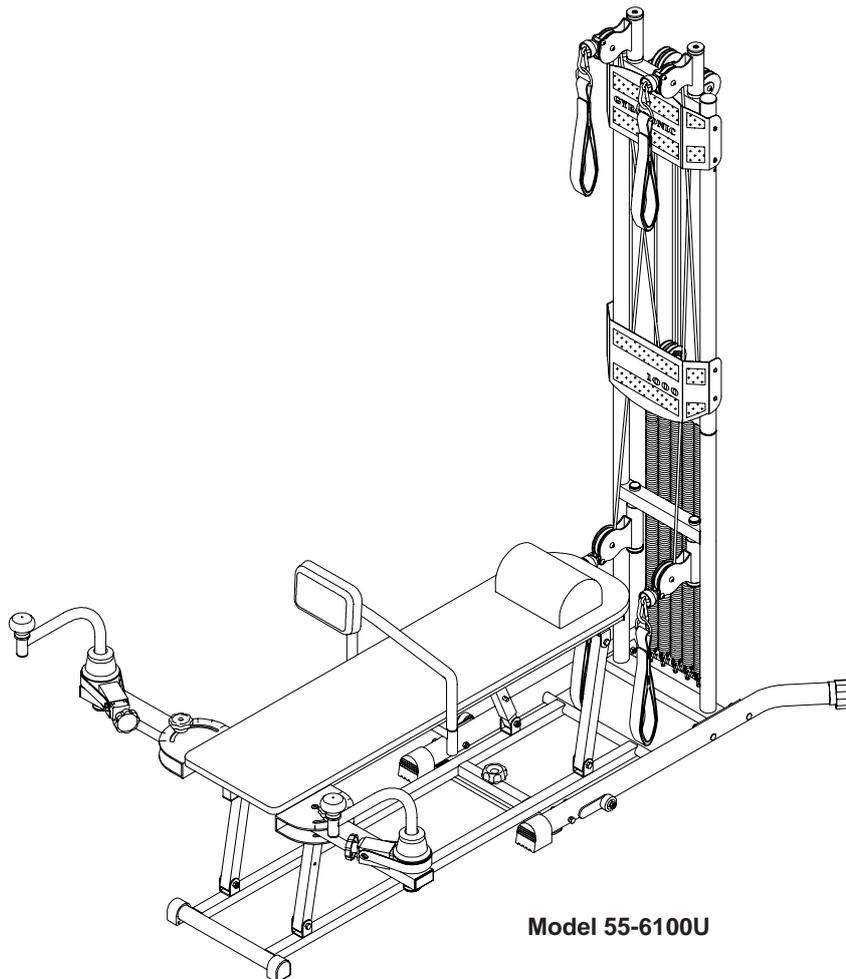


GYROTONIC® Transformer™ 1000

Owner's Manual



Model 55-6100U

⚠ 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.

Weight on this product should not exceed 300lbs./ 136kg/ 21st.



**Manufactured Exclusively
by Stamina Products**

**Licensed Under U.S. Patent
4,850,586
Other Patents Applied and
Are Pending**

**Product May Vary Slightly
From Pictured.**

1-LA-GYRO-UK/1.0
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2004, 02

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SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the TRANSFORMER™ 1000.

1. Read all warnings posted on the **TRANSFORMER™ 1000**.
2. Read this Owner's Manual and follow it carefully before using the **TRANSFORMER™ 1000**. Make sure that it is properly assembled and tightened before use.
3. Do not allow children to play on the **TRANSFORMER™ 1000**. Keep children and pets away from the **TRANSFORMER™ 1000** when it is in use by others. Children should only be allowed to use the product with **adult supervision**.
4. Set up and operate the **TRANSFORMER™ 1000** on a solid level surface. Do not position the **TRANSFORMER™ 1000** on loose rugs or uneven surfaces.
5. Inspect the **TRANSFORMER™ 1000** for worn or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the **TRANSFORMER™ 1000**.
7. When folding or unfolding the **TRANSFORMER™ 1000**, keep all children away from the **TRANSFORMER™ 1000** and make sure your hands are clear of any folding or pinch point.
8. Always make sure that the LOCKING PIN(37), EYEBOLT(39), and SNAP PIN(95) are properly installed.
9. Before folding the bench down, make sure that all three WHEELS(8) are up in the non-rolling position.
10. 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.
11. Follow your physician's recommendations in developing your own personal fitness program.
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 **TRANSFORMER™ 1000**.
14. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **TRANSFORMER™ 1000**, loss of balance may result in a fall and serious bodily injury.
15. The **TRANSFORMER™ 1000** should not be used by persons weighing over 300lbs./ 136kg/ 21st.
16. The **TRANSFORMER™ 1000** should be used by only one person at a time.
17. The **TRANSFORMER™ 1000** is for consumer use only. It is not for use in public or semipublic facilities.
18. Any adjustment device shall not be left projecting.

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.**

BEFORE YOU BEGIN

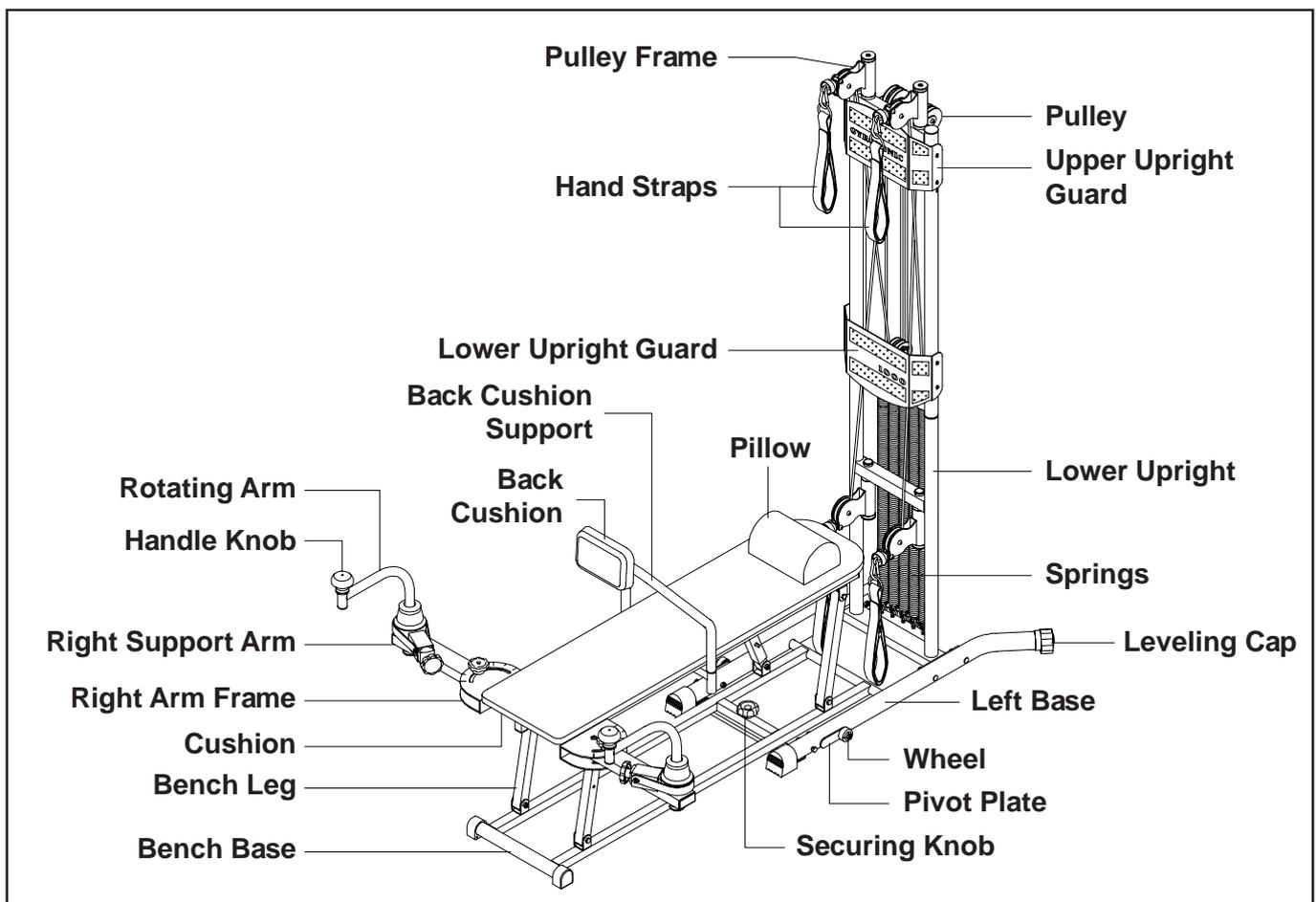
Thank you for choosing the **TRANSFORMER™ 1000**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

