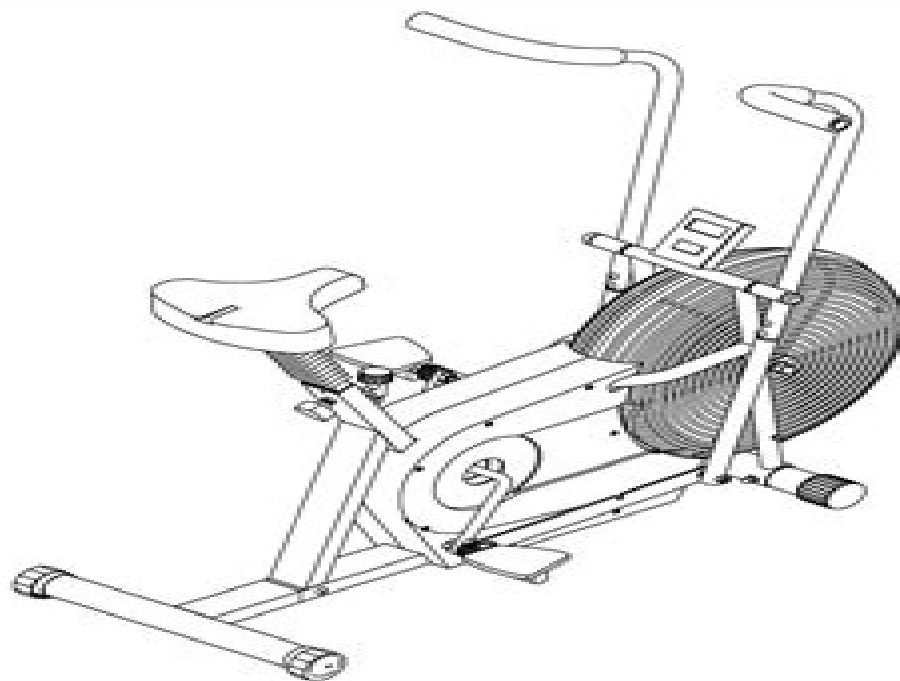


# **STAMINA®** 890 Air Bike

## 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.

**15-0890**  
**STAMINA PRODUCTS**  
MADE IN CHINA

Product May Vary Slightly  
From Pictured.

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# Stamina Exercise Bike Manual

**Gold's Gym**

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## **Stamina Exercise Bike Manual:**

**The Total Fitness Manual** Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover  
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[Musculoskeletal Injuries](#) Peggy A. Houglum, 2018-10-30 Therapeutic Exercise for Musculoskeletal Injuries Fourth Edition With Online Video presents foundational information that instills a thorough understanding of rehabilitative techniques Updated with the latest in contemporary science and peer reviewed data this edition prepares upper undergraduate and graduate students for everyday practice while serving as a referential cornerstone for experienced rehabilitation clinicians The text details what is happening in the body why certain techniques are advantageous and when certain treatments should be used across rehabilitative time lines Accompanying online video demonstrates some of the more difficult or unique techniques and can be used in the classroom or in everyday practice The content featured in Therapeutic Exercise for Musculoskeletal Injuries aligns with the Board of Certification s BOC accreditation standards and prepares students for the BOC Athletic Trainers exam Author and respected clinician Peggy A Houglum incorporates more than 40 years of experience in the field to offer evidence based perspectives updated theories and real world applications The fourth edition of Therapeutic Exercise for Musculoskeletal Injuries has been streamlined and restructured for a cleaner presentation of

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Journal of the Seminary of the Free Church of Scotland (Continuing) J W Keddie (Editor), 2018-04-18 This is the fourth annual Journal of the Free Church of Scotland Continuing Seminary based in Inverness The lecturers have produced articles on a variety of topics relating to biblical doctrine practical theology church history and biblical language In this volume a piece has also been included from 19th century Free Church Professor George Smeaton 1814 1889 *America's Fastest Growing Jobs* J. Michael Farr, 1997-02 Where will today's students job seekers and career changers find the jobs of tomorrow America's bestselling job search and career planning author has prepared detailed reports on the 50 fastest growing career options for the 1990s and beyond plus summaries of other career choices Previews , 1977



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