



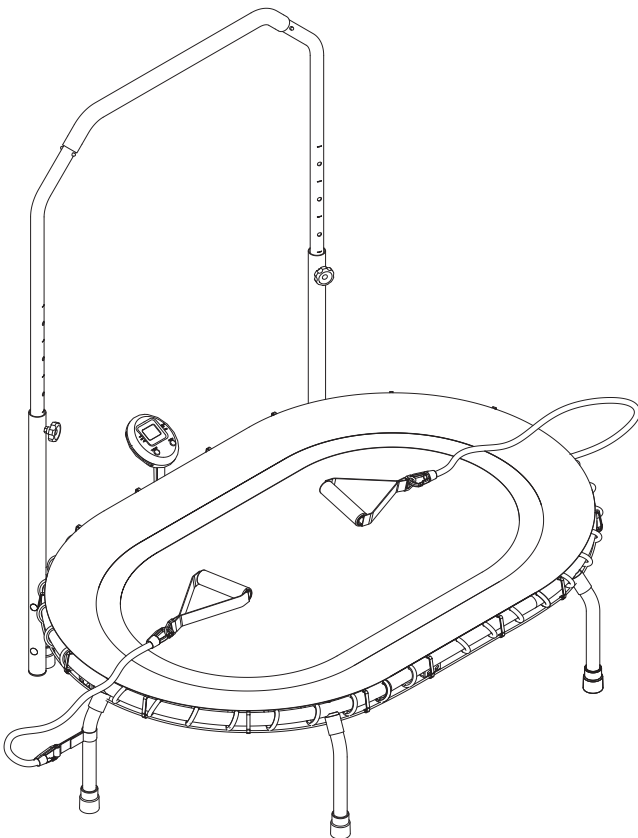
# **STAMINA**<sup>®</sup>

## **INTONE OVAL FITNESS TRAMPOLINE**

# **Owner's Manual**

**Assembly, Installation, Care, Maintenance, and Use Instructions.**

**⚠ WARNING** Read these materials prior to assembling and using this trampoline.



Product May Vary Slightly From Pictured.

**CAUTION:**

Weight on this product should not exceed 250 lbs.

**⚠ WARNING**

1. **DO NOT** attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death even when landing in the middle of the bed.
2. Do not allow more than one person on the trampoline.
3. Use trampoline only with mature knowledgeable supervision.
4. Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.
5. If you feel faint or dizzy, immediately discontinue use of this equipment.
6. Keep others and pets away from equipment when in use.
7. Always make sure all parts are securely tightened prior to each use.
8. Weight on this trampoline should not exceed 250 lbs.
9. This trampoline is not recommended for children.

Serious bodily injury or death can occur if the above warnings are not followed or if this equipment is not assembled and used according to all instructions.

**This Product is Distributed Exclusively by**



# **STAMINA**<sup>®</sup>

2040 N. ALLIANCE, SPRINGFIELD, MO 65803

Customer Care

1 (800) 375-7520

[www.staminaproducts.com](http://www.staminaproducts.com)

When calling for parts or service,  
please specify the following numbers:

**Model#: 35-1704B**

**S/N: \_\_\_\_\_**

**STAMINA PRODUCTS  
MADE IN CHINA**

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2020, 12

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## Quickstart Guide

IMPORTANT

## Smart Audio Workouts for Your Trampoline



Go to the App Store on your device or scan the QR Code for quick access.



**Download the app and get moving!**

**Assembly video included in app.**

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## SAFETY INSTRUCTIONS

**⚠ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**⚠ WARNING** 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 serious injury or death.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the Stamina® Intone Oval Fitness Trampoline.

**⚠ WARNING** The Bungee Cords(5) contain natural rubber latex which may cause allergic reactions.

1. Save these instructions and ensure that other exercisers read this manual prior to using the Stamina® Intone Oval Fitness Trampoline for the first time.
2. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
3. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
5. **The Stamina® Intone Oval Fitness Trampoline is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in minor or moderate injury.**
7. All purchasers and all persons using the Stamina® Intone Oval Fitness Trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the Stamina® Intone Oval Fitness Trampoline, as well as being alert to the performer's own limitations in the execution of trampoline skills. Assembly Instructions, Safety Instructions, Trampoline Fundamentals, and Warning Labels are included to promote safe, enjoyable use of the Stamina® Intone Oval Fitness Trampoline. Make sure that it is properly assembled and tightened before use.
8. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
9. Place the Stamina® Intone Oval Fitness Trampoline on a level surface before use.
10. Use the Stamina® Intone Oval Fitness Trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
11. Do not place the Stamina® Intone Oval Fitness Trampoline on an elevated surface. The Stamina® Intone Oval Fitness Trampoline should be at floor level or ground level.
12. Inspect your Stamina® Intone Oval Fitness Trampoline before each use. Make sure the safety pad is correctly and securely positioned. Replace any worn, defective, or missing parts.
13. Make sure the floor or ground around the Stamina® Intone Oval Fitness Trampoline is clear of all objects that may cause injury if you step on them when dismounting.
14. Adequate overhead clearance is essential. Provide adequate clearance for ceilings, ceiling lights, ceiling fans, wires and tree limbs. Failure to provide adequate head clearance can result in head or neck injury. A minimum of 24 feet is recommended for outdoor trampolines.
15. Inspect the Resistance Tubes(22) for nicks and cuts before each use. Do not use tubes that are nicked or cut.
16. Do not allow children to use the Stamina® Intone Oval Fitness Trampoline. The Stamina® Intone Oval Fitness Trampoline is not a toy, it is for use by adults only. Use the trampoline only with mature knowledgeable supervision.  
**NOTE:** The TRAMPOLINE USE INSTRUCTIONS sign is a standard sign that is supplied to comply with ASTM F381. This sign indicates that trampolines are suitable for use by children over six years of age. However, the Stamina® Intone Oval Fitness Trampoline is not recommended for children of any age.
17. Lateral clearance is essential. Place the Stamina® Intone Oval Fitness Trampoline away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
18. Keep small children and pets away from the Stamina® Intone Oval Fitness Trampoline at all times including use and assembly of the Stamina® Intone Oval Fitness Trampoline.
19. The weight limit on the Stamina® Intone Oval Fitness Trampoline is 250 pounds.
20. Do not use the Stamina® Intone Oval Fitness Trampoline with socks only. Good traction is very important when mounting, using, and dismounting the Stamina® Intone Oval Fitness Trampoline. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.
21. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the Stamina® Intone Oval Fitness Trampoline.
22. The Stamina® Intone Oval Fitness Trampoline should be used by only one person at a time.
23. Remove any obstructions from beneath the Stamina® Intone Oval Fitness Trampoline.
24. The surface of the bed should be dry.
25. Be careful to maintain your balance when mounting, using, dismounting, or assembling the Stamina® Intone Oval Fitness Trampoline. Loss of balance may result in a fall and serious bodily injury.
26. Do not step on the safety pad when mounting, using or dismounting the Stamina® Intone Oval Fitness Trampoline.
27. Do not attempt any gymnastic or acrobatic maneuvers on the Stamina® Intone Oval Fitness Trampoline.
28. Stop exercising before attempting to dismount the Stamina® Intone Oval Fitness Trampoline. To avoid sprains and broken bones, come to a complete stop before dismounting.
29. Use the Stamina® Intone Oval Fitness Trampoline only as described in this manual.
30. Always store the Stamina® Intone Oval Fitness Trampoline indoors in a dry place.
31. Secure the Stamina® Intone Oval Fitness Trampoline against unauthorized and unsupervised use.