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 **TRANSFORMER™ 1000** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

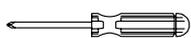
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

For your benefit, read this manual carefully before using the **TRANSFORMER™ 1000**.

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 +44 (0)1242 702345 between 9.00am and 5.00 pm Monday to Friday. Our operators will be able to assist you with your problem and the parts will be mailed directly to your house.



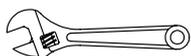
THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



Phillips Screwdriver



Allen Wrench (6mm) (Included)



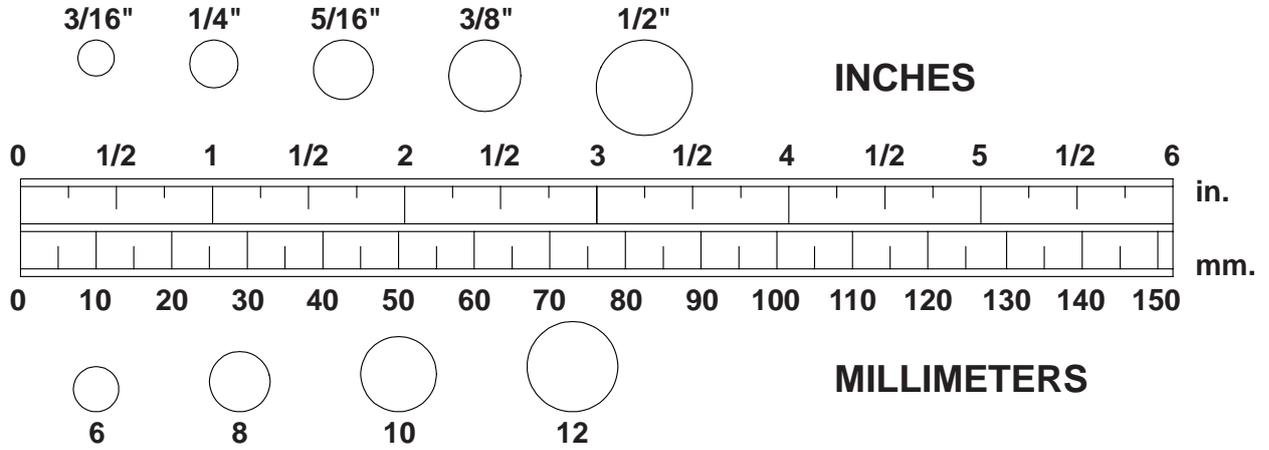
Adjustable Wrench



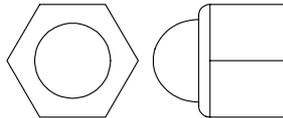
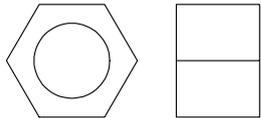
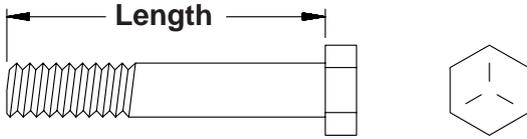
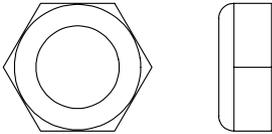
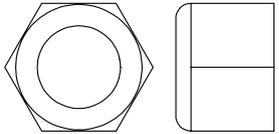
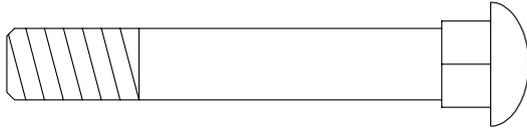
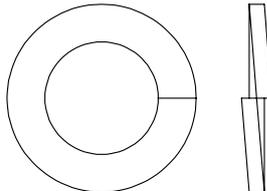
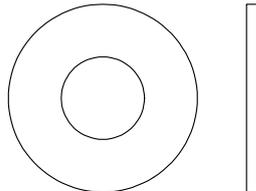
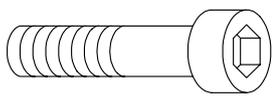
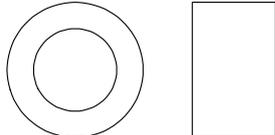
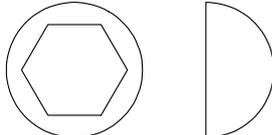
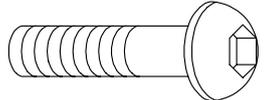
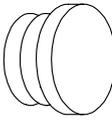
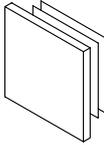
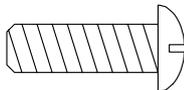
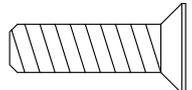
Allen Wrench (5mm) (2 Required) (Included)

HARDWARE ILLUSTRATIONS

This chart is provided to help identify some of the small parts used in the assembly of this product. This sheet may not include all the hardware needed to assemble your product. It is intended to be used as a guide to help simplify your assembly process.

