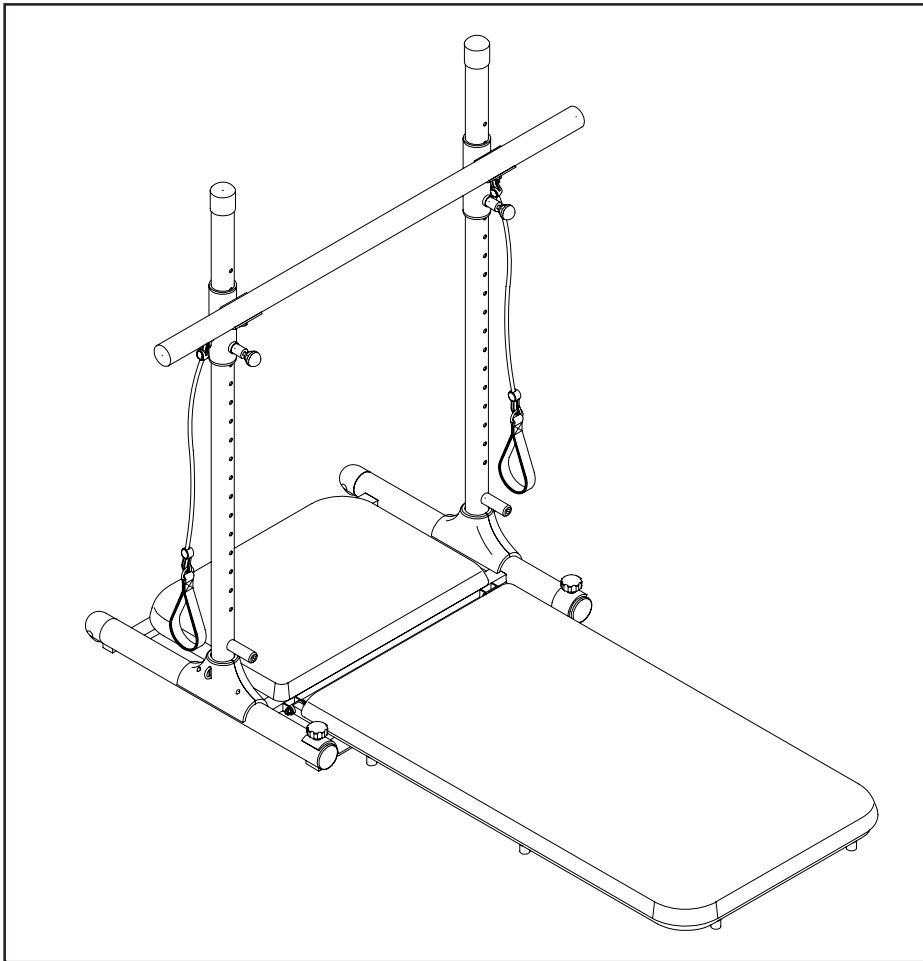


STUDIO

Barre[™]

Total Body Trainer

Owner's Manual



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

! 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 tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

20-1100
Patents Applied
and Are Pending
MADE IN CHINA

Product May Vary Slightly
From Pictured.

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803
Customer Service Number
1 (800) 375-7520
www.staminaproducts.com

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the Studio Barre.

1. Read all warnings posted on the **Studio Barre**.
2. Read the "Training Guide" and this "Owner's Manual" before using the **Studio Barre**.
3. Make sure that the **Studio Barre** is properly assembled and tightened before use.
4. It is recommended that you place this exercise equipment on an equipment mat.
5. Set up and operate the **Studio Barre** on a solid level surface. Do not position the **Studio Barre** on loose rugs or uneven surfaces.
6. Inspect the Tension Cords(18) for nicks and cuts before each use. Do not use tension cords that are nicked or cut.
7. Inspect the Wooden Bar(11) for cracks before each use. Do not use the **Studio Barre** if the Wooden Bar(11) is damaged.
8. Make sure that the Main Frame(1) is secured properly on the Base Frame(3) with the Locking Knobs(17) before using the **Studio Barre**.
9. Always make sure that the Sliders(6, 8) are adjusted using the same hole and the Spring Pins(10) are screwed tight on the Uprights(5, 7).
10. Inspect the **Studio Barre** for worn or loose components prior to use.
11. Tighten/replace any loose or worn components prior to using the **Studio Barre**.
12. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
13. Follow your physician's recommendations in developing your own personal fitness program.
14. 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.
15. Do not wear loose or dangling clothing while using the **Studio Barre**.
16. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Studio Barre**, loss of balance may result in a fall and serious bodily injury.
17. The **Studio Barre** should not be used by persons weighing over 250 pounds.
18. The **Studio Barre** should be used by only one person at a time.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST



**CUSTOMER SERVICE NUMBER
1 (800) 375-7520**

**THANK YOU FOR PURCHASING THE
Studio Barre**

Simply follow the few assembly instructions set forth in this manual.
Within a few minutes you will be getting
your body into shape and on your way to achieving
a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Friday, 8:00 A.M. - 5:00 P.M., Central Time.