**EXTEND YOUR PARTS WARRANTY TO 180 DAYS FROM THE DATE OF PURCHASE. REGISTER YOUR PRODUCT.**



**NEED HELP?  
CONTACT US FIRST  
1 (800) 375-7520  
customer.care@staminaproducts.com**

Hi! From all of us here at Stamina Products, thank you for your purchase. We know that you have big fitness goals in mind and we are here to help you along. Call us, email us, or send us a message on Facebook. Be sure to contact us if you have any questions on your new product. We look forward to hearing from you!

With your body in mind,  
***Stamina Customer Care***

**To enact your extended warranty and to help us better serve you, please go online and register your new product.**

**register.staminaproducts.com**

It is quick and easy to register online, but if you're a little old school or just need a reason to raise that little flag on your mailbox, fill out the info on the last page of this manual and mail it in.



**ONLINE**

customer.care@staminaproducts.com  
www.staminaproducts.com



**TELEPHONE**

1 (800) 375-7520



**FAX**

(417) 889-8064



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ATTN: Customer Care  
2040 N Alliance Ave  
Springfield, MO 65803

 facebook.com/StaminaProducts  
facebook.com/AeroPilates

**CUSTOMER CARE HOURS:**  
Monday-Thursday, 7:30 AM-5:00 PM, Central Time  
Friday, 8:00 AM-3:00 PM, Central Time

## BEFORE YOU BEGIN

Thank you for choosing the **Stamina® Intone Oval Fitness Trampoline**. We take great pride in 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 **Stamina® Intone Oval Fitness Trampoline** 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. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See the next page for an image of the serial decal. Model number and serial number are required when

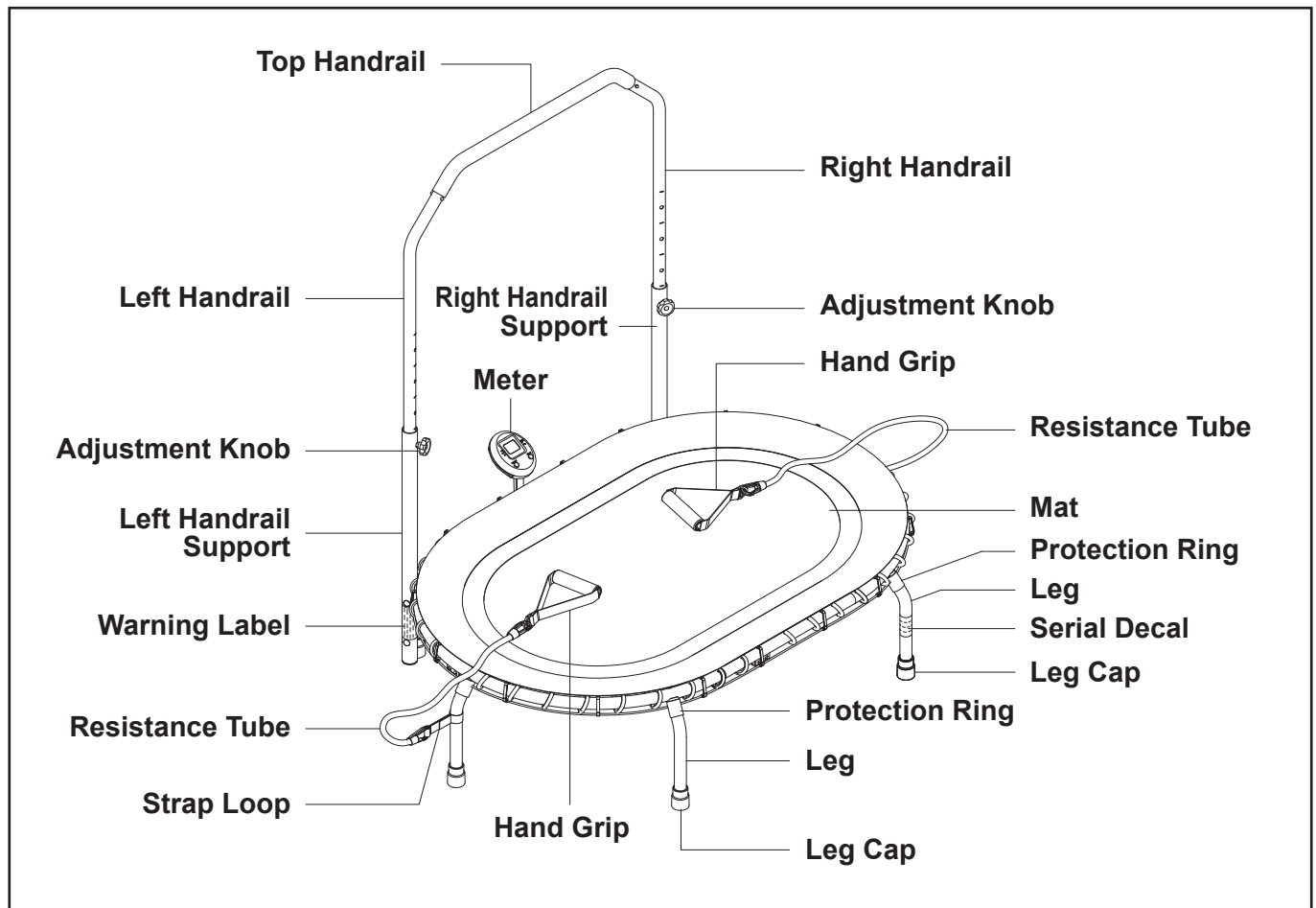
calling for assistance.

