 1 x 13mm)	4
	34	Bolt, Button Head (M8 x 1.25 x 22mm)	

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@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.

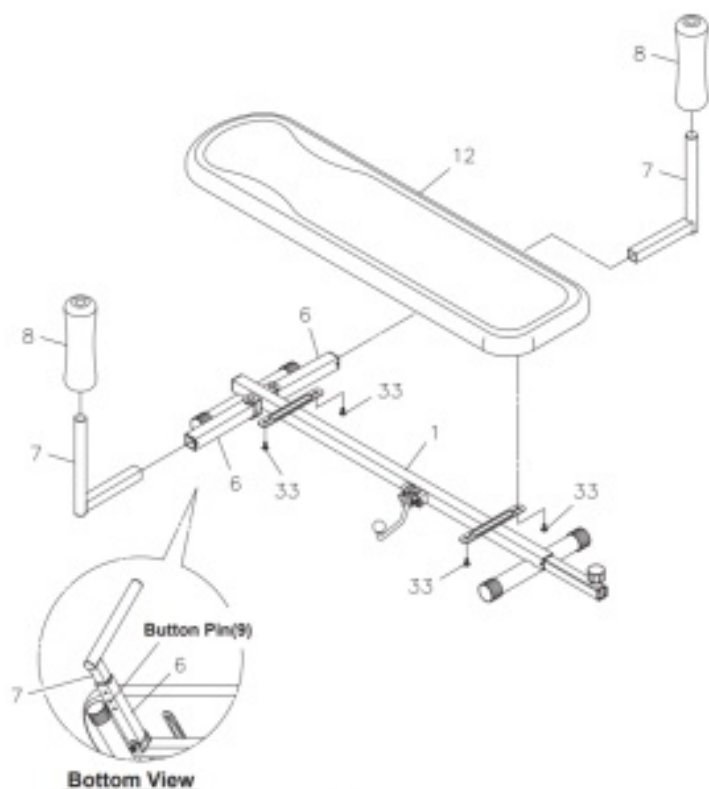
STEP 1

Attach the **CUSHION(12)** to the **MAIN FRAME(1)** with **BUTTON HEAD BOLTS(M6x1x13mm)(33)**.

STEP 2

Push the **BUTTON PIN(9)** in and insert the **ARMPIT PAD SUPPORT(7)** into the **SWING ARM(6)**. Slide an **ARMPIT PAD(8)** on the **ARMPIT PAD SUPPORT(7)**. Repeat on other side.

NOTE: There are three adjustment holes in the bottom of the **SWING ARM(6)** which allow the **ARMPIT PAD SUPPORTS(7)** to be attached in three different positions. Start with the center position and adjust if necessary.



STEP 3

Insert the **HEIGHT ADJUSTMENT BEAM(44)** into the **EXTENDING TUBE(2)**. Lock the **HEIGHT ADJUSTMENT BEAM(44)** in position by inserting the pin of the **ADJUSTMENT KNOB(23)** into one of the adjustment holes in the **HEIGHT ADJUSTMENT BEAM(44)** and tightening the **ADJUSTMENT KNOB(23)**.