BEFORE YOU BEGIN

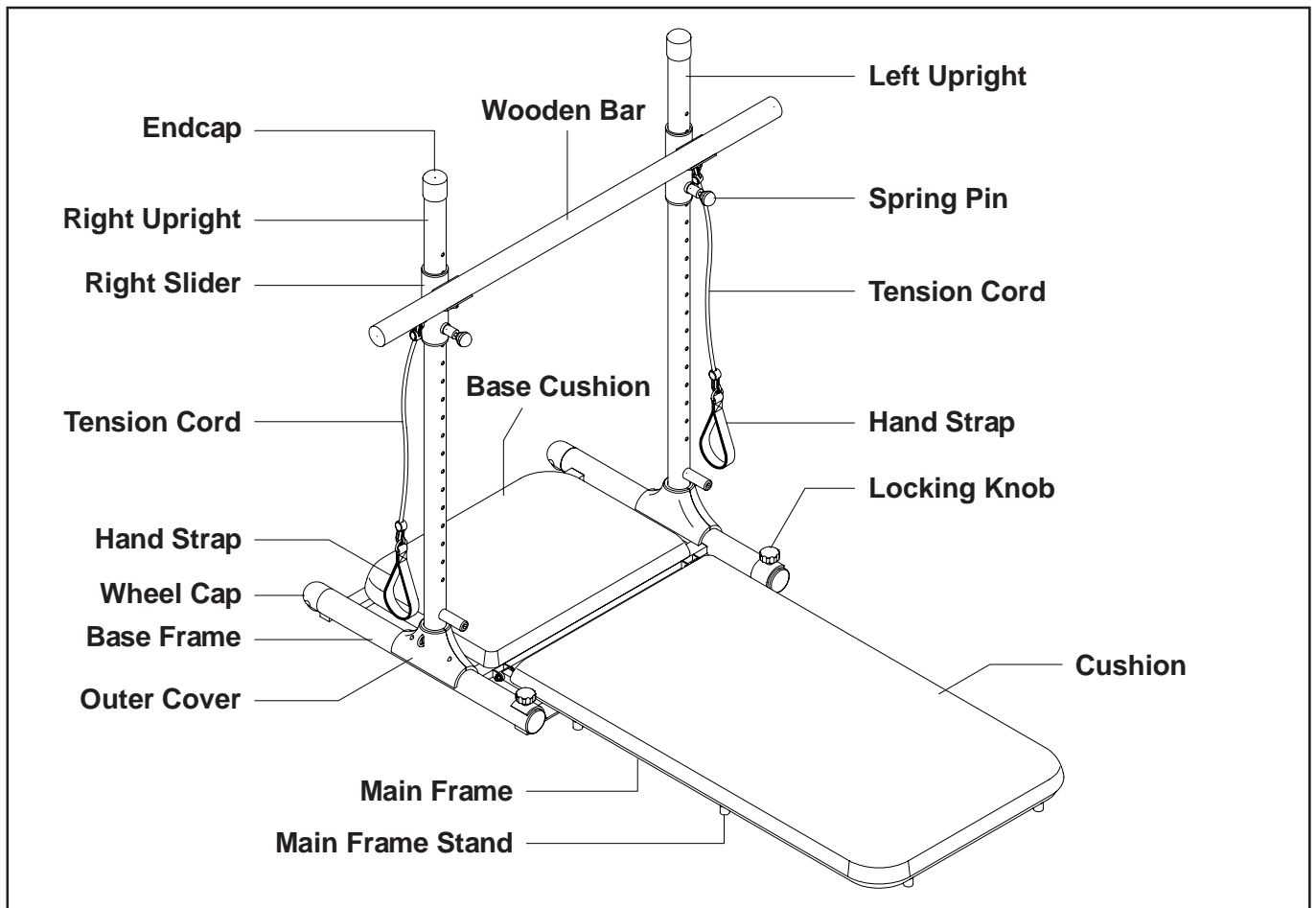
Thank you for choosing the **Studio Barre**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, 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 **Studio Barre** provides a convenient and simple method to begin your assault on 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.

Read this manual carefully before using the **Studio Barre**.

Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place these things will happen occasionally. Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. If a part is missing, does not fit, is the incorrect size, or is otherwise inappropriate, please call 1 (800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday. Our operators will be able to assist you with your problem and the parts will be mailed directly to your house.