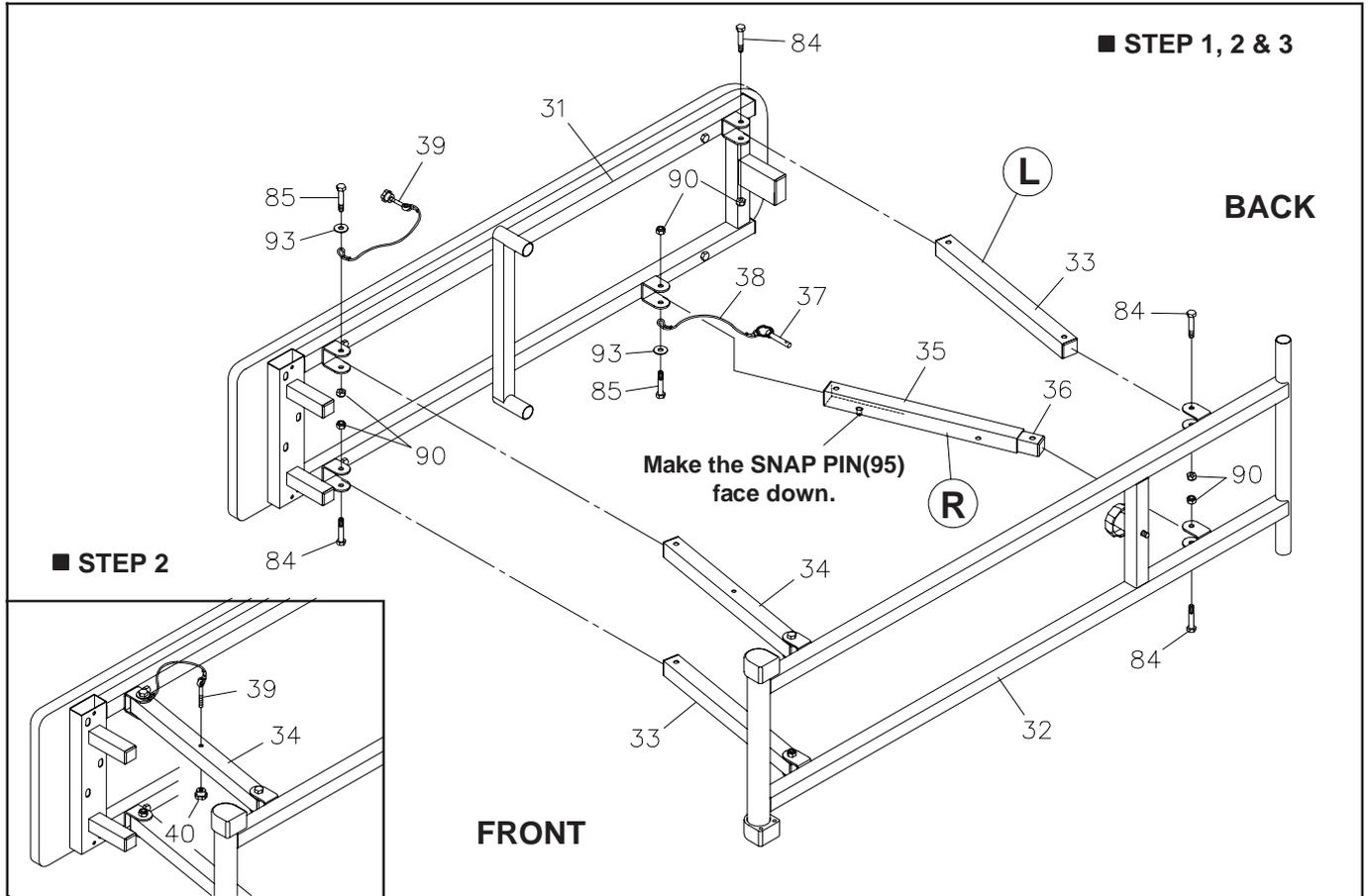


Place washers, the end of bolts or screws on the circles to check for the correct size. Use the small scale to check the sizes of bolts and screws.

		
	Acorn Nut	Standard Nut
		
Hex Head Bolt	Thin Nylock Nut	Nylock Nut
		
Carriage Bolt	Lock Washer	Flat Washer
		
Socket Head Screw	Spacer	Nut Cap
		
Button Head Screw	Round Plug	Square Plug
		
Round Head Screw		
		
Flat Head Screw		

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. Make sure you have all of the parts required for the machine. (Refer to the assembly drawing). Read each step carefully before beginning. If you are missing a part please call our customer care line for assistance on **+44 (0)1242 702345**.



NOTE: There is a "L" decal on the **BENCH LEG(33)**, and a "R" decal on the **SUPPORT TUBE(35)** and **INNER SUPPORT TUBE(36)** assembly to help you identify their positions on the frame.

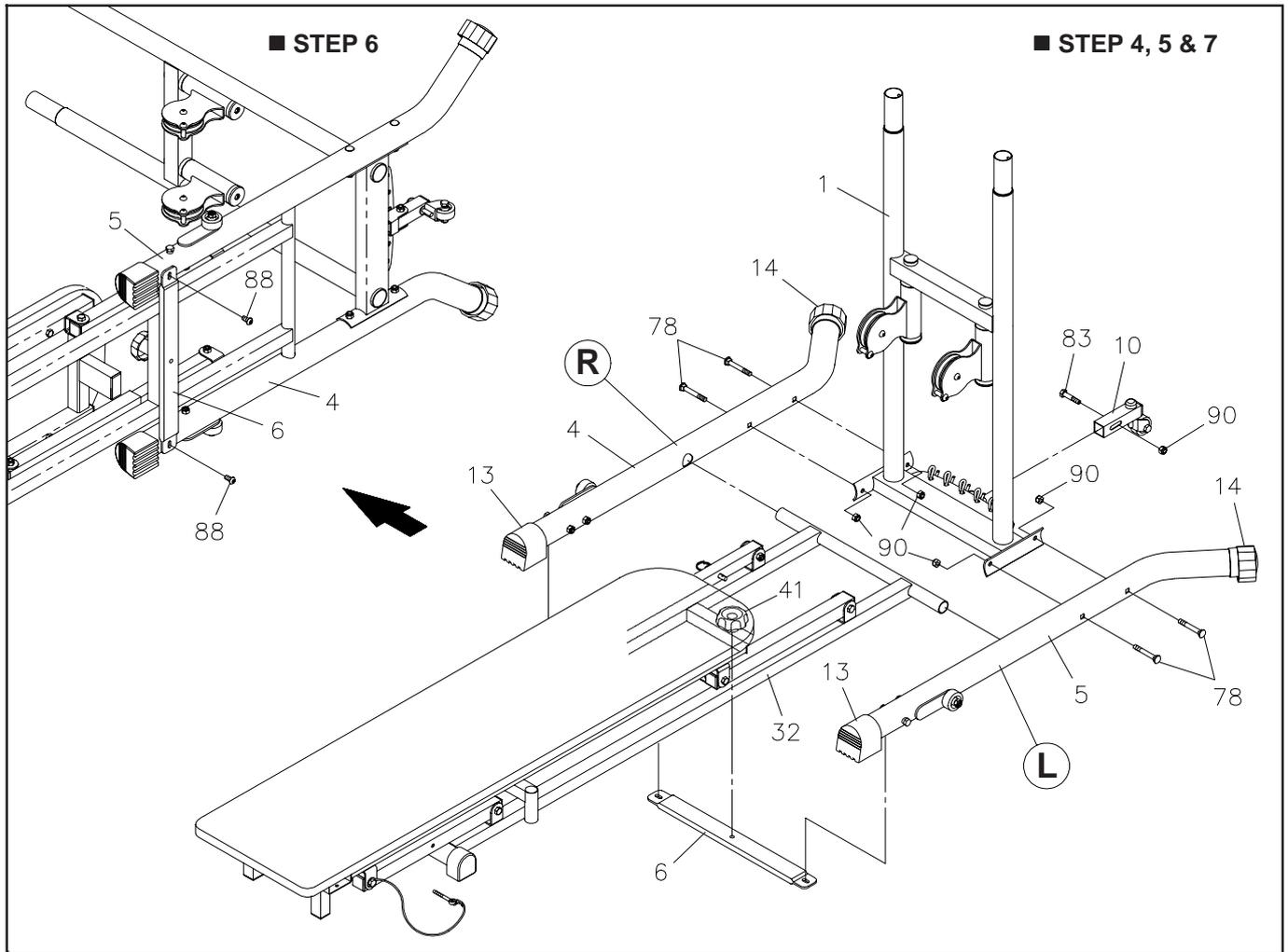
■ **STEP 1:** Set the **BENCH BASE(32)** on the floor as shown in the illustration above. Attach the two **BENCH LEGS(33)** to the **BENCH FRAME(31)** and the **BENCH BASE(32)** with **HEX BOLTS(M8 x 45mm)(84)** and **NYLOCK NUTS(M8)(90)**.