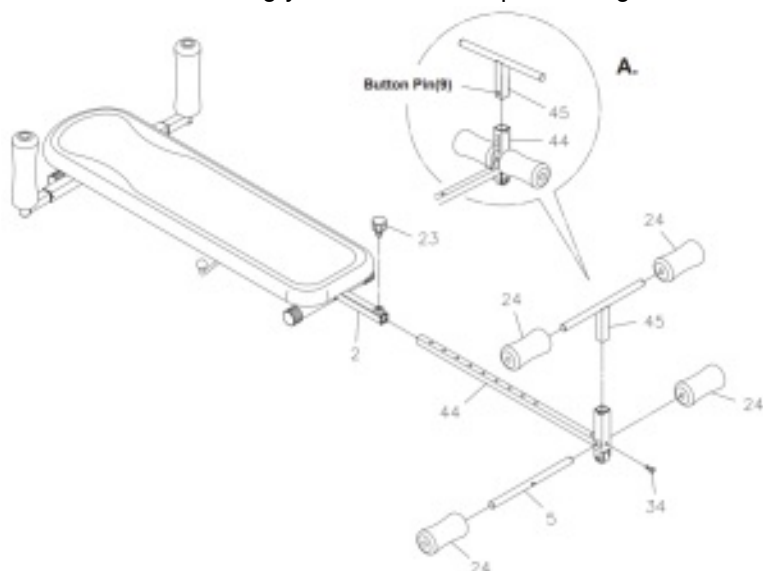
STEP 4

Insert the **PAD TUBE(5)** through the hole in the **HEIGHT ADJUSTMENT BEAM(44)** and secure with **BUTTON HEAD BOLT(M8x1.25x22mm)(34)**. Slide the **FOAM PADS(24)** on both ends of the **PAD TUBE(5)**.

STEP 5

Refer to detail view A, push in the **BUTTON PIN(9)** and insert the **ADJUSTABLE INSTEP FRAME(45)** into the **HEIGHT ADJUSTMENT BEAM(44)**. Slide the **FOAM PADS(24)** on both ends of the **ADJUSTABLE INSTEP FRAME(45)**.

NOTE: There are four adjustment holes in the **HEIGHT ADJUSTMENT BEAM(44)** which allow the **ADJUSTABLE INSTEP FRAME(45)** to be attached in four different positions. Find the position which is most comfortable for holding your ankles while performing the back stretching exercise.



STORAGE

1. To store the **inLINE® Back Stretch Bench**, simply keep it in a clean dry place.
2. Adjust the **HEIGHT ADJUSTMENT BEAM(44)** and **MAIN FRAME(1)** to the shortest position. The **inLINE® Back Stretch Bench** is approximately 56 inches long x 18.5 inches wide x 14 inches tall. These dimensions will vary. Please measure your **inLINE® Back Stretch Bench** if exact dimensions are needed.
3. To move the **inLINE® Back Stretch Bench**, lift by the **CUSHION(12)** on one end and the **HEIGHT ADJUSTMENT BEAM(44)** at the other end. Use caution as the **SWING ARMS(6)** may move and cause a pinching hazard.

MAINTENANCE

The safety and integrity designed into the **inLINE® Back Stretch Bench** can only be maintained when the **inLINE® Back Stretch Bench** is regularly examined for damage and wear. Special attention should be given to the following:

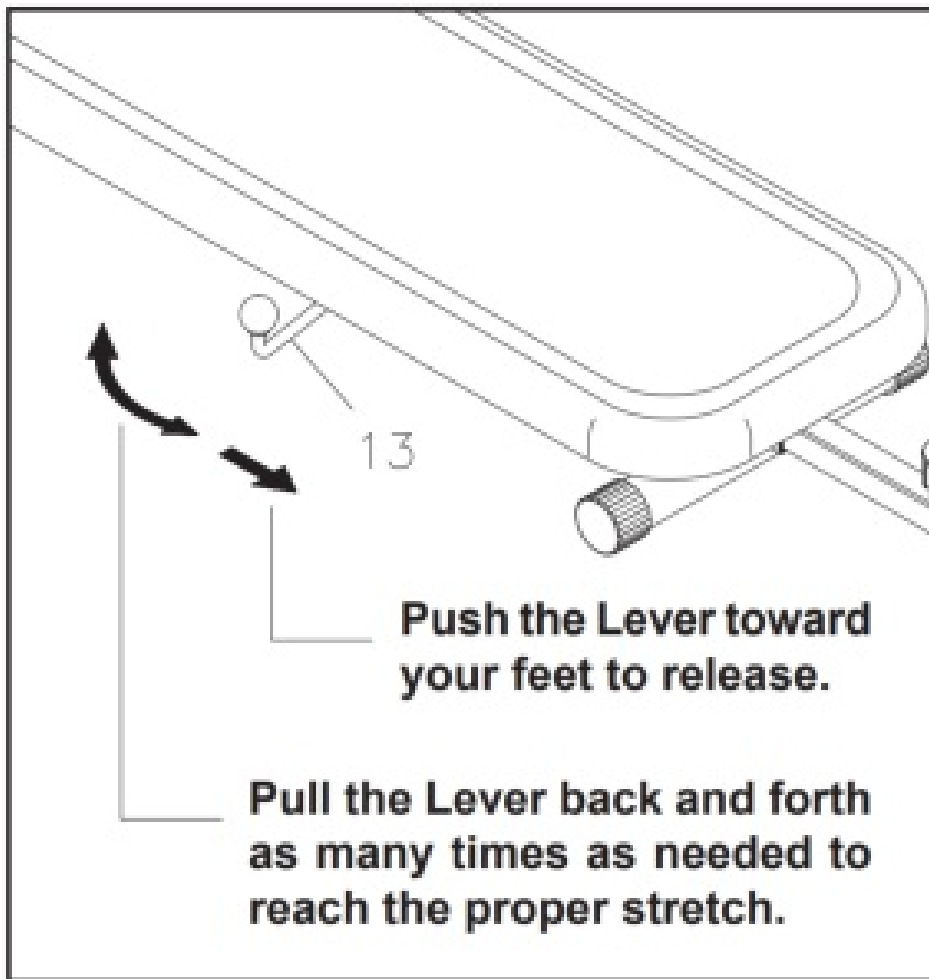
1. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
2. Verify that the **CAUTION LABEL(40)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(40)** if it is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components must be replaced immediately or the **inLINE® Back Stretch Bench** removed from service until repair is made.
5. Only Stamina Products supplied components should be used to maintain/repair the **inLINE® Back Stretch Bench**.
6. Keep your **inLINE® Back Stretch Bench** clean by wiping it off with an absorbent cloth after use.

OPERATIONAL INSTRUCTIONS

STRETCH SYSTEM

The **inLINE® Back Stretch Bench** stretches the back with its one way rack and pinion engineering. Lie on the **inLINE® Back Stretch Bench** with the **ARMPIT PADS(8)** under your armpits, and the **FOAM PADS(24)** holding your ankles. Pull the **LEVER(13)** back and forth as many times as needed until you feel a gentle stretch. Stop pulling at the desired position and stay at the stretched position for a few minutes. Push the **LEVER(13)** firmly toward your feet to release the stretch.

NOTE: Prior to releasing the stretch please remove your arms from the ARMPIT PAD SUPPORTS(7). Once the ARMPIT PAD SUPPORTS(7) are no longer under your arms push the LEVER(13) firmly toward your feet to release the stretch.

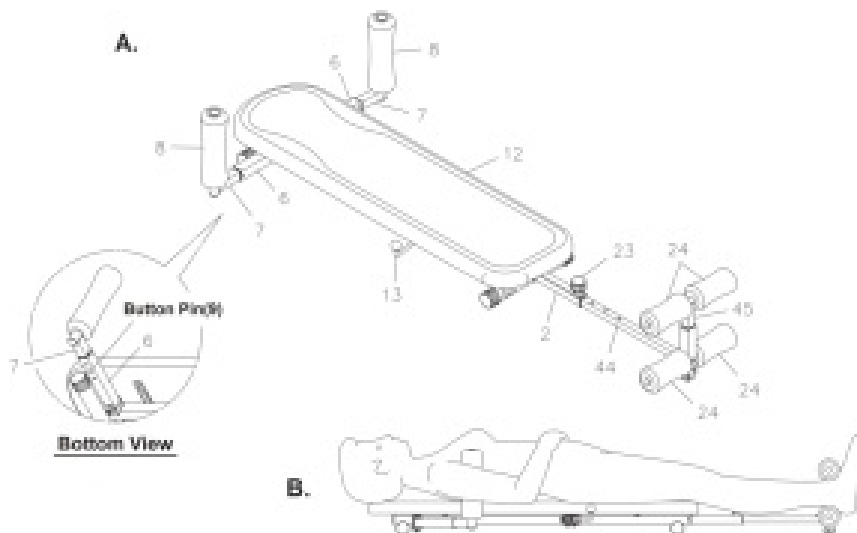


USING THE inLINE® Back Stretch Bench

To use the **inLINE® Back Stretch Bench**, proper height adjustment is important. Use the following procedure to set the height adjustment for a revitalizing stretch.