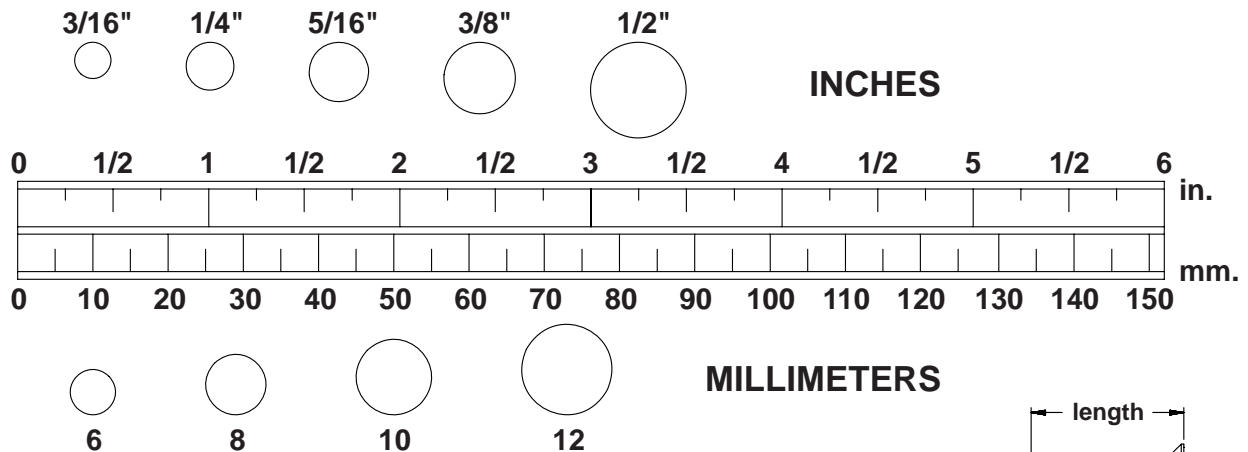


THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



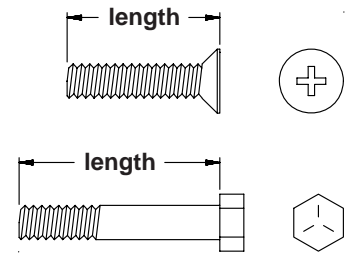
HARDWARE IDENTIFICATION CHART

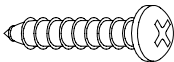
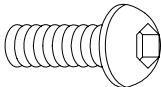


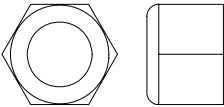
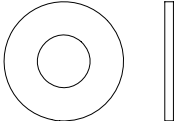
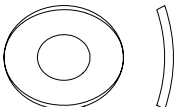
This chart is provided to help identify the hardware used in the assembly process. After unpacking the unit, open the hardware bag and make sure that you have the following items:



Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.

NOTICE: The length of all kinds of screws and bolts are not included themselves head, except the flat head screws and bolts.



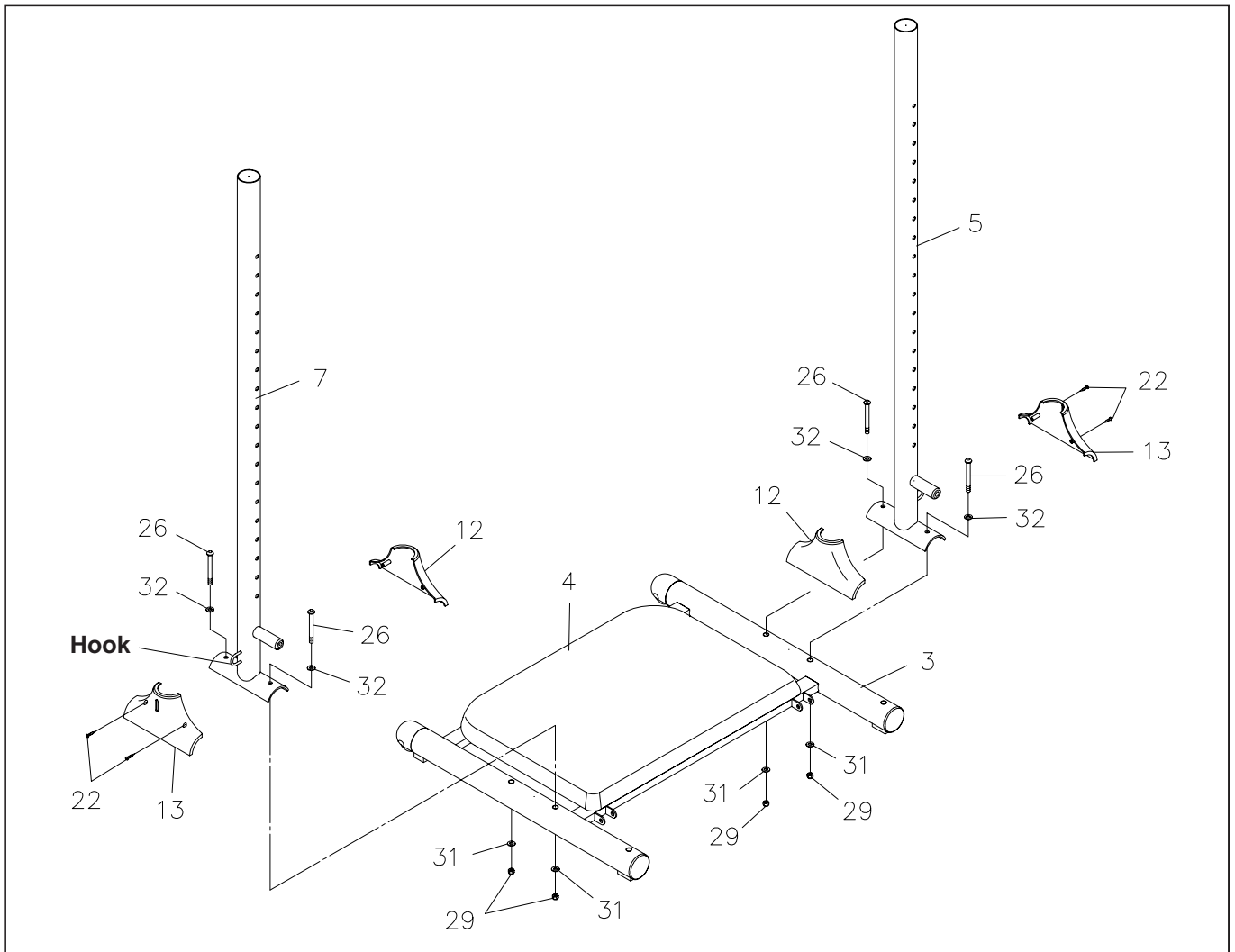
	Part No. and Description	Qty
	22 Screw, Round Head (M4 x 20mm)	4
	24 Bolt, Button Head (M8 x 1,25 x 16mm)	4
	25 Bolt, Button Head (M8 x 1,25 x 50mm)	2
	26 Bolt, Button Head (M8 x 1,25 x 70mm)	4
	29 Nylock Nut (M8 x 1.25)	6
	31 Washer (M8)	8
	32 Arc Washer (M8)	4

