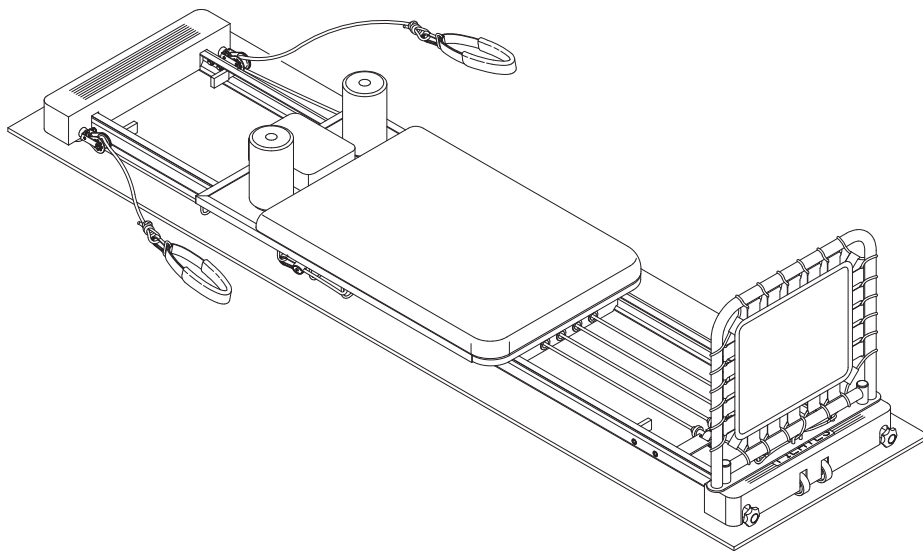


AeroPilates®

LESS STRESS | MORE HEART

PERFORMER XP610

Owner's Manual



Product May Vary Slightly From Pictured.

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 number:

Model#: 55-4610A

CAUTION:

Weight on this product should not exceed 300 lbs.

MADE IN CHINA

2015, 08

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SAFETY INSTRUCTIONS

- ⚠ CAUTION** 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 bodily injury and property damage.
- ⚠ CAUTION** The Tension Cords(15) and Bungee Cord(58) contain natural rubber latex which may cause allergic reactions.
- ⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the AeroPilates® Performer XP610.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **AeroPilates® Performer XP610** for the first time.
2. Read all warnings and cautions posted on the **AeroPilates® Performer XP610**.
3. The **AeroPilates® Performer XP610** 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. When exercising on this product, do not exercise at an intensity that causes the product itself to move. This could result in damage to your joints and to the product.
6. Keep children away from the **AeroPilates® Performer XP610**. Do not allow children to use or play on the **AeroPilates® Performer XP610**. Keep children and pets away from the **AeroPilates® Performer XP610** when it is in use.
7. It is recommended that you place this exercise equipment on an equipment mat.
8. Set up and operate the **AeroPilates® Performer XP610** on a solid level surface. Do not position the **AeroPilates® Performer XP610** on loose rugs or uneven surfaces.
9. Make sure that adequate space is available for access to and around the **AeroPilates® Performer XP610**.
10. Before using, inspect the **AeroPilates® Performer XP610** for worn or loose components, and tighten or replace any worn or loose components prior to use.
11. When folding or unfolding the **AeroPilates® Performer XP610**, keep all children away from the **AeroPilates® Performer XP610** and make sure your hands are clear of any folding or pinch point.
12. 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.
13. 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.
14. Do not wear loose or dangling clothing while using the **AeroPilates® Performer XP610**.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **AeroPilates® Performer XP610**. Loss of balance may result in a fall and bodily injury.
16. The **AeroPilates® Performer XP610** should not be used by persons weighing over 300 pounds.
17. The **AeroPilates® Performer XP610** should be used by only one person at a time.
18. The **AeroPilates® Performer XP610** is for consumer use only. It is not for use in public or semipublic facilities.



THREE (3) YEAR LIMITED REPLACEMENT WARRANTY STATEMENT

If your product becomes defective due to faulty material or workmanship within a period of 3 year from the date of purchase, we warrant to do the following:

- **For New Zealand Consumers:** We will replace the product with a new product, free of charge, or repair the product at our cost, at our discretion.
- **For Australian Consumers:** Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Your warranty is subject to the following conditions:

- The item has not been misused, abused, neglected, altered, modified or repaired by anyone.
- The item has been subjected to fair wear and tear
- The item has not been used for trade, professional or hire purposes.
- The item has not sustained damage through foreign objects, substances or accident.

Your warranty does not cover;

- Components that are subject to natural wear and tear caused by normal use in accordance with operating instructions.
- Unauthorised/improper maintenance/handling or overload is excluded from this warranty.
- For guarantee claims, you will need to submit a proof of purchase in the form of a valid receipt that displays date and place of purchase.

This warranty does not replace but is in addition to your statutory rights.

This warranty does not apply to accessories supplied with the item.

This warranty applies only to the original purchaser and may not be transferred.

Replacement items will be covered by the limited warranty for the balance of the warranty period from the date of the original purchase.

Please note:

Only the defective product or parts returned to place of purchase will be replaced under this warranty.

New Zealand Contact

Brand Developers Limited

Unit H, 686 Rosebank Road,
Avondale 1026, Auckland, New Zealand
Private Bag 93204, Parnell, Auckland 1151
FAX: +64 9 306 8203
NZ Customer Care: 0800 002 999

Australia Contact

Brand Developers Aust Pty Ltd

461 Plummer Street,
PORT MELBOURNE, VIC 3207
FAX: +61 3 9681 7825

AUST Customer Care: 1800 890 840

BEFORE YOU BEGIN

Thank you for choosing the **AeroPilates® Performer XP610**. 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.