Read this manual carefully before using the **Stamina® Intone Oval Fitness Trampoline**.

Providing you with a quality product is Stamina's top priority. However, sometimes there could be a missing or incorrectly sized part. If you have any questions or problems with the parts included with your **Stamina® Intone Oval Fitness Trampoline**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please contact Customer Care for assistance. Call us toll free at 1-800-375-7520 (in the U.S.) or live chat on [staminaproducts.com](http://staminaproducts.com). Our Customer Care 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.

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



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :



Allen Wrench (5mm)



Wrench (14mm)

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Stamina® Intone Oval Fitness Trampoline**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

### WARNING LABEL(30)



**Do not attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed. Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries. Use trampoline only with mature, knowledgeable supervision. Misuse and abuse of this trampoline is dangerous. Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.**

**Keep others including children & pets away from equipment when in use.**

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

### SERIAL DECAL(37)

GUARANTEED PERFORMANCE



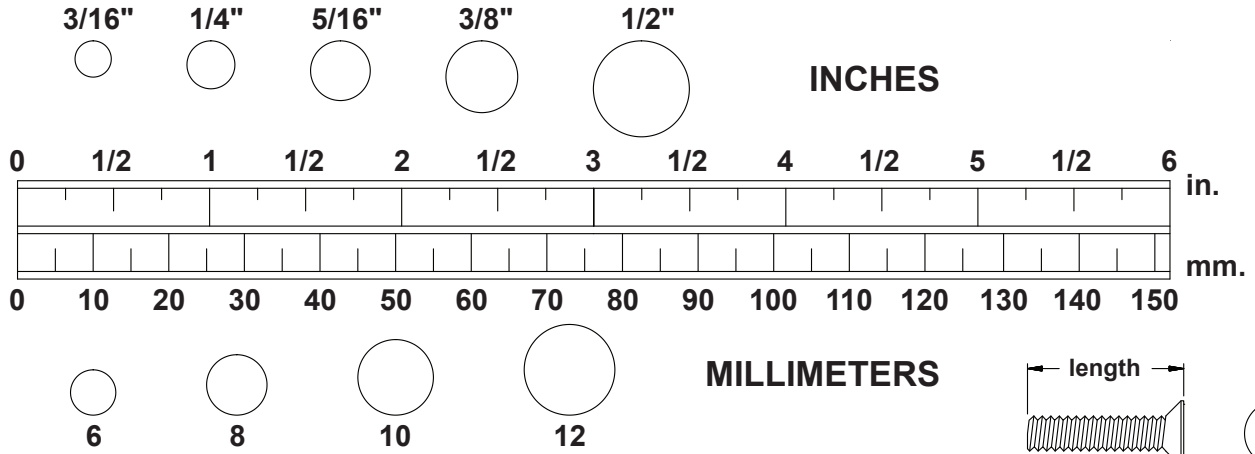
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MADE IN CHINA

Model #	Serial #
<b>35-1704B</b>	

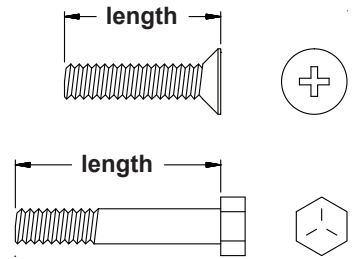
To best serve you, our Customer Care Representatives will need your serial number. For quick access, write in your serial number on the cover of the manual.

# HARDWARE IDENTIFICATION CHART

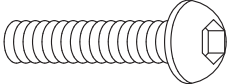

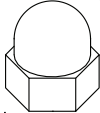

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**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
	24 Bolt, Button Head (M8 x 1.25 x 40mm)	6
	26 Arc Washer (M8)	4
	27 Acorn Nut (M8 x 1.25)	4
	35 Lock Washer (M8)	4



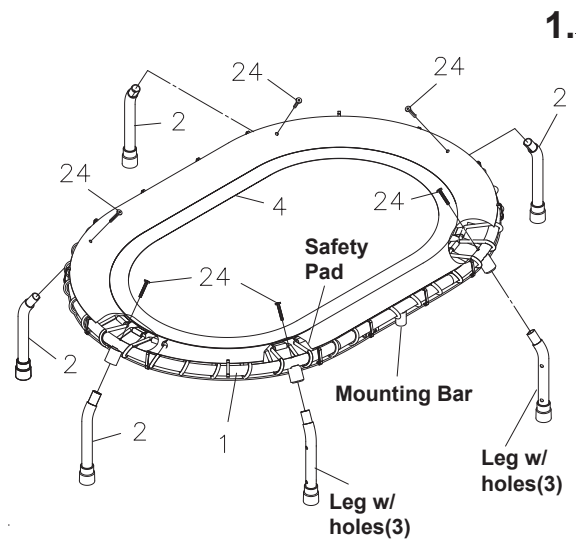
## ASSEMBLY INSTRUCTIONS

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 are missing a part, please go to [staminaproducts.com](http://staminaproducts.com) under the Customer Care section and order the part needed, e-mail us at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Care 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.

**Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.**

### STEP 1

Refer to illustration 1. The two **LEGS w/ holes(3)** must be attached to opposite sides of the **Mounting Bar** on the **RAIL FRAME(1)**. Insert the **LEGS w/ holes(3)** into the **RAIL FRAME(1)**, lift the **Safety Pad** and insert the **BUTTON HEAD BOLTS(M8x1.25x40mm)(24)** into the **RAIL FRAME(1)** to bolt the **LEGS w/ holes(3)** in position. Do the same to attach the other four **LEGS(2)** onto the **RAIL FRAME(1)** with **BUTTON HEAD BOLTS(M8x1.25x40mm)(24)**.



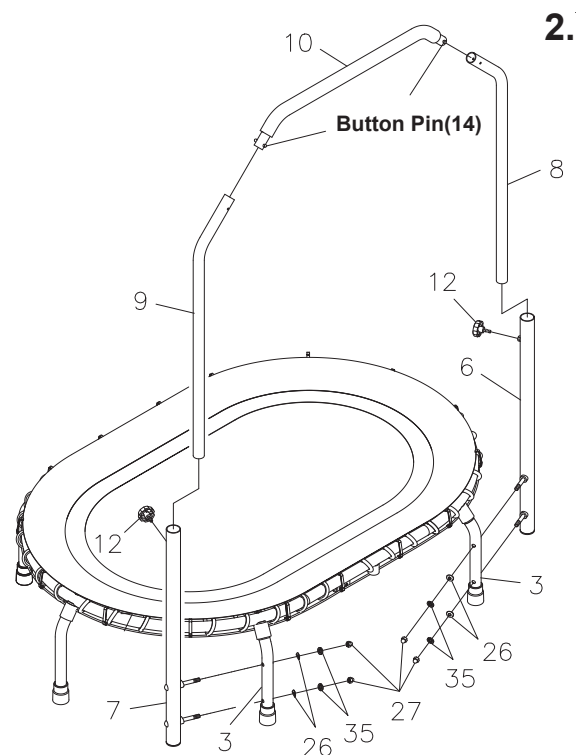
### STEP 2

Identify the **LEFT and RIGHT HANDRAIL SUPPORTS (6, 7)**, and the **LEFT and RIGHT HANDRAILS (8, 9)**. Refer to illustration 2. Attach the **LEFT and RIGHT HANDRAIL SUPPORTS (6, 7)** to the **LEGS w/ holes (3)** with **ARC WASHERS (M8) (26)**, **LOCK WASHERS (M8) (35)**, and **ACORN NUTS (M8x1.25) (27)**.

### STEP 3

Insert both ends of the **TOP HANDRAIL (10)** into the **LEFT and RIGHT HANDRAILS (8, 9)** and lock with the **BUTTON PINS (14)**. Insert the **LEFT and RIGHT HANDRAILS (8, 9)** into the **LEFT and RIGHT HANDRAIL SUPPORTS (6, 7)** and lock in position with the **ADJUSTMENT KNOBS (12)**.

**NOTE:** There are marks on the **HANDRAILS (8, 9)** to help to set the height of the handrail.





## ASSEMBLY INSTRUCTIONS

### STEP 4

Loosen the **LOCKING KNOB(28)** on the **SENSOR DETECTOR(18)** to allow the **MOUNTING BAR** to slide through the hole in the **SENSOR DETECTOR(18)**. Slide the **SENSOR DETECTOR(18)** onto the **MOUNTING BAR** and slide up until it touches the **RAIL FRAME(1)**. Adjust the position of the **SENSOR DETECTOR(18)** so that the tip is slightly touching the bottom of the **MAT(4)**. Be sure the **SENSOR DETECTOR(18)** is not pressed firmly against the bottom of the mat or bent downward. If it is not adjusted correctly, there is a chance that the **SENSOR DETECTOR(18)** won't work properly or that the arm will break during use. Lock the **SENSOR DETECTOR(18)** in position with the **LOCKING KNOB(28)**.

### STEP 5

Install a AA battery into the **METER(20)**, battery is not included. See page 12 for detailed battery installation instructions. Slide the **METER(20)** onto the **MOUNTING BRACKET(19)**. Plug the sensor wire on the **SENSOR DETECTOR(18)** into the back of the **METER(20)**.