■ **STEP 2:** Attach the **BENCH LEG/w HOLE(34)** and **EYEBOLT(39)** to the **BENCH FRAME(31)** with **HEX BOLT(M8 x 50mm)(85)**, **WASHER(M8)(93)**, and **NYLOCK NUT(M8)(90)**. Store the **EYEBOLT(39)** by Inserting the **EYEBOLT(39)** into the hole on the **BENCH LEG/w HOLE(34)** and secure with the **SMALL KNOB(40)**. Refer to the inset drawing.

■ **STEP 3:** Make the **SNAP PIN(95)** on the **SUPPORT TUBE(35)** face down. Then attach the **SUPPORT TUBE(35)** and **LOCKING PIN(37)** to the **BENCH FRAME(31)** with **HEX BOLT(M8 x 50mm)(85)**, **WASHER(M8)(93)**, and **NYLOCK NUT(M8)(90)**. Attach the **INNER SUPPORT TUBE(36)** to the **BENCH BASE(32)** with **HEX BOLT(M8 x 45mm)(84)** and **NYLOCK NUT(M8)(90)**.

NOTE: If the **SUPPORT TUBE(35)** and the **INNER SUPPORT TUBE(36)** are locked together by the **SNAP PIN(95)** during assembly, press the **SNAP PIN(95)** down to release the tubes.

ASSEMBLY INSTRUCTIONS



NOTE: There is a "L" decal on the **LEFT BASE(5)**, and a "R" decal on the **RIGHT BASE(4)** to help you identify their positions on the frame.

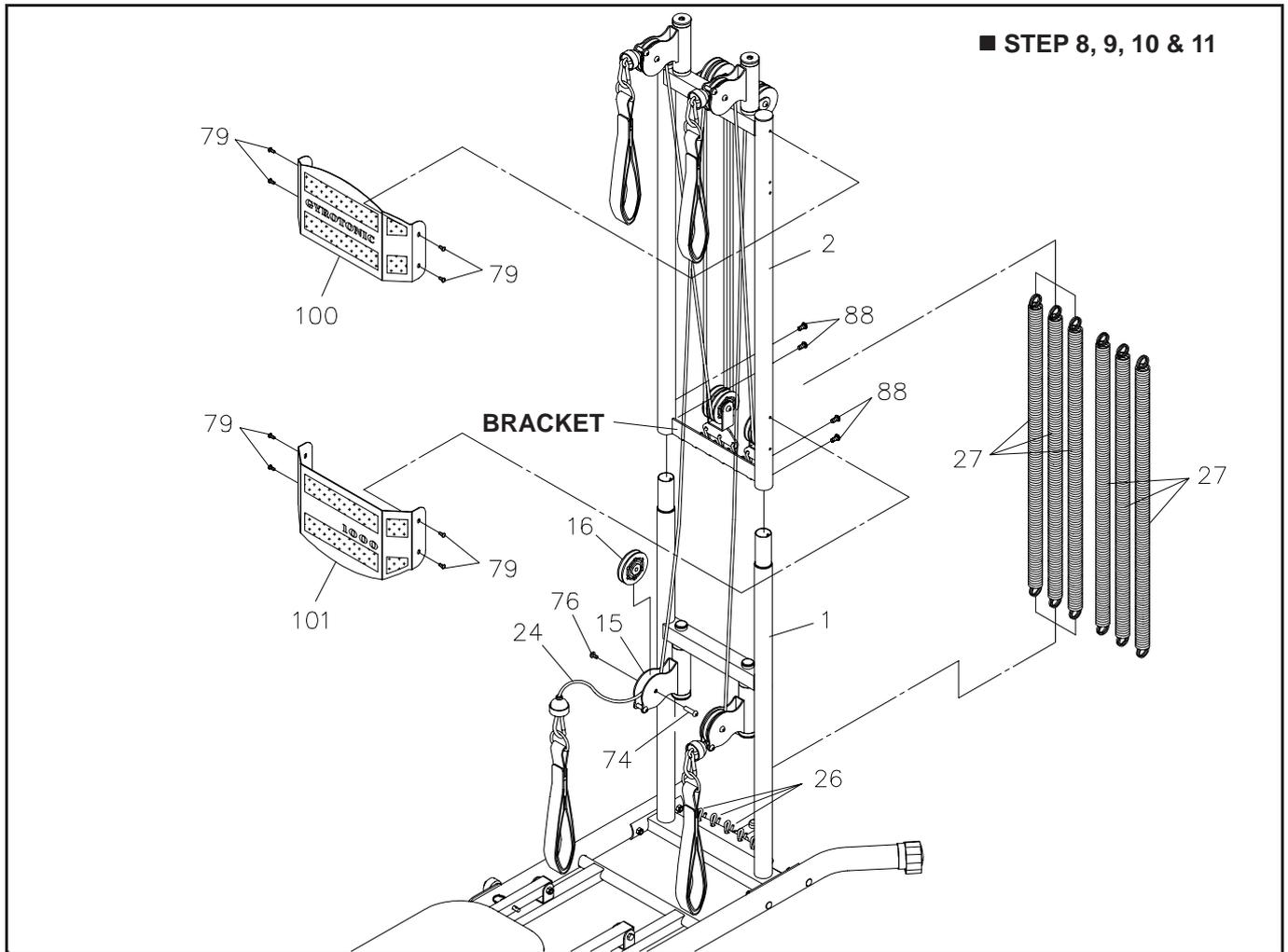
■ **STEP 4:** Place the **BENCH** upright in the folded position as shown above. Attach the **RIGHT BASE(4)** onto the **LOWER UPRIGHT(1)** with **CARRIAGE BOLTS(M8 x 65mm)(78)** and **NYLOCK NUTS(M8)(90)**. Do not tighten until **STEP 6**.

■ **STEP 5:** Insert the round tube on the **BENCH BASE(32)** into the holes on the **RIGHT** and **LEFT BASES(4, 5)**, then attach the **LEFT BASE(5)** onto the **LOWER UPRIGHT(1)** with **CARRIAGE BOLTS (M8 x 65mm)(78)** and **NYLOCK NUTS(M8)(90)**. Do not tighten until **STEP 6**.

■ **STEP 6:** Slide the **CROSS BAR(6)** under the **RIGHT** and **LEFT BASES(4, 5)** and attach the **CROSS BAR(6)** to the **BENCH BASE(32)** with the **SECURING KNOB(41)**. Lay the **FRAME ASSEMBLY** on the floor as shown in the illustration above. Attach the **CROSS BAR(6)** to the **RIGHT** and **LEFT BASES(4, 5)** with **BUTTON HEAD BOLTS(M8 x 16mm)(88)**. Stand the **FRAME ASSEMBLY** upright. Tighten **NYLOCK NUTS(90)** in **STEPS 4** and **5**. Adjust the **ENDCAPS(13)** and **LEVELING CAPS(14)** so that the **FRAME ASSEMBLY** sets flat on the floor.