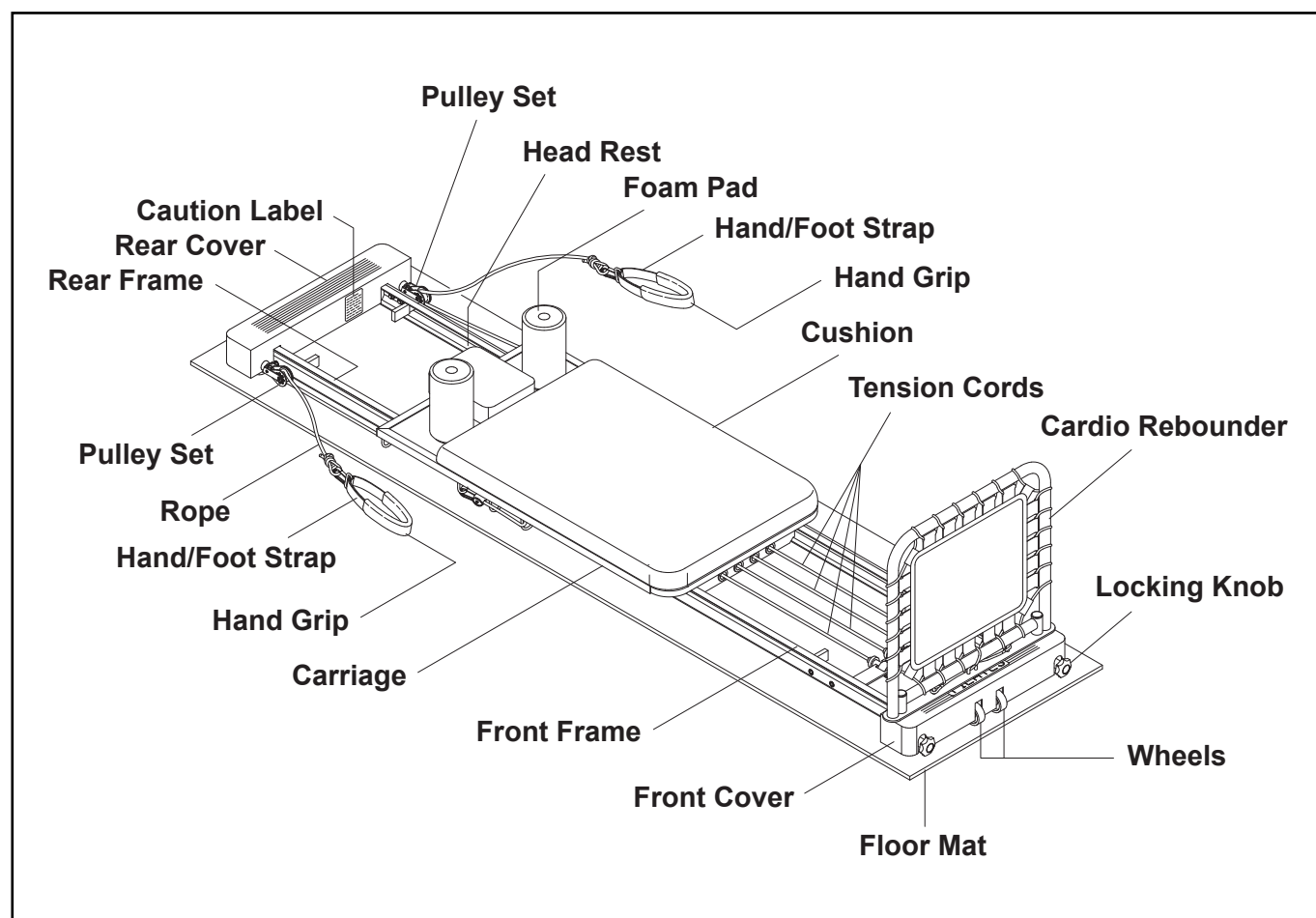
It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **AeroPilates® Performer XP610** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

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

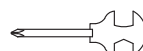
Read this manual carefully before using the **AeroPilates® Performer XP610**.

Although we construct the products with the finest materials and use the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **AeroPilates® Performer XP610**, please do not return the product. Contact us FIRST!

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



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



Combination Wrench



Socket Wrench

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **AeroPilates® Performer XP610**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

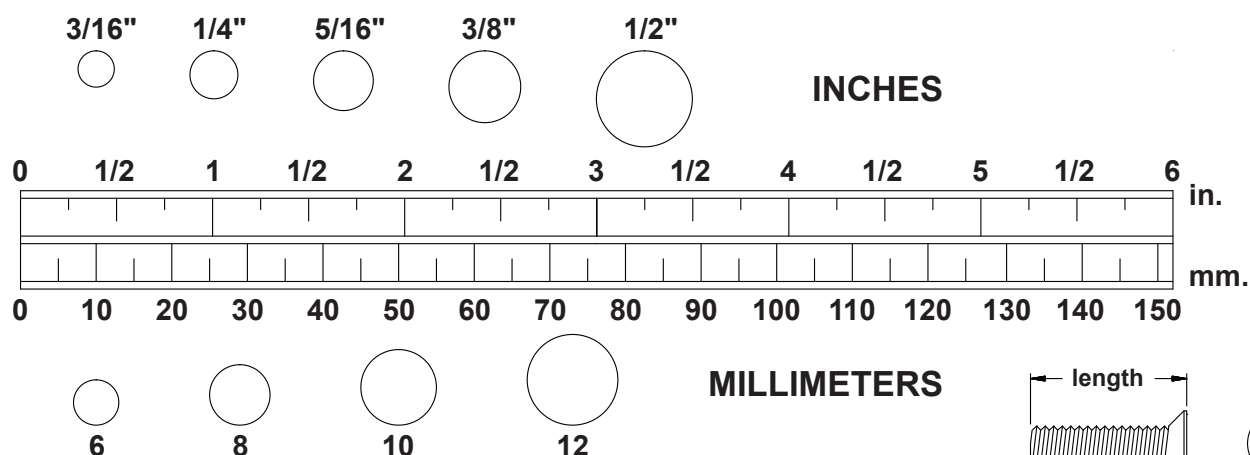
Labels are larger than actual size

C1 CAUTION LABEL(54)



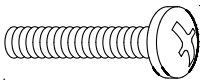

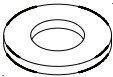
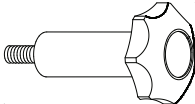
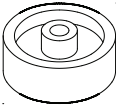

HARDWARE IDENTIFICATION CHART

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
	41 Screw, Round Head (M5 x 0.8 x 30mm)	4
	47 Nylock Nut (M8 x 1.25)	2
	51 Washer (M8)	6
	55 Locking Knob	2
	28 Wheel	2
	29 Rubber Foot	4

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 have any questions or problems with the parts included with your **AeroPilates® Performer XP610**, please do not return the product. Contact us FIRST!