### STEP 6

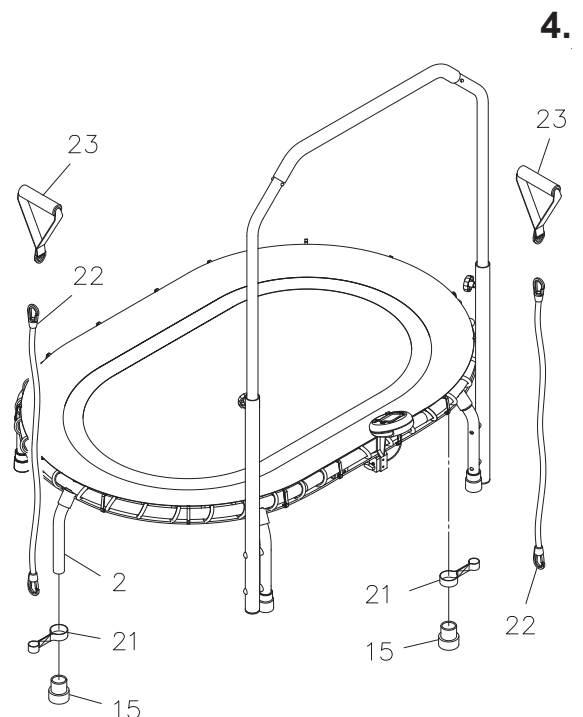
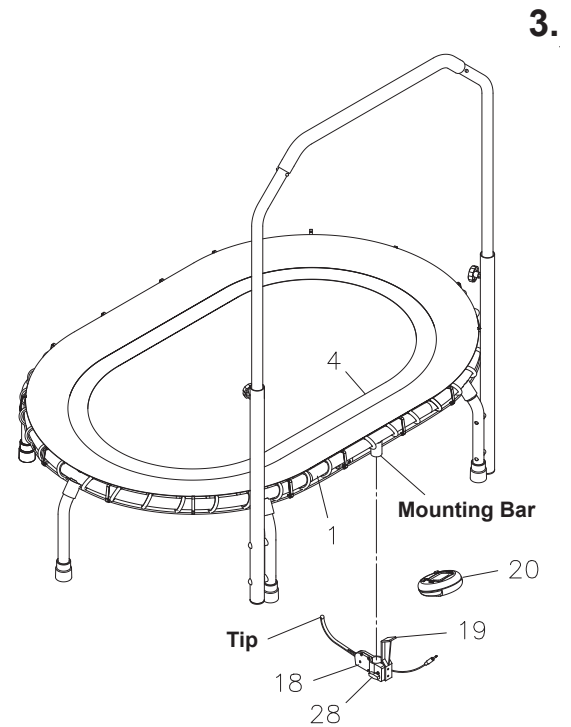
Remove the **LEG CAPS(15)** from the two **LEGS(2)** as shown in illustration 4. Slide the **STRAP LOOPS(21)** on the **LEGS(2)**. Press the **LEG CAPS(15)** back on the **LEGS(2)**. Hook the **RESISTANCE TUBES(22)** to the **STRAP LOOPS(21)**. Hook the **HAND GRIPS(23)** to the other ends of the **RESISTANCE TUBES(22)**.

### STEP 7

Stand on the trampoline to make all the **LEGS(2, 3)** and the **HANDRAIL SUPPORTS(6, 7)** sit flat on the floor.

### STEP 8

Post the **USE INSTRUCTIONS SIGN(32)** in a highly visible and safe location. The **USE INSTRUCTIONS SIGN(32)** shall be placed such that it will be readily visible to the intended viewer.



## USE INSTRUCTIONS

### INSTALLATION INSTRUCTIONS

1. Adequate overhead clearance is essential. When using your **Stamina® Intone Oval Fitness Trampoline**, be sure to provide clearance for ceiling height, ceiling lights, ceiling fans, wires, tree limbs, and other possible hazards.
2. Lateral clearance is essential. Place the trampoline away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
3. Place the trampoline on a level surface.
4. Use the trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
5. Secure the trampoline against unauthorized and unsupervised use.
6. Remove any obstructions from beneath the trampoline.
7. The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions.

### CARE AND MAINTENANCE

Inspect the **Stamina® Intone Oval Fitness Trampoline** before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

1. Missing, improperly positioned, or insecurely attached frame padding.
2. Punctures, frays, tears, or holes in the bed, elastic bands, or frame padding.
3. Inspect the resistance tubes for nicks and cuts. Replace damaged resistance tubes.
4. Deterioration in the stitching or fabric of the bed or frame padding.
5. Ruptured or damaged bungee cords.
6. A bent or broken frame.
7. A sagging bed.
8. Sharp protrusions on the frame or suspension system.

## USE INSTRUCTIONS

### USING THE RESISTANCE TUBES

1. Use with **HAND GRIPS(23)** during your workout or while standing stationary on the **Stamina® Intone Oval Fitness Trampoline**.
2. Clip one end of each **RESISTANCE TUBE(22)** to the **STRAP LOOPS(23)** located on the legs of either side of the trampoline and hook the **HAND GRIPS(23)** to the other ends of the **RESISTANCE TUBES(22)**.
3. The **RESISTANCE TUBES(22)** are detachable so they can be used alone without the **Stamina® Intone Oval Fitness Trampoline** for total body strength training just as the **Stamina® Intone Oval Fitness Trampoline** can be used without the **RESISTANCE TUBES(22)**.

**NOTE:** Inspect the resistance tubes for nicks and cuts before each use. Replace damaged resistance tubes.

### RESISTANCE TUBE SAFE PRODUCT USAGE:

- Do not use Resistance Tube for anything other than the intended purpose as demonstrated in the exercise chart or workout DVD. NEVER stretch the Resistance Tube more than two times the band length. Overstretching the Resistance Tube can cause the tube to separate from the handle resulting in serious injury to your eyes and/or other body parts.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. User assumes the risk when using this product. Manufacturer/distributor shall not be held liable for any injury or damage that may occur while using Resistance Tube.
- Never pull the Resistance Tube toward your face or head. As with any other resistance tube, always use extreme caution to protect your eyes when using the resistance/stretch bands. You may wish to wear protective eyewear such as safety goggles to prevent serious damage if you lose your grip on the handles or the resistance tube breaks, snaps, or recoils.
- The Resistance Tube is not a toy. Do not allow children or pets to use or play with the Resistance Tube. Keep all children and pets away from the Resistance Tube during use.
- Because the Resistance Tube has elastic properties, bands may snap toward you if they break during use or are released while under stress. This can result in serious injury to your eyes and/or other body parts.
- Use the Resistance Tube ONLY for the intended use as described by the manufacturer. DO NOT modify the Resistance Tube/Stretch Band or use attachments not recommended by the manufacturer. Misuse or abuse of the Resistance Tube may cause damage to the product and/or result in serious bodily injury.
- Always use the Resistance Tube in an open area free of furniture or other items that could get in the way while exercising.
- Before using the Resistance Tube, remove all objects from your body and clothing that could puncture the Resistance Tube. For example, remove all jewelry (rings, watches, etc...) clothing with pins, belts, and items in pockets (keys, pens, pencils, etc...).
- It is extremely important that you examine the Resistance Tube before each use. Closely examine the bands for nicks, tears, punctures and other flaws. If you find any flaws, do not use the product.
- Always use smooth, controlled movements and never release the Resistance Tube while they are under tension.
- The Resistance Tube should only be used indoors – the Resistance Tube is not intended for outdoor use.
- Never use the Resistance Tube with wet or greasy hands. Grip the Resistance Tube securely to prevent it from slipping out of your hands. Losing your grip can cause the Resistance Tube to snap resulting in serious injury to your eyes and/or other body parts.