NOTE: 1. Some of the hardware items listed may be attached to other parts.
2. Bolt length is measured from the bottom of the bolt head to the end of the bolt.

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 call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at:

parts@staminaproducts.com



STEP 1

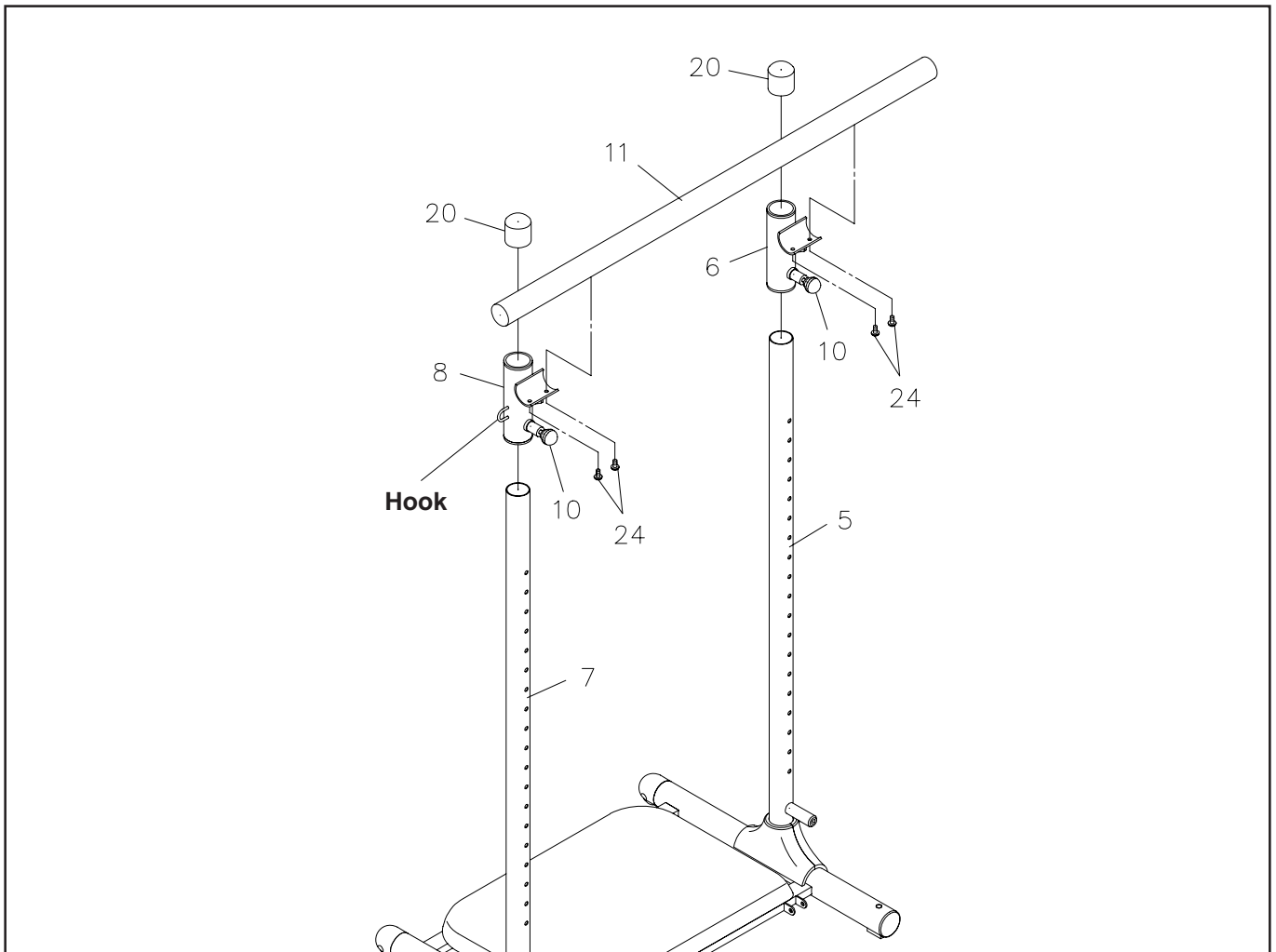
Note the correct position of the Holes and Hooks on the **LEFT UPRIGHT(5)** and **RIGHT UPRIGHT(7)** in the illustration above. The Holes face away from the **BASE CUSHION(4)** and the Hooks face to the outside.