STEP 1

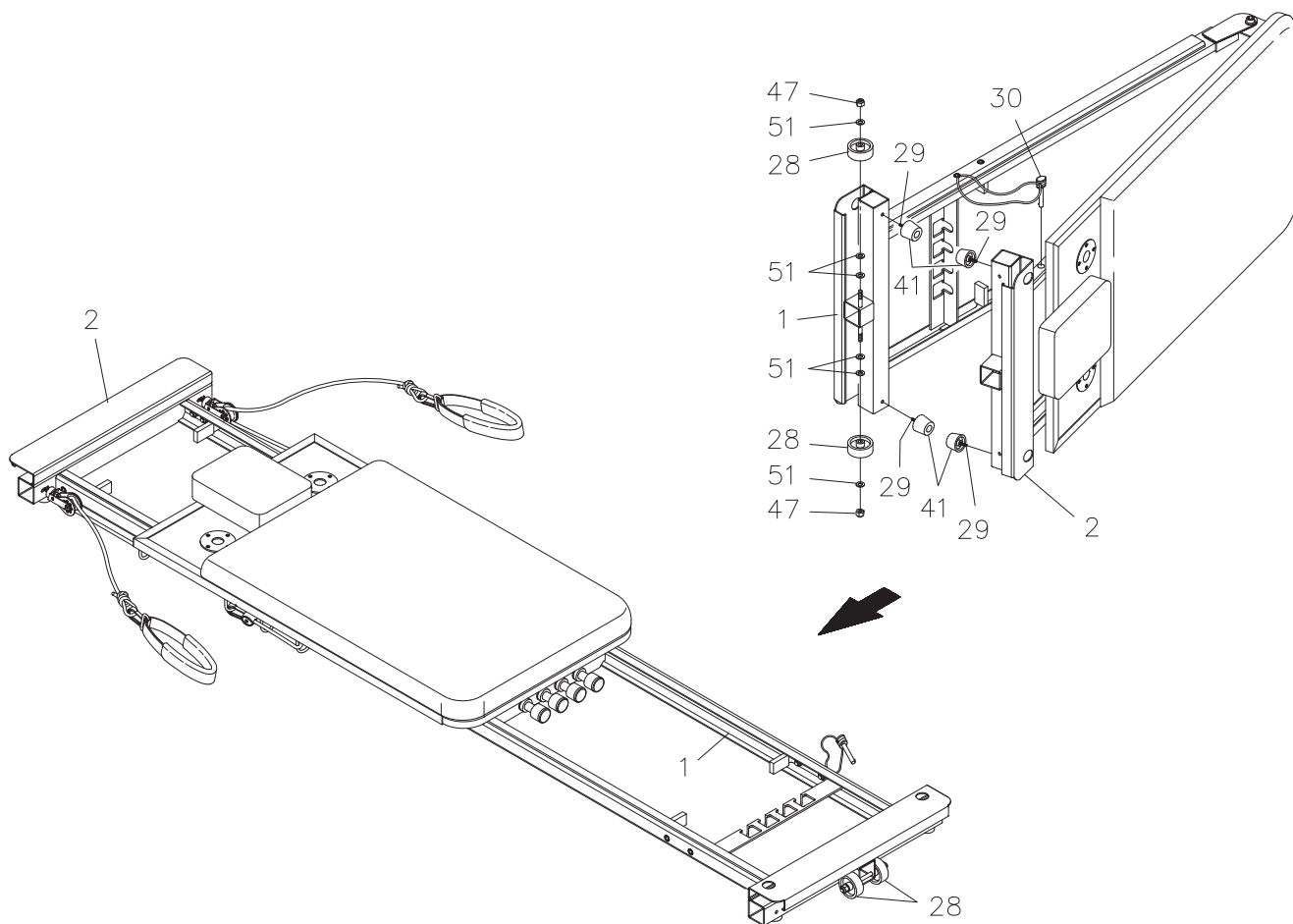
Remove your **AeroPilates® Performer XP610** from its packaging, placing the product on its side with the **LOCKING PIN(30)** side upward. Remove the **LOCKING PIN(30)** and unfold the **MAIN FRAME ASSEMBLY** separating the half that has the attached **LOCKING PIN(30)**. When completed, the frame should form a "V" with the frame ends separated approximately three feet.

STEP 2

Attach the four **RUBBER FEET(29)** to the **FRONT FRAME(1)** and **REAR FRAME(2)** with **ROUND HEAD SCREWS(M5x0.8x30mm)(41)**. The **ROUND HEAD SCREWS(M5X0.8X30mm)(41)** are already in the **RUBBER FEET(29)**. Attach the **WHEELS(28)** to the **FRONT FRAME(1)** with **WASHERS(M8)(51)** and **NYLOCK NUTS(M8)(47)**.

STEP 3

Unfold your **AeroPilates® Performer XP610** to a flat position by moving the **FRONT FRAME(1)** away from the platform end of the **REAR FRAME(2)** in a clockwise position until fully extended. Lower the **AeroPilates® Performer XP610** so all four **RUBBER FEET(29)** are flat on the floor.