1. Refer to illustration A. Push the **LEVER(13)** toward the **FOAM PADS(24)** at your feet and pull the **EXTENDING TUBE(2)** in to its shortest position.
2. Lie on the **inLINE® Back Stretch Bench** with the **ARMPIT PADS(8)** under and supporting your armpits. If the **ARMPIT PADS(8)** do not rest comfortably under your armpits, adjust the **ARMPIT PAD SUPPORTS(7)** by pushing in the **BUTTON PIN(9)** and sliding them in or out of the **SWING ARMS(6)**. Straighten your body and legs to determine if a height adjustment needs to be made.
3. To make a height adjustment, loosen and pull the **ADJUSTMENT KNOB(23)** and slide the **HEIGHT ADJUSTMENT BEAM(44)** to adjust. Lock the **HEIGHT ADJUSTMENT BEAM(44)** in desired position by inserting the pin of the **ADJUSTMENT KNOB(23)** into one of the adjustment holes in the **HEIGHT ADJUSTMENT BEAM(44)**. Tighten the **ADJUSTMENT KNOB(23)** to lock the **HEIGHT ADJUSTMENT BEAM(44)** securely.
4. Sit up on the **CUSHION(12)**. Adjust the **ADJUSTABLE INSTEP FRAME(45)** by pushing in the **BUTTON PIN(9)** and sliding it up, then place your ankles between the **FOAM PADS(24)**. Push the **ADJUSTABLE INSTEP FRAME(45)** down to secure your feet. Place the **ADJUSTABLE INSTEP FRAME(45)** at the position which is most comfortable for holding your ankles. Lie down with the **ARMPIT PADS(8)** under and supporting your armpits, refer to illustration B.
5. To stretch, pull the **LEVER(13)** back and forth as many times as needed to reach the proper stretch. Stop

pulling at the desired stretch position and stay at the stretch position for few minutes. To release, push the **LEVER(13)** firmly toward your feet.



ARMPIT PAD ADJUSTMENT

To accommodate different sizes of users, the **ARMPIT PAD SUPPORTS(7)** can be adjusted to one of three positions. Refer to the Bottom View illustration above. There are three adjustment holes in the bottom of the **SWING ARM(6)**. Start with the center position and adjust if necessary. To adjust, push the **BUTTON PIN(9)** in and slide the **ARMPIT PAD SUPPORTS(7)** to the position that is comfortable. Make sure that the **BUTTON PIN(9)** is snapped into the proper adjustment hole before use.

LIMITED WARRANTY

MODEL 55-1401B

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 one year 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