Attach the **LEFT UPRIGHT(5)** and the **RIGHT UPRIGHT(7)** onto the **BASE FRAME(3)** by inserting the **BUTTON HEAD BOLTS(M8 x 70mm)(26)** and **ARC WASHERS(M8)(32)** from top, and secure with **WASHERS(M8)(31)** and **NYLOCK NUTS(M8)(32)** from bottom.

STEP 2

Attach the **OUTER COVER(13)** and **INNER COVER(12)** onto the **RIGHT UPRIGHT(7)** with **ROUND HEAD SCREWS(M4 x 20mm)(22)**. Repeat on other side.

ASSEMBLY INSTRUCTIONS



STEP 3

Note the correct position of the Holes and Hooks on the **LEFT SLIDER(6)** and **RIGHT SLIDER(8)** in the illustration above. The Holes face to the outside.

Rotate the **SPRING PIN(10)** on the **RIGHT SLIDER(8)** counter clockwise until the knob portion can be pulled. Pull the **SPRING PIN(10)** then slide the **RIGHT SLIDER(8)** onto the **RIGHT UPRIGHT(7)**. Release the **SPRING PIN(10)** to lock the **RIGHT SLIDER(8)** in one of the adjustment holes. Rotate the **SPRING PIN(10)** clockwise to lock the **RIGHT SLIDER(8)** securely.

Repeat to assemble the **LEFT SLIDER(6)** onto the **LEFT UPRIGHT(5)**. Make sure the **LEFT** and **RIGHT SLIDERS(6, 8)** are assembled using the same hole on the **LEFT** and **RIGHT UPRIGHTS(5, 7)**.