ASSEMBLY INSTRUCTIONS

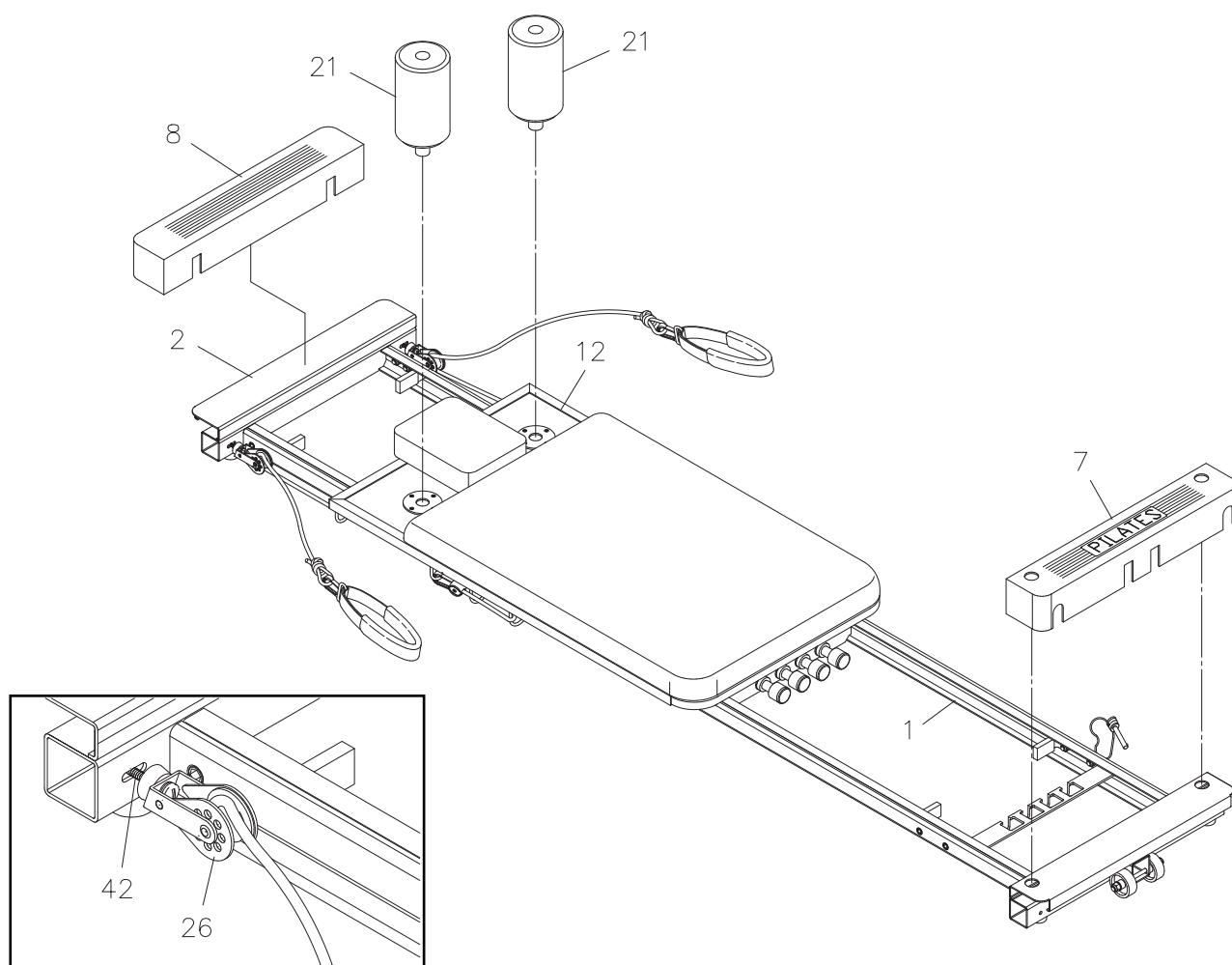
STEP 4

Remove the paper covering from the foam tape inside the **FRONT COVER(7)** and **REAR COVER(8)**. Place the **FRONT COVER(7)** over the end of the **FRONT FRAME(1)**. Place the **REAR COVER(8)** over the end of the **REAR FRAME(2)**. Press the covers securely in place.

NOTE: The securing **SCREWS(M6x1x35mm)(42)** for the **PULLEY SET(26)** on each side may need to be loosened to allow the **REAR COVER(8)** to fit securely over the frame. Refer to the inset illustration. When retightening the screws for the **PULLEY SETS(26)** do not over tighten. The **PULLEY SETS(26)** should move freely.

STEP 5

Insert the **FOAM PAD ASSEMBLIES(21)** into the holes located on the **CARRIAGE(12)**.



ASSEMBLY INSTRUCTIONS

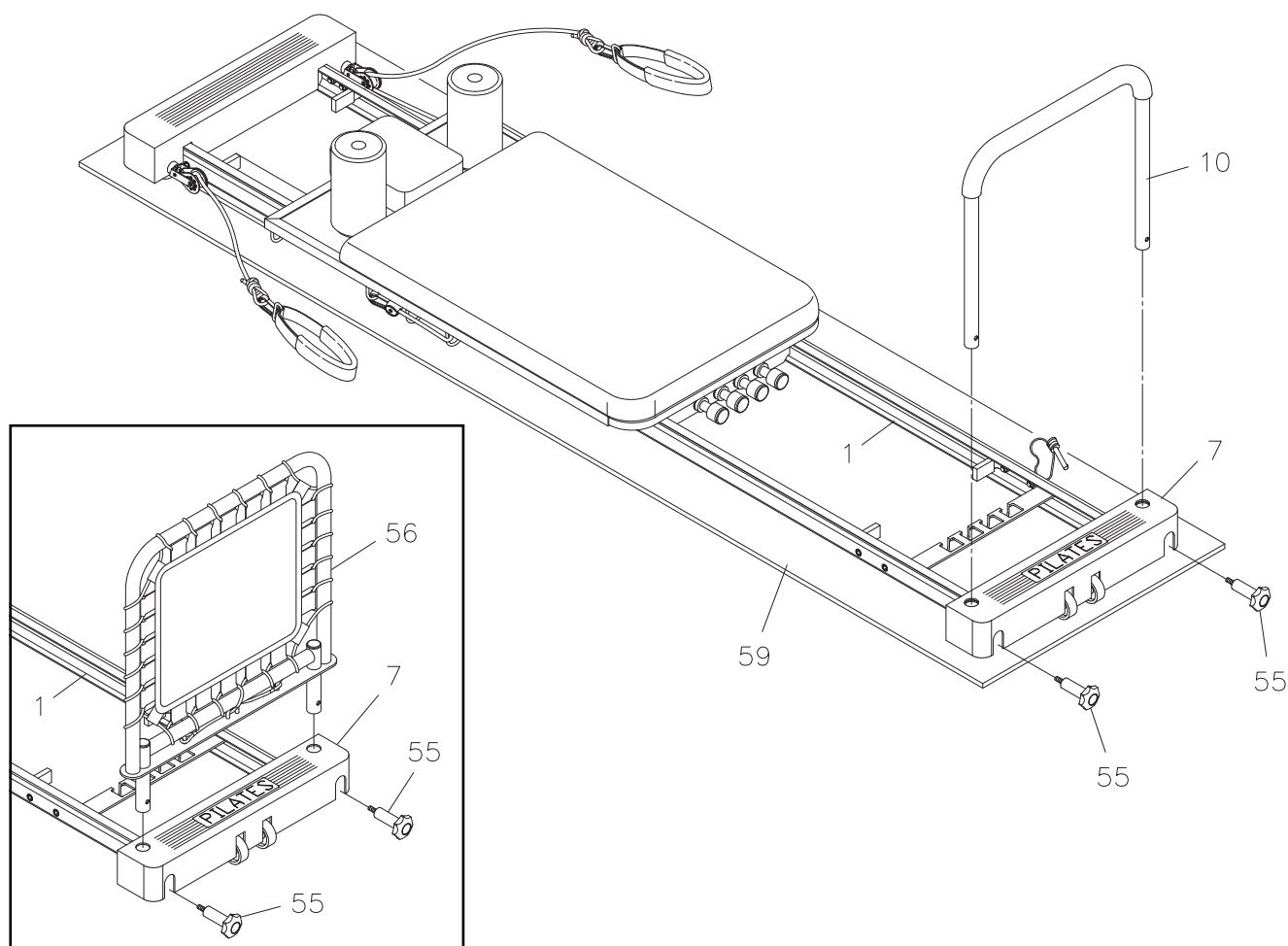
STEP 6

Make sure that the threaded holes in the **FOOTBAR(10)** are facing toward the end of the **AeroPilates® Performer XP610** as shown in the illustration. Insert the **FOOTBAR(10)** into the mounting holes located in the **FRONT COVER(7)** and **FRONT FRAME(1)**. Insert the **FOOTBAR(10)** all the way to the bottom and lock it in place with the **LOCKING KNOBS(55)**.