### To keep your Resistance Tube in good condition, follow these easy steps:

- Do not attempt to patch or repair the Resistance Tube if punctured or cut.
- Clean the Resistance Tube with water or very mild soap. Harsh cleaning products may damage the Resistance Tube.
- Avoid prolonged exposure to heat sources such as direct sunlight, lamps, heaters, and furnaces.
- Store the Resistance Tube in a cool dry area and place on a protective surface when not in use.

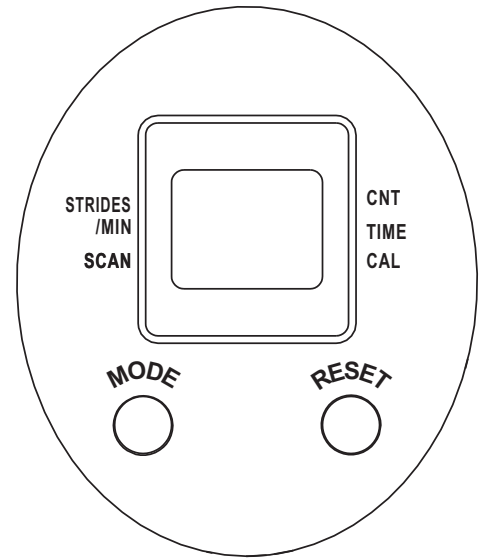
## USE INSTRUCTIONS

### USING THE FITNESS METER

**POWER ON :** Bounce on the trampoline or press any button.  
**POWER OFF :** Automatically shuts off after four minutes of inactivity.

#### FUNCTION BUTTONS:

**MODE :** Press to select the function of the lower readout.  
**RESET :** To reset all functions to zero.



#### FUNCTIONS:

**COUNT :** Upper readout displays the total number of strides you have taken from zero to 9999 strides.

**SCAN:** Automatically scans each function of **TIME, CALORIE, STRIDES/MIN** in sequence with change every six seconds.

**TIME:** Displays the workout time from one second up to 99:59 minutes.

**STRIDES/MIN:** Displays the rate of strides per minute.

**CALORIE:** Displays the calorie burned from zero to 9999 Kcal.

The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

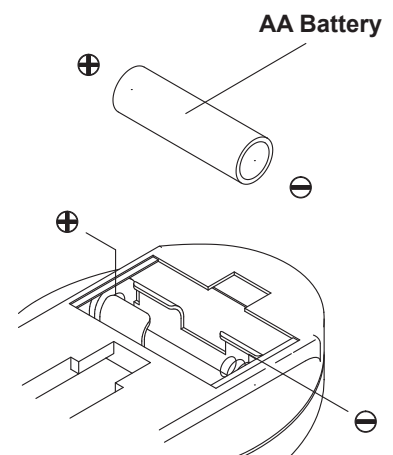
- NOTE:**
1. The meter will stop counting time automatically after six seconds of inactivity. All function values will be kept. Restart the meter by bouncing on the trampoline or press any button.
  2. The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the RESET button to reset all functions to zero.

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with a AA battery (1.5V each), the battery is not included. Refer to the illustration to install or replace the battery.

#### NOTE:

1. Rechargeable batteries are not recommended.
2. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
3. **Do not dispose of batteries in fire.**



## **USE INSTRUCTIONS**

### **WARNING**

1. Do not attempt or allow somersaults. Serious injuries, paralysis, or death may result.
2. Do not allow more than one person on the trampoline at a time.
3. Use trampoline only with mature, knowledgeable supervision.
4. Trampoline is not a toy, it is for use by adults only.
5. Inspect before use. Keep frame padding in place.
6. Climb on and off the trampoline. Do not use the trampoline as a springboard.
7. Stop bounce by flexing knees as feet come in contact with the bed.
8. Learn fundamental bounces and body positions thoroughly.
9. Avoid bouncing too high. Maintain control.
10. While keeping the head erect, focus eyes on the trampoline toward the perimeter.
11. Bounce in the center of the bed.
12. Avoid bouncing when tired.
13. Secure the trampoline against unauthorized use.
14. Keep objects away which could interfere with the performer.
15. Do not use the trampoline while under the influence of alcohol or drugs.
16. For equipment information, contact the manufacturer.
17. For skill training, contact a trainer certification organization.
18. Do not use when trampoline is wet or in windy conditions.
19. Read instructions before 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.

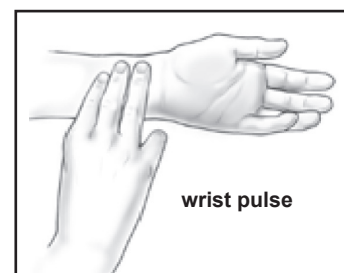
Remember to follow these essentials:

- 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

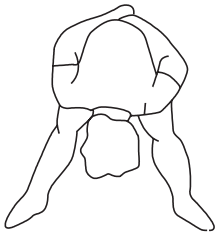
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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.

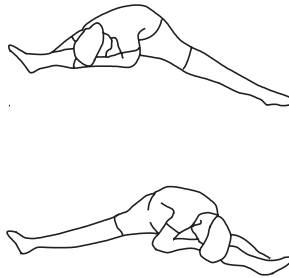
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



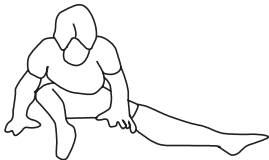
#### Lower Body Stretch

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.



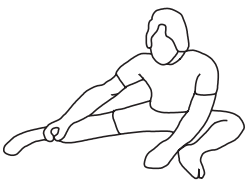
#### Floor Stretch

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.