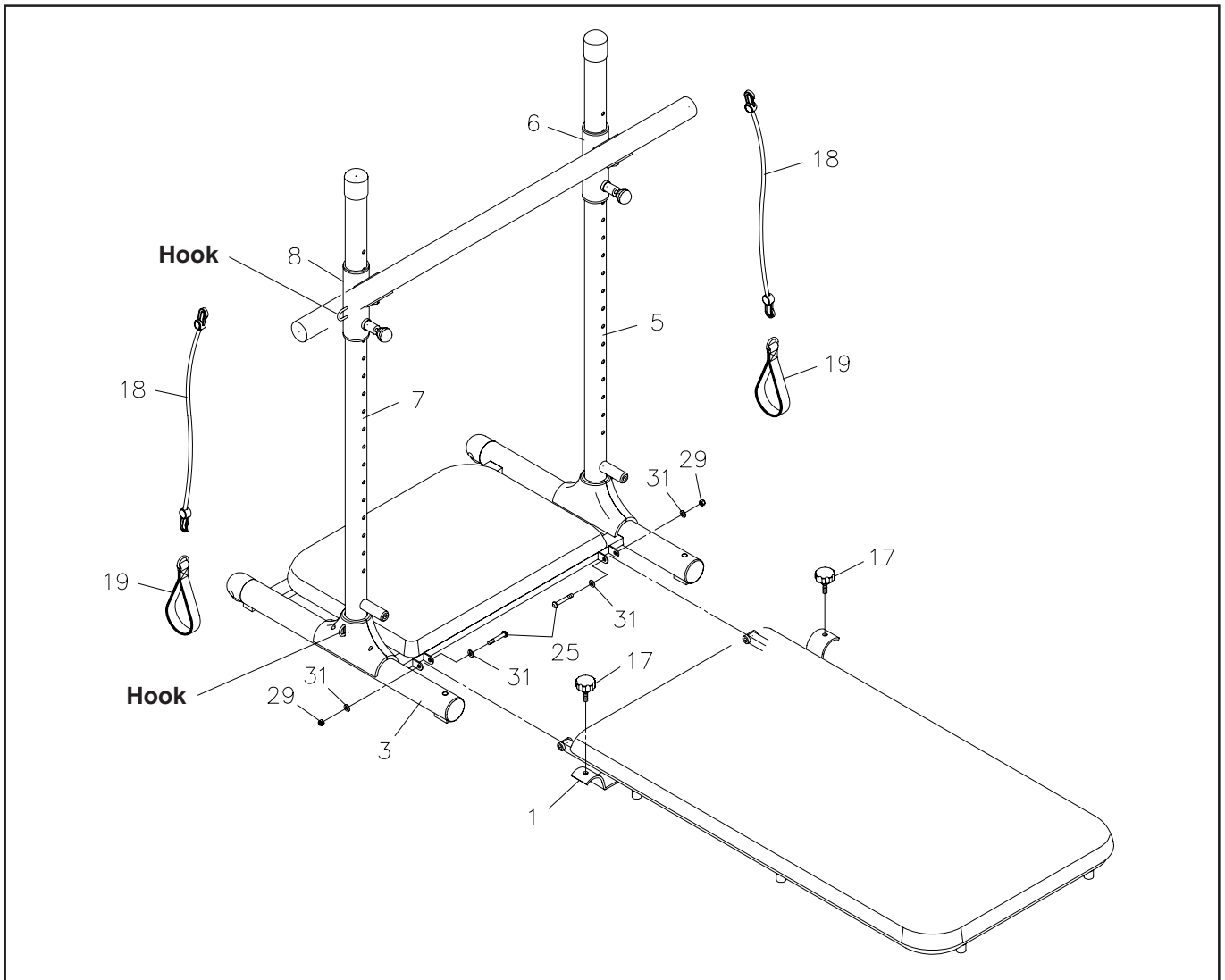
STEP 4

Attach the **WOODEN BAR(11)** onto the **LEFT** and **RIGHT SLIDERS(6, 8)** with **BUTTON HEAD BOLTS(M8 x 16mm)(24)**.

STEP 5

Press the **ENDCAPS(20)** onto the **LEFT** and **RIGHT UPRIGHTS(5, 7)**.

ASSEMBLY INSTRUCTIONS



STEP 6

Attach the **MAIN FRAME(1)** onto the **BASE FRAME(3)** with **BUTTON HEAD BOLTS(M8 x 50mm) (25)**, **NYLOCK NUT(M8)(29)**, and **WASHERS(M8)(31)**.

Lock the **MAIN FRAME(1)** and the **BASE FRAME(3)** together with the **LOCKING KNOBS(17)**.

STEP 7

Hook a **TENSION CORD(18)** onto the hook on the **RIGHT SLIDER(8)**. Hook a **HAND STRAP(19)** onto the **TENSION CORD(18)**. Repeat on other side.

NOTE: You can hook the **TENSION CORDS(18)** and **HAND STRAPS(19)** onto the hooks on the **LEFT** and **RIGHT UPRIGHTS(5, 7)** for different functions.

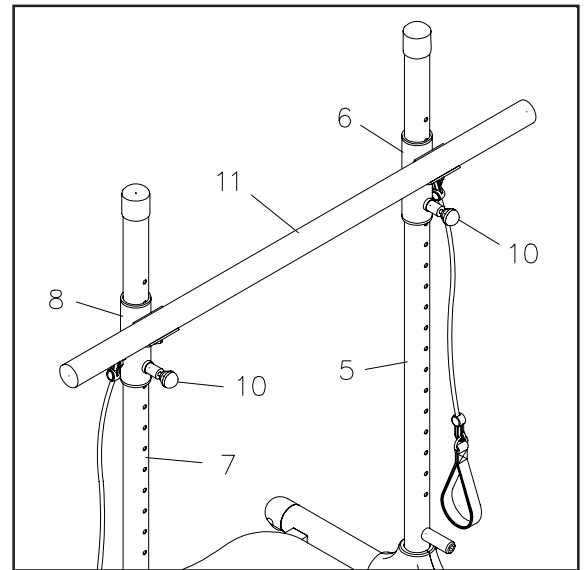
OPERATIONAL INSTRUCTIONS

WOODEN BAR ADJUSTMENT

To adjust the height of the **WOODEN BAR(11)**. Turn the **SPRING PINS(10)** on the **LEFT** and **RIGHT SLIDERS(6, 8)** counter clockwise until the knob portion can be pulled. Pull both **SPRING PINS(10)** at the same time and slide the **SLIDERS(6, 8)** up or down to adjust. Release the **SPRING PINS(10)** to lock the **SLIDERS(6, 8)** in the desired adjustment holes. Rotate the **SPRING PINS(10)** clockwise to lock the **SLIDERS(6, 8)** securely.

NOTE:

Always make sure that the **SLIDERS(6, 8)** are adjusted using the same hole on the **LEFT** and **RIGHT UPRIGHTS(5, 7)**.