NOTE: You can choose to insert the **CARDIO REBOUNDER(56)** into the **FRONT FRAME(1)** and lock in position with the **LOCKING KNOBS(55)**. Refer to the inset drawing.

STEP 7

Place the **AeroPilates® Performer XP610** on the **FLOOR MAT(59)**.

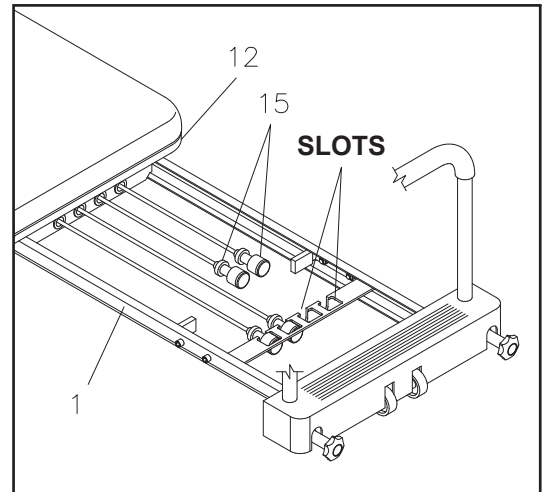


OPERATIONAL INSTRUCTIONS

LOAD ADJUSTMENT

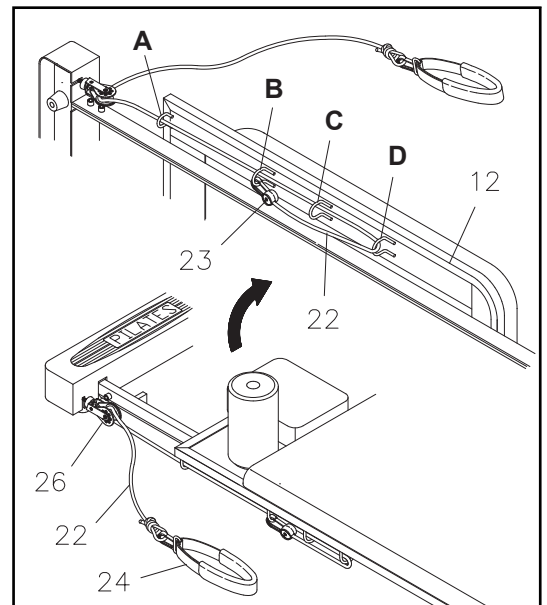
The resistance of the **CARRIAGE(12)** can be adjusted by securing the **TENSION CORDS(15)** in the slots located on the **FRONT FRAME(1)**. You can achieve various levels of resistance by securing different numbers of the **TENSION CORDS(15)** in the slots.

NOTE: Over time your **TENSION CORDS(15)** will relax. To increase resistance in the **TENSION CORDS(15)**, stretch and re-tie the tension cords in a more taut position.



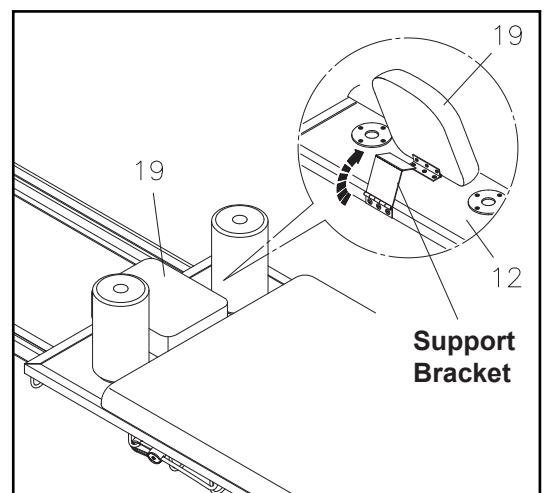
ROPE LENGTH ADJUSTMENT

The **ROPES(22)** feed through the **PULLEY SETS(26)** then thread through the loops on the underside of both outer edges of the **CARRIAGE(12)**. **PLASTIC SNAP HOOKS(23)** on the end of each rope are used to adjust the **ROPE(22)** length. If more length is needed, as when performing some leg exercises, then attach the **PLASTIC SNAP HOOKS(23)** to loop **D**. To shorten, as when performing some arm exercises, then bring the **ROPES(22)** around the last loop **D** and secure to loops **A**, **B**, or **C** with the **PLASTIC SNAP HOOKS(23)**. Wrap the **ROPES(22)** around and through the loops again and attach where needed to shorten **ROPES(22)** even more.



HEAD REST ADJUSTMENT

The **HEAD REST(19)** on the **CARRIAGE(12)** can be positioned at an incline by simply pivoting the **SUPPORT BRACKET** underneath the **HEAD REST(19)**.



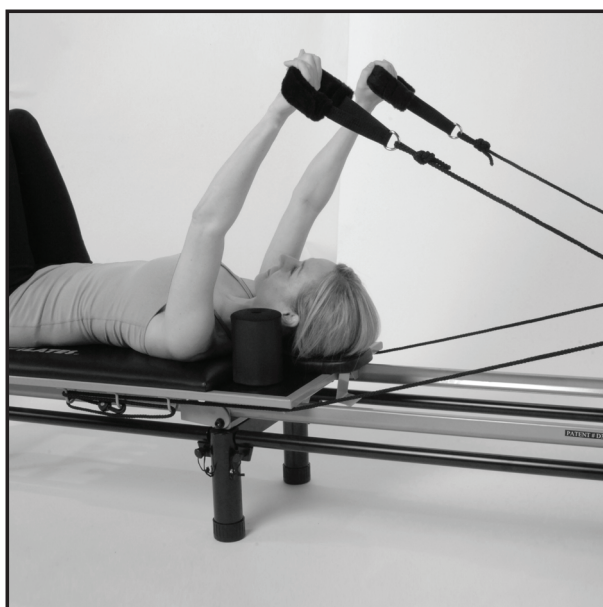
OPERATIONAL INSTRUCTIONS

CUSTOMIZING ROPE LENGTH

Ideal rope length will vary depending on your height and limb length. To determine your ideal rope length, begin by placing the hand/foot straps over the shoulder rests as shown below. Adjust the ropes so they are taut. For complete rope length adjustment instructions, see additional Rope Length Adjustment instructions in this Owner's Manual.