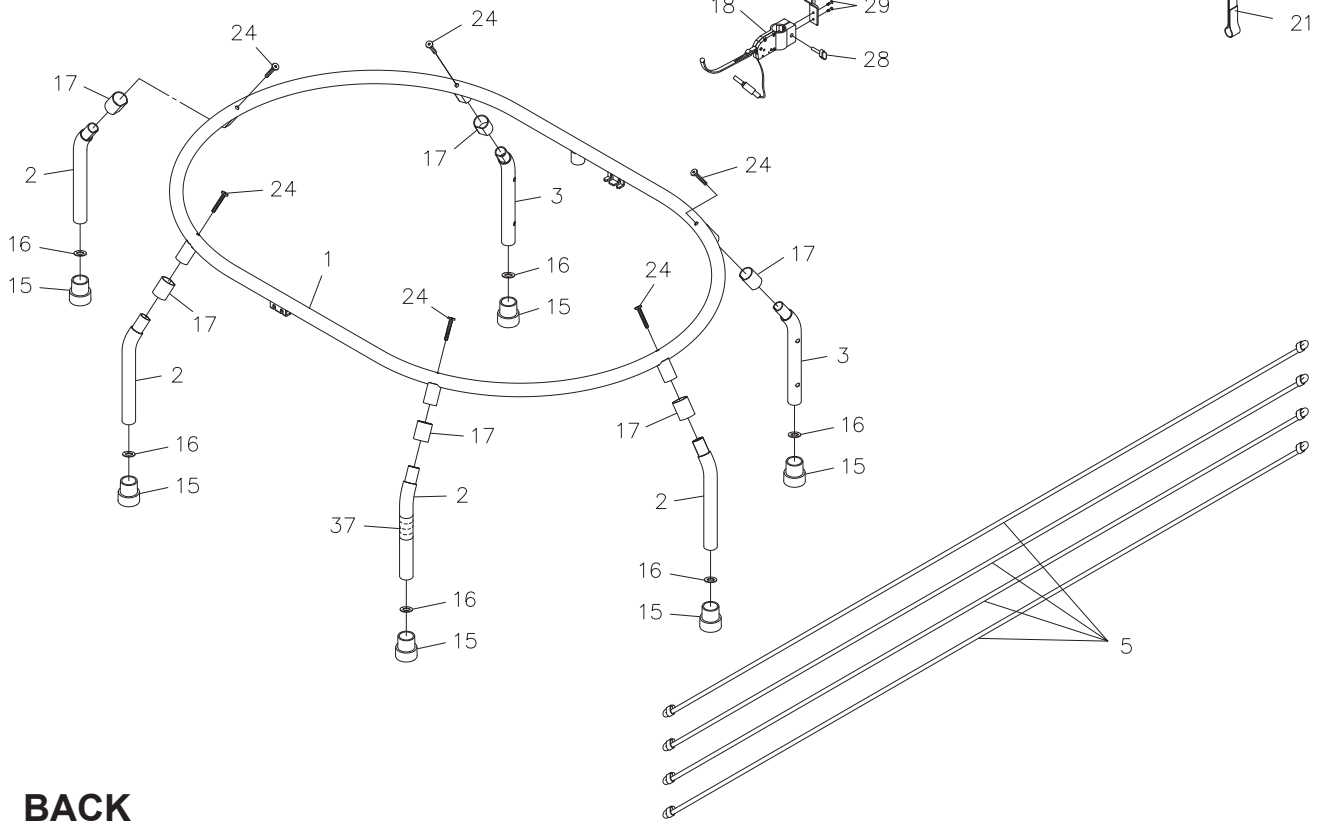
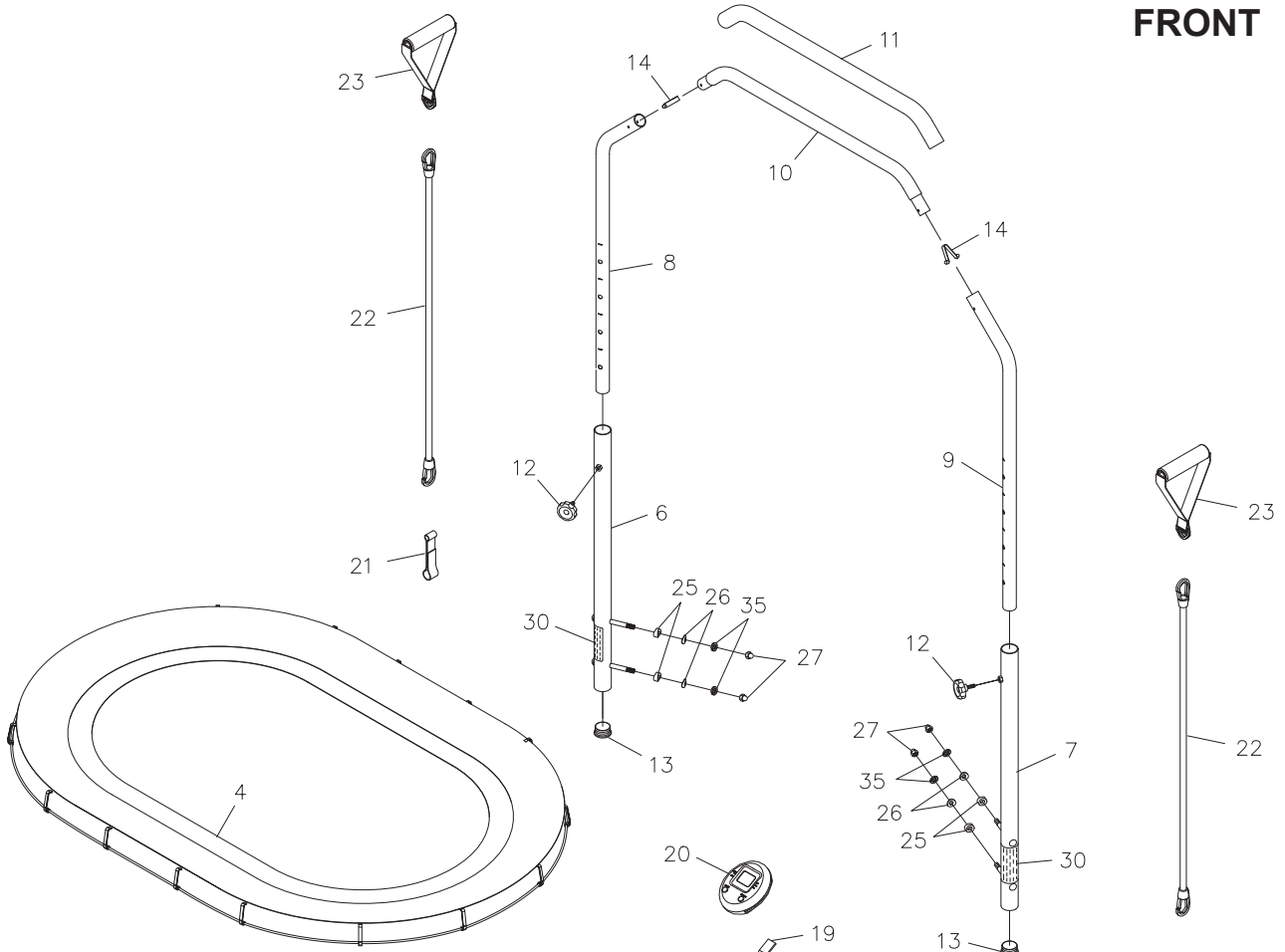
**Remember to always check with your physician before starting any exercise program.**

