



# *Stamina* **AeroPilates®** **SPACEMATE**

**Owner's Manual  
 Operational Instructions  
 Limited Warranty  
 Customer Service**

**Model #:  
 05-0125**

## **OPERATIONAL INSTRUCTIONS**

The AeroPilates® SpaceMate includes:

- Convenient carry bag
- Two hand/foot straps
- AeroPilates® SpaceMate Level One workout DVD
- Pilates mat
- Door attachment
- Two resistance cords
- Roll down bar with two detachable handles
- AeroPilates® SpaceMate workout wall chart

The AeroPilates® SpaceMate is designed to be used at home with a door that closes securely where there is enough floor space in front of the door (approximately 5' X 8') to perform the exercises. Follow the instructions below for fast and easy set up.

### **How to place the door attachment high (on top of door) or low (just above the door knob)**

Find a door that closes toward you, preferably one that locks. Place the door attachment between the door and the door jamb at the desired height and securely close and lock the door. Some exercises will require the door attachment to be placed high on top of the door, and for some it will be placed low just above the door knob. To change door attachment position, unlock and open the door, reset the door attachment, close the door and re-lock it.



High door attachment



Low door attachment



Clip both resistance cords to the loop on the door attachment



Clip the hand/foot straps to the ends of the resistance cords.



When you are ready to use the roll down bar, attach the detachable bar handles to the roll down bar by clicking them into place and turning to secure.



Remove the hand/foot straps and clip the resistance cords to the rings at each end of the roll down bar.

## LIMITED WARRANTY

This product is warranted to be free of defects in material and workmanship and to be in perfect working order at the time of purchase. This warranty applies to personal, family or household use. This warranty does not apply to use in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities.

If the product should become defective within 90 days of purchase while under normal use, service, and proper operation, you may ship the product to the manufacturer for repair or replacement. This warranty does not apply to any damage caused by accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

The item must be in the original packaging and with the shipping cost prepaid to return the item to the manufacturer. All expenses for repairing or replacing the product, including shipping the item back to the original purchaser will be covered by manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

## CUSTOMER SERVICE

Although Stamina manufactures 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. Contact us FIRST!

If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service 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.

If you would like to contact us on-line, go to our website at [www.staminaproducts.com](http://www.staminaproducts.com) and access the Customer Service section or e-mail us at the following:

[parts@staminaproducts.com](mailto:parts@staminaproducts.com)

Be sure to have the name and model number of the product available when you contact us.

**Warning:** This equipment is for home use only. DO NOT use in institutional or commercial applications. Failure to follow this warning could result in death or serious injury.



2040 N. Alliance Avenue, Springfield, MO 65803

**Customer Service Number**  
1(800) 375-7520  
[parts@staminaproducts.com](mailto:parts@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)

### Washing Label in carry bag

MATERIAL: 100% COTTON  
MADE IN TAIWAN

#### SUGGESTED CARE:

-  HANDWASH ONLY  
MAXIMUM TEMPERATURE  
30 C (65 F - 85 F)  
HANDLE WITH CARE
-  DO NOT BLEACH
-  DO NOT TUMBLE DRY
-  DO NOT IRON
-  HAND AND DRIP DRY  
IN THE SHADE

FOR BEST RESULTS AND TO  
PREVENT THE CHANCE OF  
COLOR RUNNING, DO NOT  
FOLD THE BAG WHILE WET.