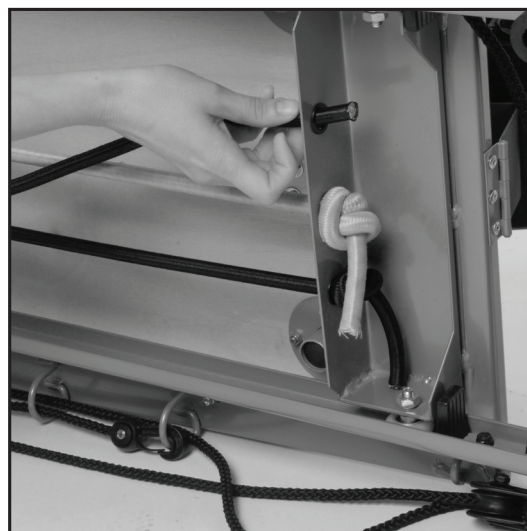
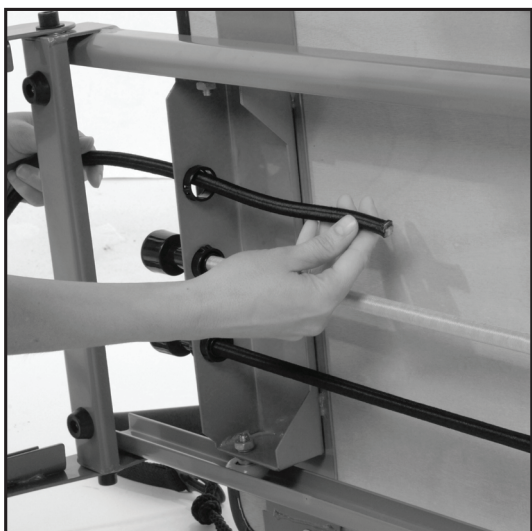
Next, lie on the reformer with your hands in the straps with shoulders against the shoulder rests. Reach your hands toward the ceiling until they are directly over the back edge of the reformer carriage as shown in the photo below. In this position, the reformer carriage should be at rest with no tension on the ropes. If there is still tension on the ropes in this position, lengthen the ropes. If you lose tension before reaching the arm position shown below, shorten the ropes.



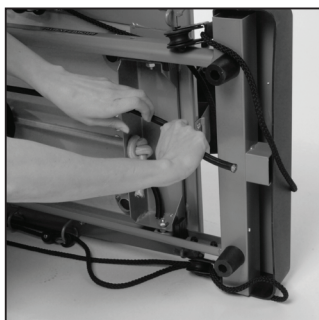
OPERATIONAL INSTRUCTIONS

TENSION CORD REPLACEMENT

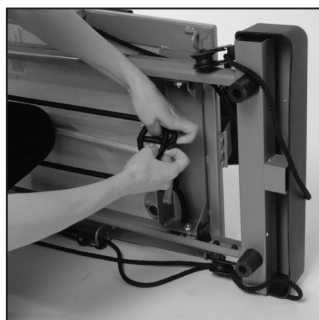
To replace or add a tension cord, first carefully release the carriage and tip your machine on its side. Untie the knot that secures the cord you are replacing and simply pull it out. Thread the new cord through the metal holes from the end of the carriage to the other end.



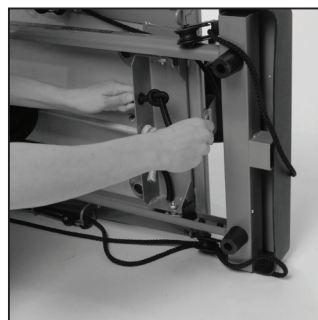
Pull tightly on the cord stretching it to the point that allows you to tie a double knot, and release the cord into place.



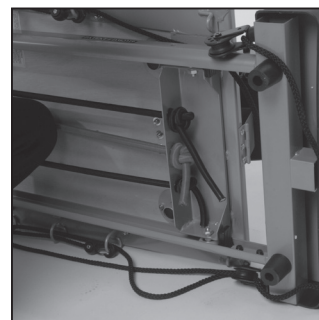
1



2



3



4

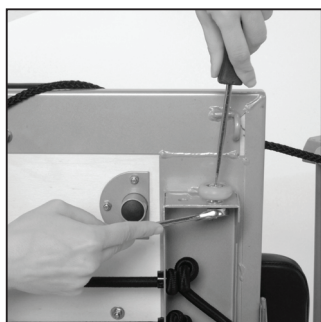
OPERATIONAL INSTRUCTIONS

CARRIAGE WHEEL REPLACEMENT

To replace a carriage wheel, first remove the carriage by releasing the cords and sliding the carriage all the way back to the top end or rear frame of the machine. Tip your machine on its side, bend the machine at the hinge, and simply slide the carriage off the frame.



Turn the carriage upside down so it is cord side up. Using a crescent wrench and flat head screwdriver, remove the screw that is holding the wheel in place. Replace the old wheel with the new one, add the washer, push the screw through the wheel and tighten with the nut.