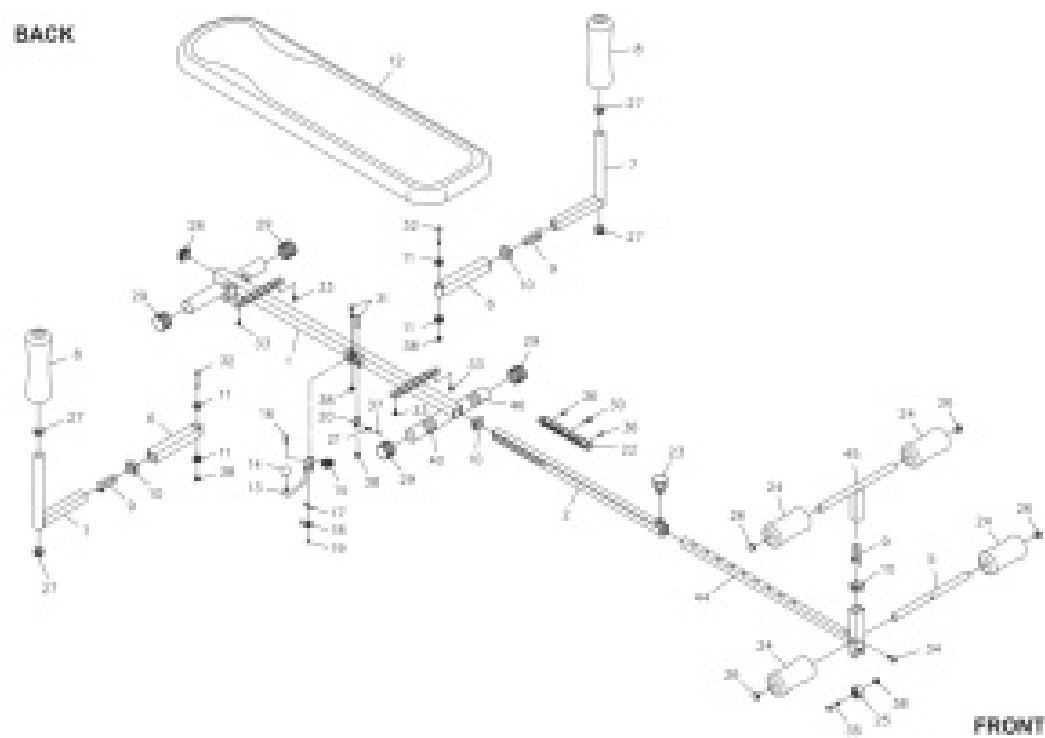
purchaser's expense, to Stamina's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

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	Main Frame	1
2	Extending Tube	1

5	Pad Tube	1
6	Swing Arm	2
7	Armpit Pad Support	2
8	Armpit Pad	2
9	Button Pin	3
10	Square Bushing	4
11	Bushing	4
12	Cushion	1
13	Lever	1
14	Ball end	1
15	Gear	1
16	Shaft	1
17	Twist Spring	1
18	Claw	1
19	C Ring (8mm)	1
20	Claw Stopper	1

21	Pressing Spring	1
22	Gear Rack	1
23	Adjustment Knob	1
24	Foam Pad	4
25	Wheel	1
26	Round Plug (19mm)	4
27	Round Plug (25mm)	4
28	Square Plug (30 x 30mm)	1
29	Endcap (38mm)	4
30	Shoulder Bolt, Button Head (M6 x 1 x 18mm)	1
31	Carriage Bolt (M8 x 1.25 x 35mm)	2
32	Carriage Bolt (M8 x 1.25 x 52mm)	2
33	Bolt, Button Head (M6 x 1 x 13mm)	4
34	Bolt, Button Head (M8 x 1.25 x 22mm)	1
35	Bolt, Button Head (M8 x 1.25 x 35mm)	1
36	Bolt, Flat Head (M6 x 1 x 13mm)	2

37	Screw, Round Head (M3.5 x 8mm)	1
38	Nylock Nut (M8 x 1.25)	5
40	Caution Labe	1
41	Allen Wrench (4mm)	1
42	Allen Wrench (6mm)	1
43	Manual	1
44	Height Adjustment Beam	1
45	Adjustable Instep Frame	1
46	Serial Decal	1


TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at customer.care@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer care representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

 ONLINE	<p>ONLINE CUSTOMER CARE customer.care@staminaproducts.com www.staminaproducts.com</p>
 TELEPHONE	<p>TELEPHONE CUSTOMER CARE Tel: 1 (800) 375-7520</p>
 FAX	<p>FAX CUSTOMER CARE Fax: (417) 889-8064</p>
 MAIL	<p>MAIL STAMINA PRODUCTS, INC. ATTN: Customer Care 2040 N Alliance Ave, Springfield, MO 65803</p>



Documents / Resources

	<p>STAMINA InLine 55-1401B Back Stretch Bench [pdf] Owner's Manual InLine, 55-1401B Back Stretch Bench, InLine 55-1401B Back Stretch Bench, Back Stretch Bench, Stretch Bench</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](#)