**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

FRONT



BACK

## PARTS LIST

PART#	PART NAME	QTY
1	Rail Frame	1
2	Leg	4
3	Leg w/ holes	2
4	Mat	1
5	Bungee Cord	4
6	Left Handrail Support	1
7	Right Handrail Support	1
8	Left Handrail	1
9	Right Handrail	1
10	Top Handrail	1
11	Foam Grip	1
12	Adjustment Knob	2
13	Round Plug (31.8mm)	2
14	Button Pin	2
15	Leg Cap	6
16	Cap Washer	6
17	Protection Ring	6
18	Sensor Detector	1
19	Mounting Bracket	1
20	Meter	1
21	Strap Loop	2
22	Resistance Tube	2
23	Hand Grip	2
24	Bolt, Button Head (M8 x 1.25 x 40mm)	6
25	Spacer	4
26	Arc Washer (M8)	4
27	Acorn Nut (M8 x 1.25)	4
28	Locking Knob	1
29	Screw, Round Head (M3 x 10mm)	2
30	Warning Label	2
31	Allen Wrench (5mm)	1
32	Wrench (14mm)	1
33	Use Instructions Sign (Not Shown)	1
34	Manual	1
35	Lock Washer (M8)	4
36	Workout DVD	1
37	Serial Decal	1

## LIMITED WARRANTY

MODEL 35-1704B

### WARRANTY

Stamina Products, Inc. ("Stamina") warrants to the original purchaser that this product will be free from defects in materials and workmanship that arise under normal use, service, proper assembly and proper operation in accordance with product warnings/instructions for a period of 90 days on the parts and one year 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 COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY KIND OR TO ANY DEFECT OR CHANGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS NOT PROVIDED BY STAMINA.** Commercial use includes use of product in athletic clubs, health clubs, spas, gyms, and all other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal purposes.

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. 2040 N Alliance Ave, Springfield, Missouri, USA, MO 65803, or email us at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com), 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 (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** These warranties are 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.** If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina'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 **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

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## TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at [customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com) or by phone at 1-800-375-7520 (in the U.S.). Our customer care representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



**ONLINE  
CUSTOMER CARE**  
customer.care@staminaproducts.com  
www.staminaproducts.com



**TELEPHONE  
CUSTOMER CARE**  
Tel: 1 (800) 375-7520



**FAX  
CUSTOMER CARE**  
Fax: (417) 889-8064



**MAIL**  
**STAMINA PRODUCTS, INC.**  
ATTN: Customer Care  
2040 N Alliance Ave, Springfield, MO 65803

Would you like to receive email information or special offers from Stamina Products? Register at [contact.staminaproducts.com](http://contact.staminaproducts.com)

## TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to [register.staminaproducts.com](http://register.staminaproducts.com). Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer care at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; 2040 N Alliance Ave, Springfield, MO 65803.

<b>PRODUCT REGISTRATION FORM</b>		<b>Stamina Products, Inc.</b> 2040 N Alliance Ave, Springfield, MO 65803	
Model Number: .....		Serial Number: .....	
Product Name: .....			
Place Purchased: .....			
Date of Purchase: .....		Purchase Price: .....	
First Name: .....		Last Name: .....	
City: .....	State: .....	Phone #: (     ) .....	Zip Code: .....
Email Address: .....		Phone #: (     ) .....	
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> No *If yes, be sure your email address is included above.			



Detach and Mail or Fax the Form Above



## TO ORDER PARTS

If there are missing or damaged parts, you can go to [parts.staminaproducts.com](http://parts.staminaproducts.com) and order those parts. If you have questions, please contact customer care. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



<b>PARTS ORDER FORM</b>		<b>Stamina Products, Inc.</b> 2040 N Alliance Ave, Springfield, MO 65803	
Mr./Ms: .....			
Address: .....		Apt. #: .....	
City: .....	State: .....	Zip Code: .....	
<b>IMPORTANT : We require your phone number to process the order!</b>			
Phone #: (     ) .....		Work Phone #: (     ) .....	
Date of Purchase: .....			
Model #: .....			
Purchased From: .....			
<b>IMPORTANT: Before filling out the portion below, make sure you have the correct information. Refer to the parts list to make sure you're ordering the right parts!</b>			
PART #	DESCRIPTION	QUANTITY	
EXAMPLE: 1	Rear Unit Assembly	1	