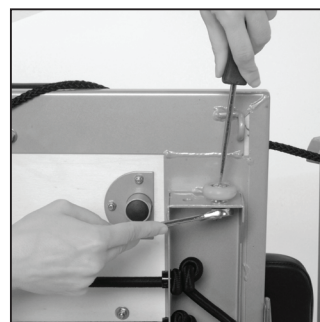
1



2



3

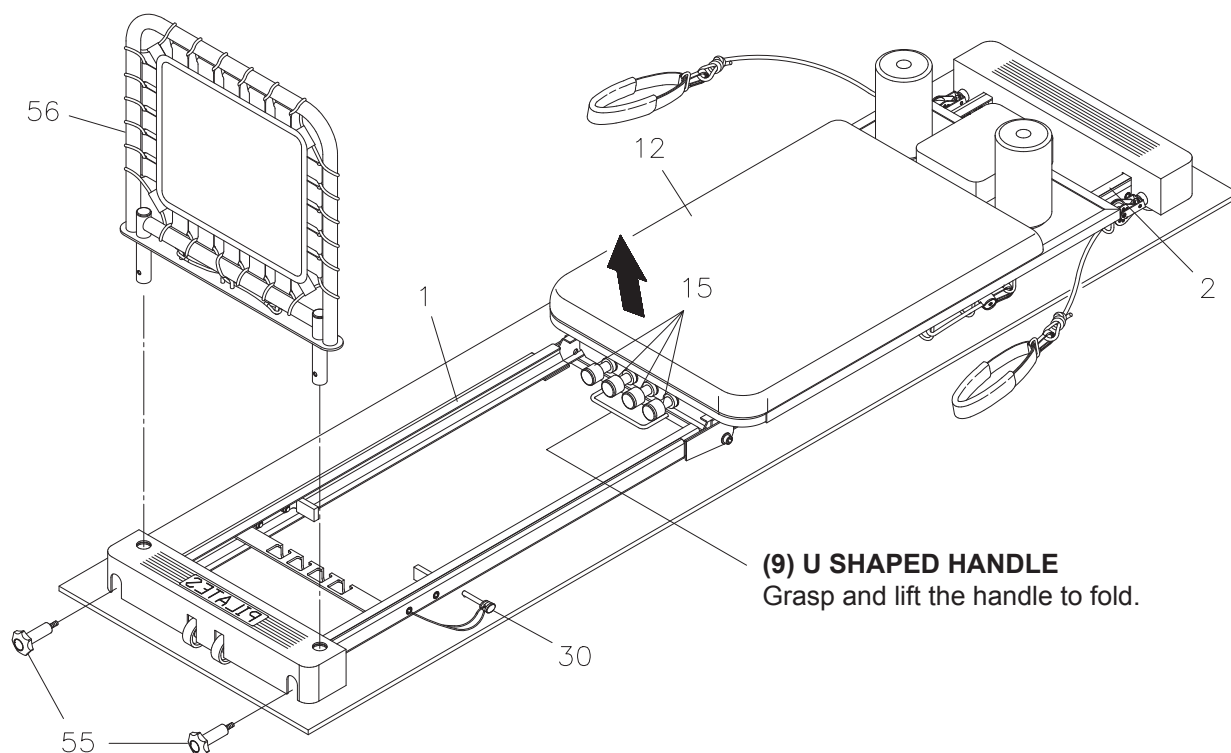


4

STORAGE

To store the **AeroPilates® Performer XP610** simply keep it in a clean dry place. The **AeroPilates® Performer XP610** can be folded as illustrated for easy storage. Please follow the following process:

1. Remove the **LOCKING KNOBS(55)** and **CARDIO REBOUNDER(56)**, or the **FOOTBAR(10)**, from the **FRONT FRAME(1)**. Refer to illustration 1.
2. Remove the **TENSION CORDS(15)** from the slots on the **FRONT FRAME(1)**. Move the **CARRIAGE ASSEMBLY(12)** back to the **REAR FRAME(2)**. Refer to illustration 1.
3. Grasp and lift the **U SHAPED HANDLE(9)** to fold the **AeroPilates® Performer XP610**. Refer to illustration 1.

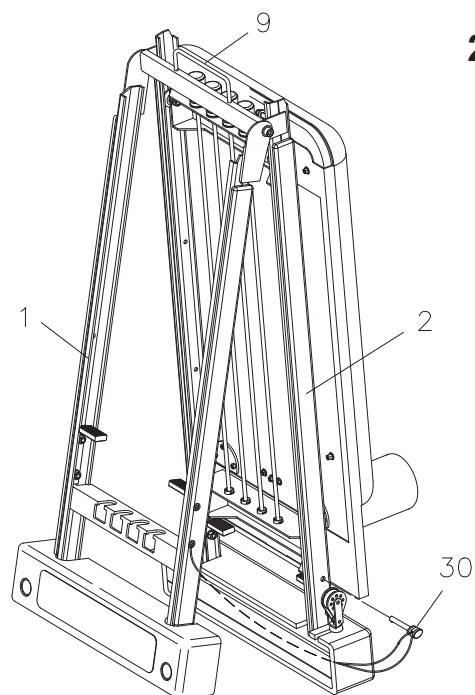


4. The **AeroPilates® Performer XP610** will be positioned as shown in illustration 2 after fold. Insert the **LOCKING PIN(30)** into the hole in the **REAR FRAME(2)** to lock the frames in folded position.

NOTE: The string for the **LOCKING PIN(30)** is not as long as shown in picture 2.

WARNING:

When folding or unfolding the **AeroPilates® Performer XP610**, keep all children away from the **AeroPilates® Performer XP610** and make sure your hands are clear of any folding or pinch point.



MAINTENANCE

The safety and integrity designed into the **AeroPilates® Performer XP610** can only be maintained when the **AeroPilates® Performer XP610** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Worn or damaged components should be replaced immediately or the **AeroPilates® Performer XP610** should be removed from service until repair is made.
3. Verify that the **ROPES(22)** are properly installed on the **PULLEY SETS(26)**.
4. Check the condition of the **ROPES(22)** and replace if they are frayed or worn.
5. Check the **PLASTIC SNAP HOOKS(23)** on the ends of the **ROPES(22)**. Replace the Ropes with deformed or damaged hooks.
6. Check the **TENSION CORDS(15)**. If any of the **TENSION CORDS(15)** are stretched and loose, re-tie the knot on the end of the cord. Replace **TENSION CORDS(15)** that are frayed or worn.
7. Check the **BUNGEE CORD(58)** on the **CARDIO REBOUNDER(56)** for wear. Replace the **BUNGEE CORD(58)** if it is frayed or worn.
8. Check the **PULLEY SETS(26)** for excessive wear. Replace worn **PULLEY SETS(26)**.
9. Check the **HAND/FOOT STRAPS(24)** for damage. Replace damaged parts.
10. Check the **FOAM SLEEVE(11)** and **FOAM PADS(21)** and replace if damaged or worn.
11. Check the **STOP PLATES(31, 33)** for looseness or damage and replace any damaged parts.
12. Check the **CUSHION(18)** and replace if it is damaged or worn.
13. Check and clean the **ROLLERS(13)** and the rolling surfaces on the rails. Clean by wiping with a dry cloth.
14. Only Stamina Products supplied components shall be used to maintain/repair the **AeroPilates® Performer XP610**.
15. Keep your **AeroPilates® Performer XP610** clean by wiping it off 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, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

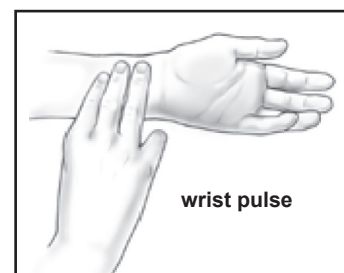
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten 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.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

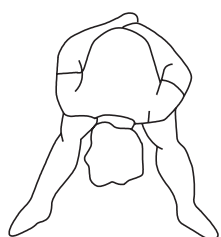
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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.