■ **STEP 7:** Attach the **WHEEL SUPPORT(10)** onto the **LOWER UPRIGHT(1)** with **HEX BOLT(M8 x 40mm) (83)** and **NYLOCK NUT(M8)(90)**.

ASSEMBLY INSTRUCTIONS



■ STEP 8

Slide the **UPPER UPRIGHT(2)** onto the **LOWER UPRIGHT(1)** and secure with **BUTTON HEAD BOLTS (M8 x 16mm)(88)**.

■ STEP 9

To install the two **ROPES(22)** into the **PULLEY FRAMES(15)** on the **LOWER UPRIGHT(1)**, remove the **PULLEY(16)** from the **PULLEY FRAME(15)**, place the **ROPE(24)** into the **PULLEY FRAME(15)** and attach the **PULLEY(16)** back to the **PULLEY FRAME(15)** with **ROUND HEAD BOLT(M6 x 14mm)(76)** and **BARREL NUT(74)**. Repeat on the other side.

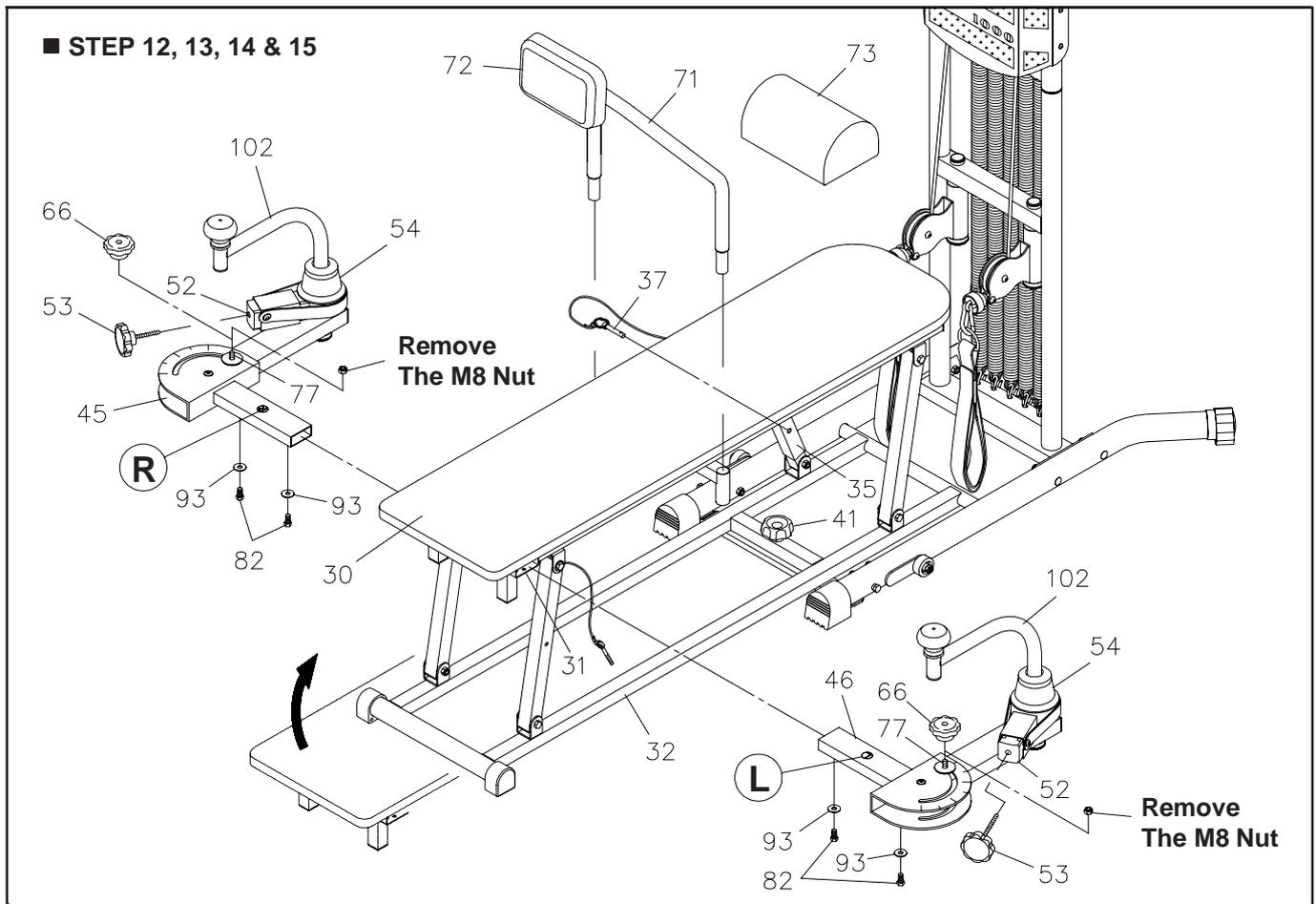
■ STEP 10

Attach the upper ends of the **SPRINGS(27)** to the bracket on the **UPPER UPRIGHT(2)**. Hook the lower ends of the **SPRINGS(27)** to the **SPRING HOOKS(26)** on the **LOWER UPRIGHT(1)**.

■ STEP 11

Attach the **UPPER UPRIGHT GUARD(100)**, the one with "GYROTONIC" printing, and the **LOWER UPRIGHT GUARD(101)**, the one with "1000" printing, onto the the **UPPER UPRIGHT(2)** with **ROUND HEAD BOLTS(M5 x 12mm)(79)**.

ASSEMBLY INSTRUCTIONS



■ **STEP 12:** Unfold the Bench as follows:

1. Attach the **BENCH BASE(32)** to the Frame Assembly with the **SECURING KNOB(41)**.
2. Raise the Bench to the unfolded position. It may be necessary to hold the **BENCH BASE(32)** down with your toe.
3. Lock the Bench in its unfolded position by inserting the **LOCKING PIN(37)** into the hole in the **SUPPORT TUBE(35)**.

■ **STEP 13:** There is a "R" decal on the **RIGHT ARM FRAME(45)**, and a "L" decal on the **LEFT ARM FRAME(46)**. Attach the **ROTATING ARM ASSEMBLIES** onto the **BENCH FRAME(31)** by inserting the **ARM FRAMES(45, 46)** into both sides of the **BENCH FRAME(31)** and securing with **HEX BOLTS (M8 x 16mm)(82)** and **WASHERS(M8)(93)**.

■ **STEP 14:** Remove the M8 nuts from the **CARRIAGE BOLTS(M8 x 60)(77)** on the **ARM FRAMES (45, 46)** and install the **LOCKING KNOBS(66)** as shown. The M8 nuts are for shipping purposes only, they may be discarded. Install **ADJUSTMENT KNOBS(53)** in **ADJUSTMENT BLOCKS(52)** as shown.

■ **STEP 15:** The **PILLOW(73)** and **BACK CUSHION(72)** are the optional accessories that can be used with the **BENCH** for various exercises. Attach the **BACK CUSHION(72)** onto the **BENCH FRAME(31)** by inserting the **BACK CUSHION SUPPORT(71)** into both sides of the **BENCH FRAME(31)**.