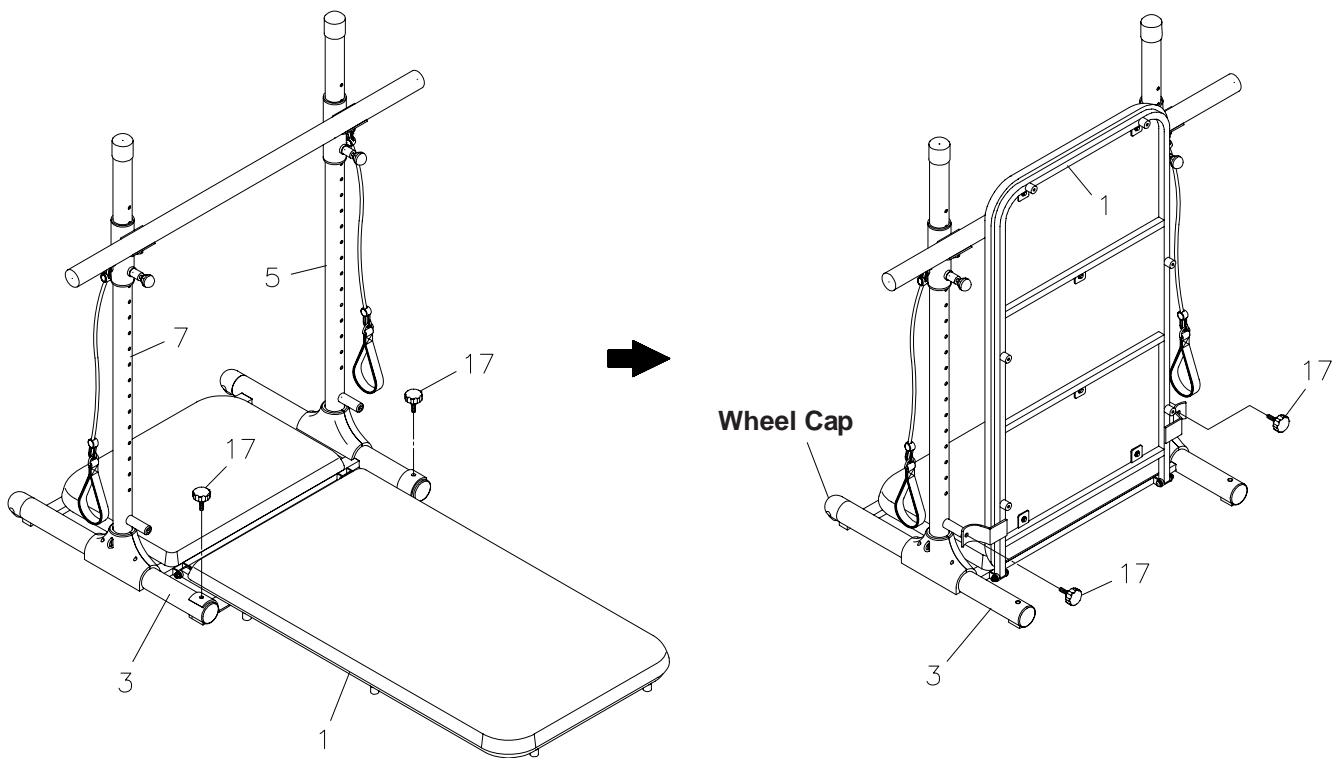
MAINTENANCE

The safety and integrity designed into the **Studio Barre** can only be maintained when the **Studio Barre** is regularly examined for damage and wear. Special attention should be given to the following:

1. Inspect the **TENSION CORDS(18)** for nicks and cuts. Replace damaged **TENSION CORDS(18)**.
2. Inspect the **WOODEN BAR(11)** for cracks or other damage. Replace the **WOODEN BAR(11)** if it is damaged.
3. Verify that the Warning Label is in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement Warning Label if the Warning Label is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
6. Worn or damaged components shall be replaced immediately or the **Studio Barre** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **Studio Barre**.
8. Keep your **Studio Barre** clean by wiping with an absorbent cloth after use.

STORAGE

1. To store the **Studio Barre** simply keep it in a clean dry place.
2. Follow the following process to fold The **Studio Barre** as illustrated for easy storage.
 - a. Remove the **LOCKING KNOBS(17)** to unlock the **MAIN FRAME ASSEMBLY(1)**.
 - b. Fold up the **MAIN FRAME ASSEMBLY(1)**.
 - c. Secure the **MAIN FRAME ASSEMBLY(1)** to the **LEFT** and **RIGHT UPRIGHT(5, 7)** with the **LOCKING KNOBS(17)**.
3. Move the **Studio Barre** with the wheels in the wheel caps on the **BASE FRAME(3)**. Grasp the **UPRIGHTS(5, 7)** to move the **Studio Barre**.



UNFOLD THE Studio Barre

- a. Remove the **LOCKING KNOBS(17)** from the **UPRIGHTS(5, 7)**.
- b. Unfold the **MAIN FRAME ASSEMBLY(1)**.
- c. Lock the **MAIN FRAME ASSEMBLY(1)** to the **BASE FRAME(3)** with the **LOCKING KNOBS(17)**.