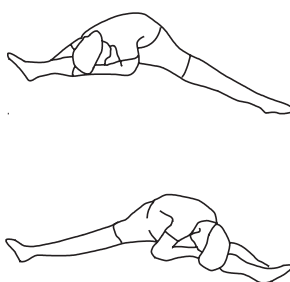
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises



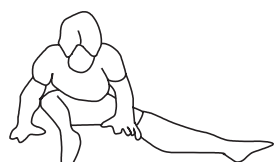
Lower Body Stretch

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 lessens, gradually try a lower position.



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

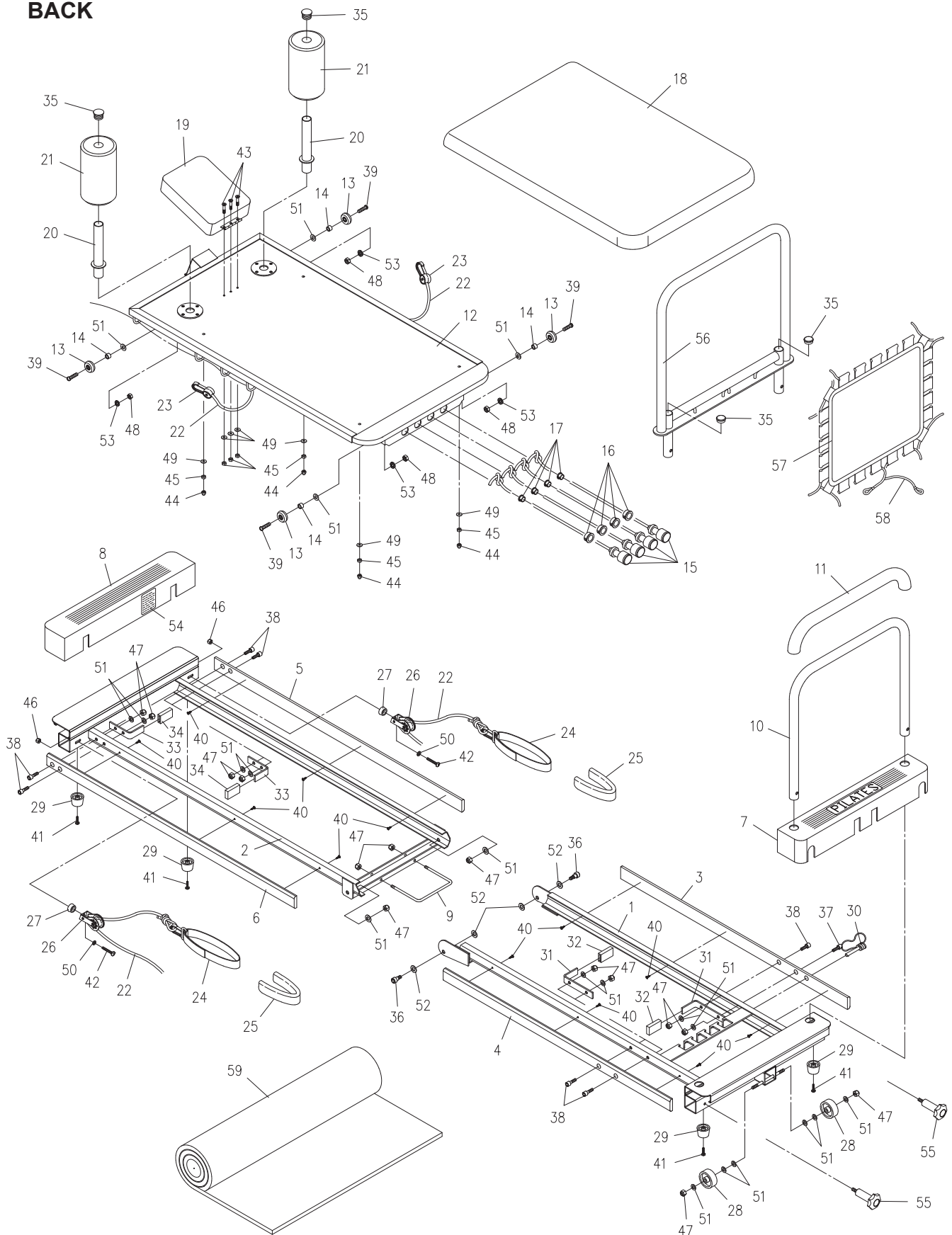
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always 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

BACK



FRONT

PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Front Left Side Rail	1
4	Front Right Side Rail	1
5	Rear Left Side Rail	1
6	Rear Right Side Rail	1
7	Front Cover	1
8	Rear Cover	1
9	U Shaped Handle	1
10	Footbar	1
11	Foam Sleeve	1
12	Carriage	1
13	Roller	4
14	Roller Spacer	4
15	Tension Cord	4
16	Support Bushing	4
17	Stop Bushing	4
18	Cushion	1
19	Head Rest	1
20	Foam Pad Tube	2
21	Foam Pad	2
22	Rope	2
23	Plastic Snap Hook	2
24	Hand/Foot Strap	2
25	Hand Grip	2
26	Pulley Set	2
27	Pulley Spacer	2
28	Wheel	2
29	Rubber Foot	4
30	Locking Pin	1
31	Stop Plate	2
32	Stop Pad	2
33	Small Stop Plate	2
34	Small Stop Pad	2
35	Round Plug (25mm)	4
36	Shaft Bolt, Socket Head (M8 x 1.25 x 20mm)	2
37	Bolt, Socket Head w/ hole (M8 x 1.25 x 20mm)	1
38	Bolt, Socket Head (M8 x 1.25 x 20mm)	7
39	Bolt, Round Head (M8 x 1.25 x 30mm)	4
40	Screw, Round Head (M3.5 x 11mm)	12
41	Screw, Round Head (M5 x 0.8 x 30mm)	4
42	Screw, Round Head (M6 x 1 x 35mm)	2
43	Screw, Flat Head (M5 x 0.8 x 25mm)	3
44	Acorn Nut (M5 x 0.8)	4
45	Nylock Nut (M5 x 0.8)	7
46	Nylock Nut (M6 x 1)	2
47	Nylock Nut (M8 x 1.25)	14
48	Nut (M8 x 1.25)	4

PARTS LIST

PART#	PART NAME	QTY
49	Washer (M5)	7
50	Washer (M6)	2
51	Washer (M8)	20
52	Washer (M10)	4
53	Lock Washer (M8)	4
54	Caution Label	1
55	Locking Knob	2
56	Cardio Rebounder	1
57	Rebounder Mat	1
58	Bungee Cord	1
59	Floor Mat	1
60	Combination Wrench	1
61	Socket Wrench	1
62	Manual	1
63	DVD, Workout Video	3
64	Workout Chart	1

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