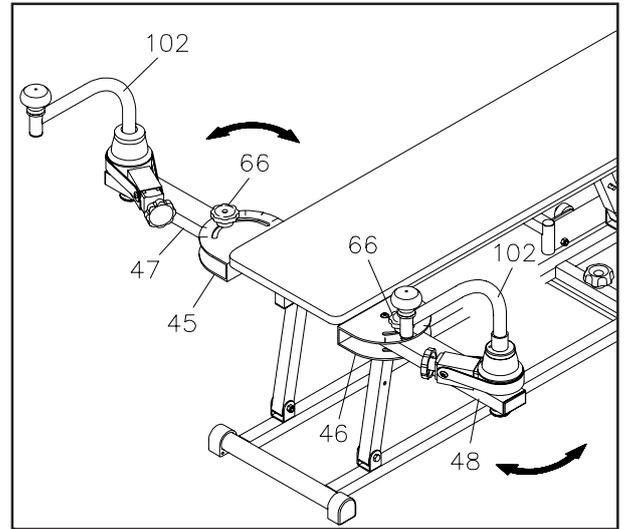
■ **STEP 16:** The product will need a minimum floor space of 3.0m x 2.0m to use the product safely.

OPERATIONAL INSTRUCTIONS

NOTE: The product will need a minimum floor space of 3.0m x 2.0m to use the product safely.

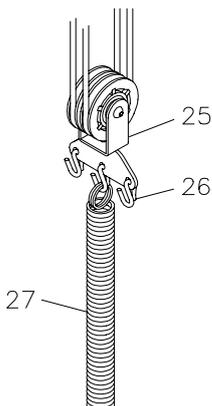
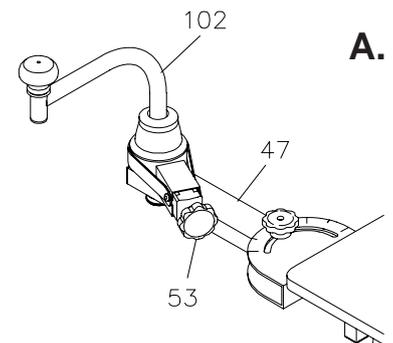
ARM ADJUSTMENT

The angle of the **SUPPORT ARMS(47, 48)** can be adjusted for various exercises. Loosen the **LOCKING KNOBS(66)** and adjust the angle of the **SUPPORT ARMS(47, 48)**. Refer to the marks on the **ARM FRAMES(45, 46)** to make sure that both **SUPPORT ARMS(47, 48)** are in the same position. Tighten the **LOCKING KNOBS(66)** to secure the **SUPPORT ARMS(47, 48)** in position.

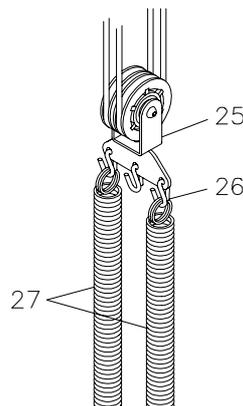


RESISTANCE ADJUSTMENT

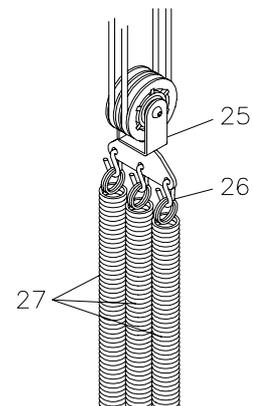
- A. Use **ADJUSTMENT KNOB(53)** to change the resistance of the Rotating Arms. Refer to illustration A.
- B. Change the resistance of **HAND STRAPS(21)** by hooking different numbers of the **SPRINGS(27)** onto the **PULLEY BRACKETS(25)**. Refer to the following illustrations.



One Spring
Low Resistance
4 to 8 Pounds



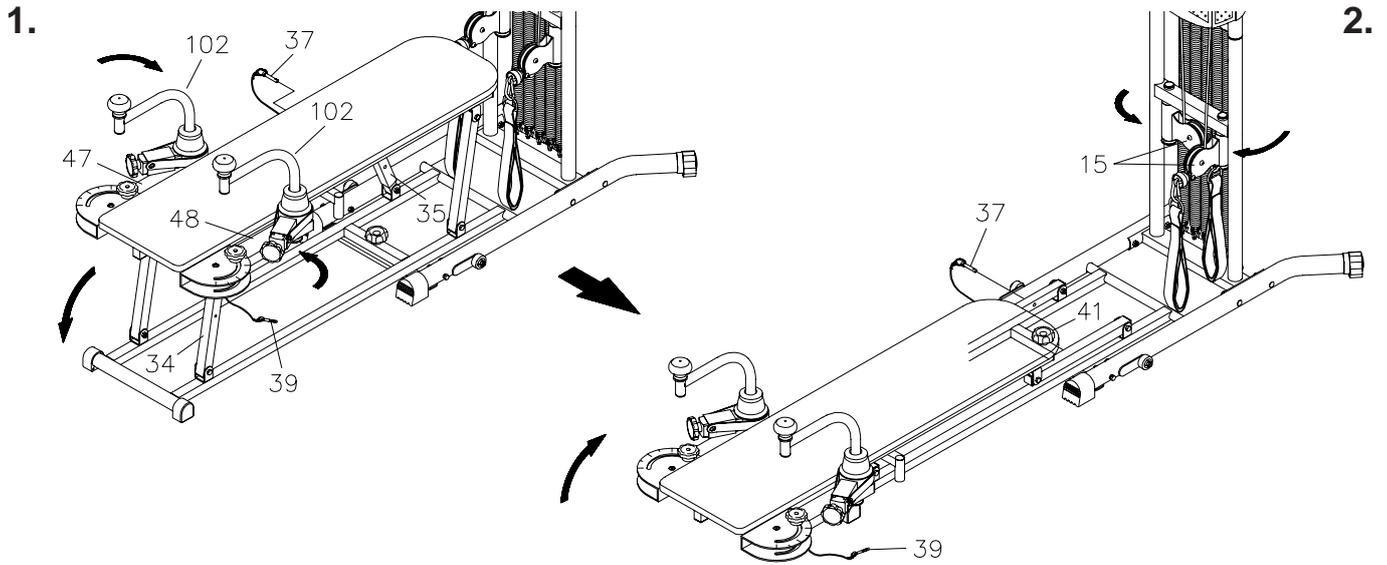
Two Springs
Medium Resistance
8 to 14 Pounds



Three Springs
Maximum Resistance
12 to 20 Pounds

We strongly recommend that you hang the springs as shown in the illustrations above. This will allow the PULLEY BRACKETS (25) to remain straight for smooth travel. All springs have equal resistance.