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on parts and upholstery and 5 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 ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.**

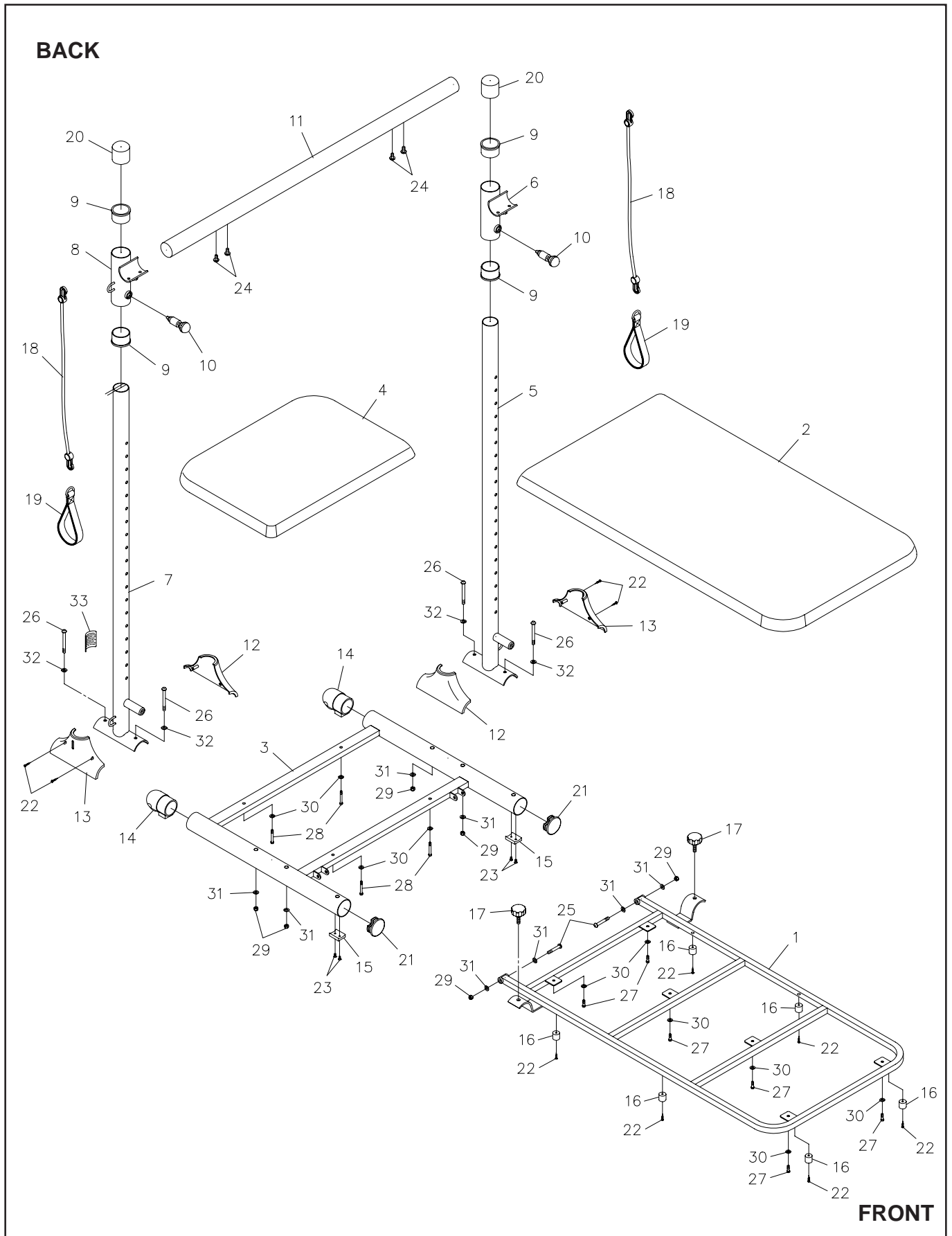
To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071** or call us at **1 (800) 375-7520**. If the defect is 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 MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is 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 AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor'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 Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, 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 written or express warranty given by Stamina Products, Inc. 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 OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PRODUCT PARTS DRAWING



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Main Frame	1
2	Cushion	1
3	Base Frame	1
4	Base Cushion	1
5	Left Upright	1
6	Left Slider	1
7	Right Upright	1
8	Right Slider	1
9	Bushing	4
10	Spring Pin	2
11	Wooden Bar	1
12	Inner Cover	2
13	Outer Cover	2
14	Wheel Cap	2
15	Base Stand	2
16	Main Frame Stand	6
17	Locking Knob	2
18	Tension Cord	2
19	Hand Strap	2
20	Endcap (50mm)	2
21	Round Plug (60mm)	2
22	Screw, Round Head (M4 x 20mm)	10
23	Screw, Flat Head (M5 x 0.8 x 8mm)	4
24	Bolt, Button Head (M8 x 1.25 x 16mm)	4
25	Bolt, Button Head (M8 x 1.25 x 50mm)	2
26	Bolt, Button Head (M8 x 1.25 x 70mm)	4
27	Bolt, Hex Head (M6 x 1 x 20mm)	6
28	Bolt, Hex Head (M6 x 1 x 45mm)	4
29	Nylock Nut (M8 x 1.25)	6
30	Washer (M6)	10
31	Washer (M8)	8
32	Arc Washer (M8)	4
33	Warning Label	1
34	Allen Wrench (6mm)	1
35	Combination Wrench	1
36	Manual	1
37	Training Guide	1

NOTES