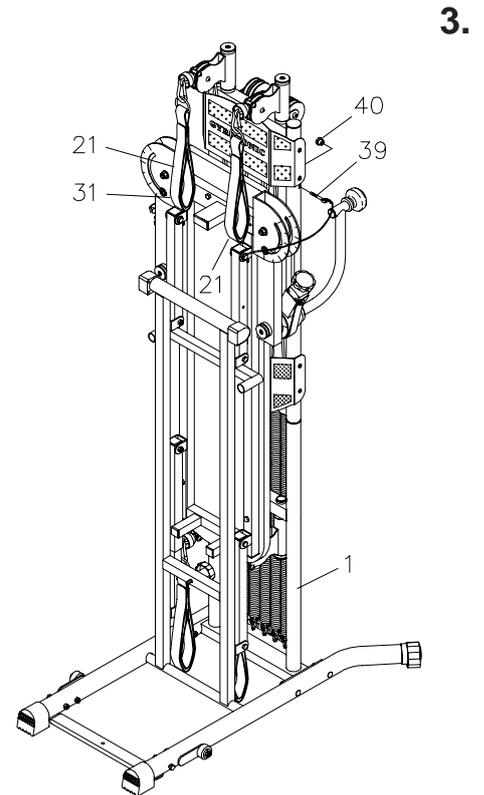
STORAGE



STORING THE TRANSFORMER™ 1000

The TRANSFORMER™ 1000 can be folded as illustrated for easy storage. Please follow the following process:

1. Adjust the **SUPPORT ARMS(47, 48)** and **ROTATING ARMS(102)** to the position shown in illustration 1. Remove the **EYEBOLT(39)** from the **BENCH LEG/w HOLE(34)**.
2. Remove the **LOCKING PIN(37)** from the **SUPPORT TUBE(35)** on the Bench. Press down the **SNAP PIN(95)** on the **SUPPORT TUBE(35)** and fold the bench down. Lock it in position by inserting the **LOCKING PIN(37)** into the hole in the **SUPPORT TUBE(35)**. Turn the **PULLEY FRAMES (15)** to face to the inside of the **UPRIGHT FRAME(1)**.
3. Loosen the **SECURING KNOB(41)**. Fold the Bench up to the Upright Frame and lock it in position with the **EYEBOLT (39)** and **SMALL KNOB(40)** as shown in illustration 3. The **EYEBOLT(39)** must be attached to the Upright Frame as shown. Hook the two **HAND STRAPS(21)** onto the tubes on the **BENCH FRAME(31)** for more security.



WARNING:

1. When folding or unfolding the TRANSFORMER™ 1000, keep all children away from the TRANSFORMER™ 1000 and make sure your hands are clear of any folding or pinch point.
2. Always make sure that the **LOCKING PIN(37)** and **EYEBOLT(39)** are properly installed.
3. Before folding the bench down, make sure that all three wheels are up in the non-rolling position.

MOVING THE TRANSFORMER™ 1000

There are three **WHEELS(8)** on the base for moving the **TRANSFORMER™ 1000** in its folded position. Please follow the following process to setup the wheels:

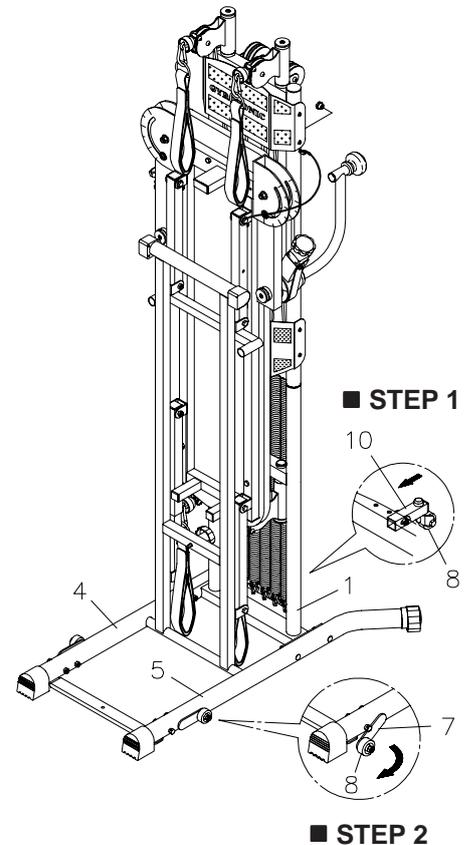
NOTE: You will have to tip the **TRANSFORMER™ 1000** slightly to the side to change the position of the wheels.

■ STEP 1

Insert the **WHEEL SUPPORT(10)** into the tube at the bottom of the **LOWER UPRIGHT(1)**.

■ STEP 2

Swing down the **PIVOT PLATES(7)** and **WHEELS(8)** on both sides of the base. You can now move the product on the wheels.



MAINTENANCE

The safety and integrity designed into the **TRANSFORMER™ 1000** can only be maintained when the **TRANSFORMER™ 1000** is regularly examined for damage and wear. Special attention should be given to the following:

1. Inspect the Cord Assemblies for wear and looseness. Replace worn cords.
2. Inspect the Velcro Strap Handles for damage. Replace damaged parts.
3. Adjust the **ADJUSTMENT KNOBS(53)** and verify that the Brake System provides tension. The Brake System should provide many years of use.
4. Pull the **HAND STRAPS(21)** to verify that the **SPRINGS(27)** provides tension and the Cord/Pulley System travel smooth.
5. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
6. Worn or damaged components shall be replaced immediately or the **TRANSFORMER™ 1000** removed from service until repair is made.
7. Only Stamina Products supplied components shall be used to maintain/repair the **TRANSFORMER™ 1000**.
8. Keep your **TRANSFORMER™ 1000** clean by wiping 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, you must start slowly and increase your time on the **TRANSFORMER™ 1000** gradually: a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently. Establish your target heart rate base on your age and condition.
- Set up your **TRANSFORMER™ 1000** on a flat, even surface at least 3 feet from walls and furniture.

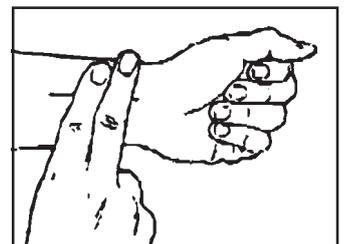
EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below. Target zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TARGET ZONE (BEATS/MIN.)	CONDITIONED TARGET ZONE (BEATS/MIN.)
20	138~167	133~162
25	136~166	132~160
30	135~164	130~158
35	134~162	129~156
40	132~161	127~155
45	131~159	125~153
50	129~156	124~150
55	127~155	122~149
60	126~153	121~147
65	125~151	119~145
70	123~150	118~144
75	122~147	117~142
80	120~146	115~140
85	118~144	114~139

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 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.

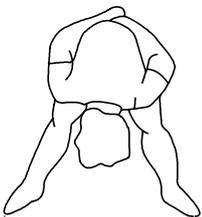


WARM-UP and COOL-DOWN

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



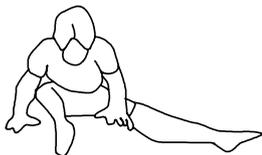
Lower Body Stretch

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 lessen, try a lower position gradually.



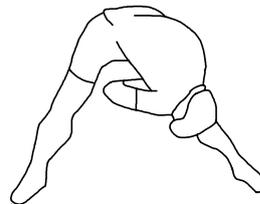
Floor Stretch

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 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.



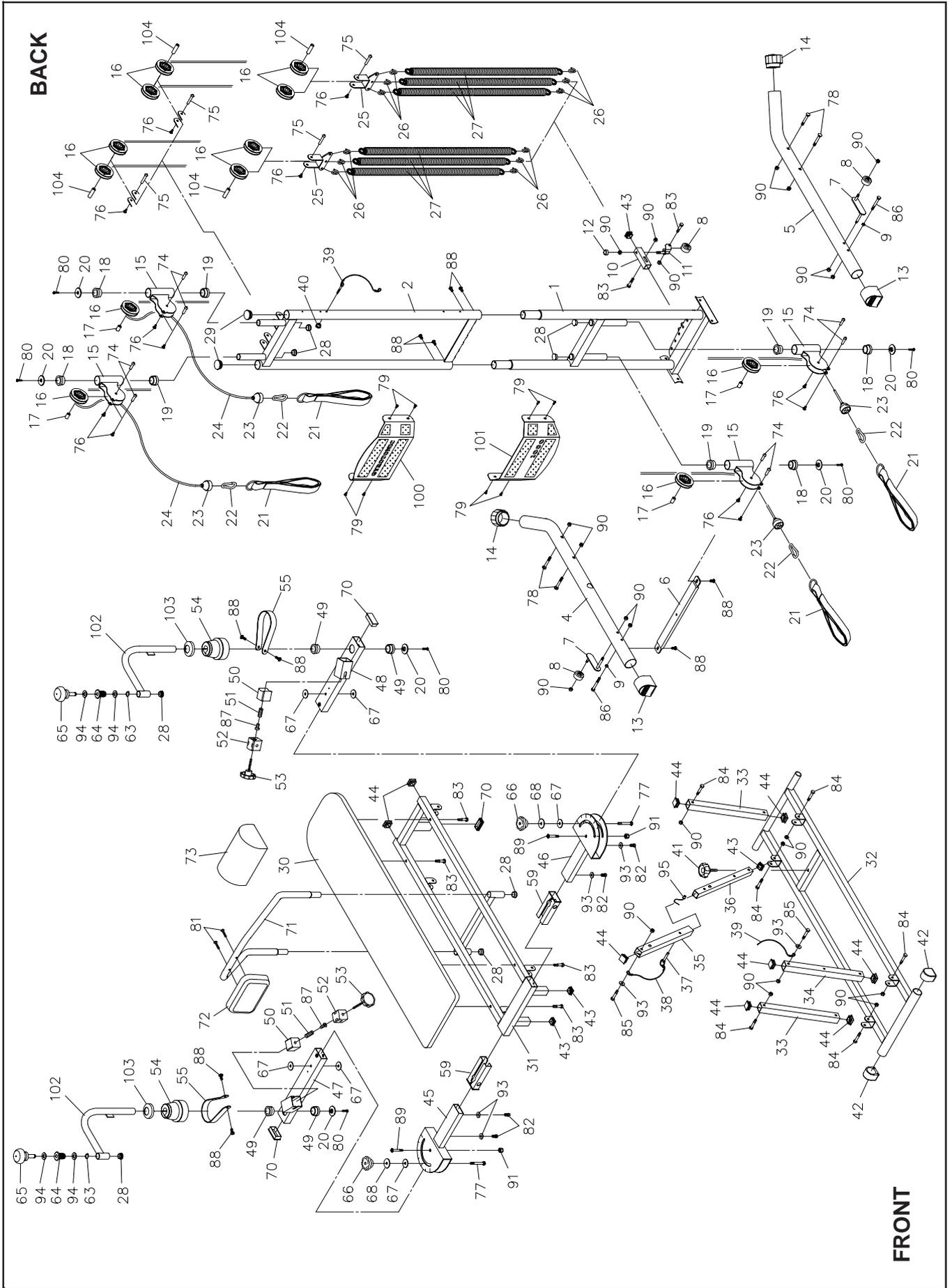
Bent Over Leg Stretch

Stand with feet shoulder-width 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 always to 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.

PRODUCT PARTS DRAWING



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Lower Upright	1
2	Upper Upright	1
4	Right Base	1
5	Left Base	1
6	Cross Bar	1
7	Pivot Plate	2
8	Wheel	3
9	Spacer	2
10	Wheel Support	1
11	Wheel Bracket	1
12	Nut Cap (8mm)	1
13	Endcap (50mm)	2
14	Leveling Cap (50mm)	2
15	Pulley Frame	4
16	Pulley	12
17	Pulley Bushing	4
18	Bushing (26.5mm)	4
19	Bushing /w chamfer (26.5mm)	4
20	Securing Cap	6
21	Hand Strap	4
22	Hook	4
23	Rope Stopper	4
24	Rope	2
25	Pulley Bracket	2
26	Spring Hook	12
27	Spring	6
28	Round Plug (25mm)	8
29	Round Plug (38mm)	2
30	Cushion	1
31	Bench Frame	1
32	Bench Base	1
33	Bench Leg	2
34	Bench Leg /w hole	1
35	Support Tube	1
36	Inner Support Tube	1
37	Locking Pin	1
38	Pin Cable	1
39	Eyebolt /w Cable	1
40	Small Knob (M6 x 1)	1
41	Securing Knob	1
42	Endcap (38mm)	2
43	Square Plug (25mm)	4
44	Square Plug (30mm)	9
45	Right Arm Frame	1
46	Left Arm Frame	1
47	Right Support Arm	1
48	Left Support Arm	1

PARTS LIST

DIAGRAM#	PART NAME	QTY
49	Bushing (26mm)	4
50	Brake Block	2
51	Spring	2
52	Adjustment Block	2
53	Adjustment Knob	2
54	Brake Drum	2
55	Brake Strap	2
59	Sleeve	2
63	C Ring (11mm)	2
64	Bushing Plug	2
65	Handle Knob	2
66	Locking Knob	2
67	Plastic Washer (M8)	6
68	Large Washer (M8)	2
70	Rectangular Plug (30mm x 60mm)	3
71	Back Cushion Support	1
72	Back Cushion	1
73	Pillow	1
74	Barrel Nut (M6 x 1 x 24mm)	8
75	Barrel Nut (M6 x 1 x 44mm)	4
76	Bolt, Round Head (M6 x 1 x 14mm)	12
77	Carriage Bolt (M8 x 1.25 x 60mm)	2
78	Carriage Bolt (M8 x 1.25 x 65mm)	4
79	Bolt, Round Head (M5 x 0.8 x 12mm)	8
80	Bolt, Round Head (M6 x 1 x 25mm)	6
81	Bolt, Round Head (M6 x 1 x 40mm)	2
82	Bolt, Hex Head (M8 x 1.25 x 16mm)	4
83	Bolt, Hex Head (M8 x 1.25 x 40mm)	6
84	Bolt, Hex Head (M8 x 1.25 x 45mm)	6
85	Bolt, Hex Head (M8 x 1.25 x 50mm)	2
86	Bolt, Hex Head (M8 x 1.25 x 65mm)	2
87	Bolt, Flat Head (M8 x 1.25 x 15mm)	2
88	Bolt, Button Head (M8 x 1.25 x 16mm)	10
89	Bolt, Button Head (M10 x 1.5 x 55mm)	2
90	Nylock Nut (M8 x 1.25)	21
91	Nylock Nut (M10 x 1.5)	2
93	Washer (M8 x O.D 23mm)	6
94	Washer (M12 x O.D 23mm)	4
95	Snap Pin	1
96	Allen Wrench (5mm)	2
97	Allen Wrench (6mm)	1
98	Manual	1
99	Video Tape	1
100	Upper Upright Guard /w "GYROTONIC" Logo	1
101	Lower Upright Guard /w "1000" Logo	1
102	Rotating Arm	2
103	Brake Drum Cap	2
104	Long Pulley Bushing	4

NOTES

