

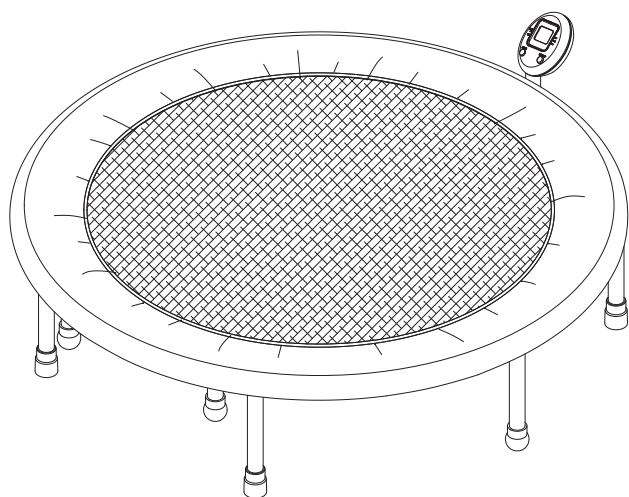
STAMINA®

CIRCUIT TRAINER TRAMPOLINE

Owner's Manual

Assembly, 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.

This Product is Distributed Exclusively by



2040 N. ALLIANCE, SPRINGFIELD, MO 65803

Customer Care

1 (800) 375-7520

www.staminaproducts.com

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2021, 02

⚠ 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. Always use two or more strong people to unfold and fold the trampoline. When unfolding, the rails will try to spring back into the folded position. **FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE.**
4. Use trampoline only with mature knowledgeable supervision.
5. Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.
6. If you feel faint or dizzy, immediately discontinue use of this equipment.
7. Keep others and pets away from equipment when in use.
8. Always make sure all parts are securely tightened prior to each use.
9. Weight on this trampoline should not exceed 250 lbs.
10. 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.

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

Model#: 35-1681C

S/N: _____

United States and/or International patents apply and/or are pending.

See www.staminaproducts.com for details.

MADE IN CHINA



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

⚠ 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® Circuit Trainer Trampoline.

1. Save these instructions and ensure that other exercisers read this manual prior to using the Stamina® Circuit Trainer 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.
 4. When unfolding or folding the trampoline, the rails will try to spring into the folded position.
 5. Always use two or more strong people to unfold or fold the Stamina® Circuit Trainer Trampoline. Failure to use two or more strong people may allow the rails to spring back into the folded position and strike someone which can cause serious bodily injury or death.
 6. The Stamina® Circuit Trainer 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® Circuit Trainer Trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the Stamina® Circuit Trainer 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® Circuit Trainer 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® Circuit Trainer Trampoline on a level surface before use.
 10. Use the Stamina® Circuit Trainer Trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
 11. Do not place the Stamina® Circuit Trainer Trampoline on an elevated surface. The Stamina® Circuit Trainer Trampoline should be at floor level or ground level.
 12. Inspect your Stamina® Circuit Trainer 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® Circuit Trainer 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. Do not allow children to use the Stamina® Circuit Trainer Trampoline. The Stamina® Circuit Trainer 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® Circuit Trainer Trampoline is not recommended for children of any age.
16. Lateral clearance is essential. Place the Stamina® Circuit Trainer Trampoline away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
 17. Keep small children and pets away from the Stamina® Circuit Trainer Trampoline at all times including use and assembly of the Stamina® Circuit Trainer Trampoline.
 18. The weight limit on the Stamina® Circuit Trainer Trampoline is 250 pounds.
 19. Do not use the Stamina® Circuit Trainer Trampoline with socks only. Good traction is very important when mounting, using, and dismounting the Stamina® Circuit Trainer Trampoline. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.
 20. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the Stamina® Circuit Trainer Trampoline.
 21. The Stamina® Circuit Trainer Trampoline should be used by only one person at a time.
 22. Remove any obstructions from beneath the Stamina® Circuit Trainer Trampoline.
 23. The surface of the bed should be dry.
 24. Be careful to maintain your balance when mounting, using, dismounting, or assembling the Stamina® Circuit Trainer Trampoline. Loss of balance may result in a fall and serious bodily injury.
 25. Do not step on the safety pad when mounting, using or dismounting the Stamina® Circuit Trainer Trampoline.
 26. Do not attempt any gymnastic or acrobatic maneuvers on the Stamina® Circuit Trainer Trampoline.
 27. Stop exercising before attempting to dismount the Stamina® Circuit Trainer Trampoline. To avoid sprains and broken bones, come to a complete stop before dismounting.
 28. Use the Stamina® Circuit Trainer Trampoline only as described in this manual.
 29. Always store the Stamina® Circuit Trainer Trampoline indoors in a dry place.
 30. Secure the Stamina® Circuit Trainer Trampoline against unauthorized and unsupervised use.
 31. Remove the safety pad before folding the Stamina® Circuit Trainer Trampoline for storage. Failure to remove the safety pad before folding will result in damage to the safety pad.

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



MAIL

Stamina Products, Inc.
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® Circuit Trainer 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® Circuit Trainer 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

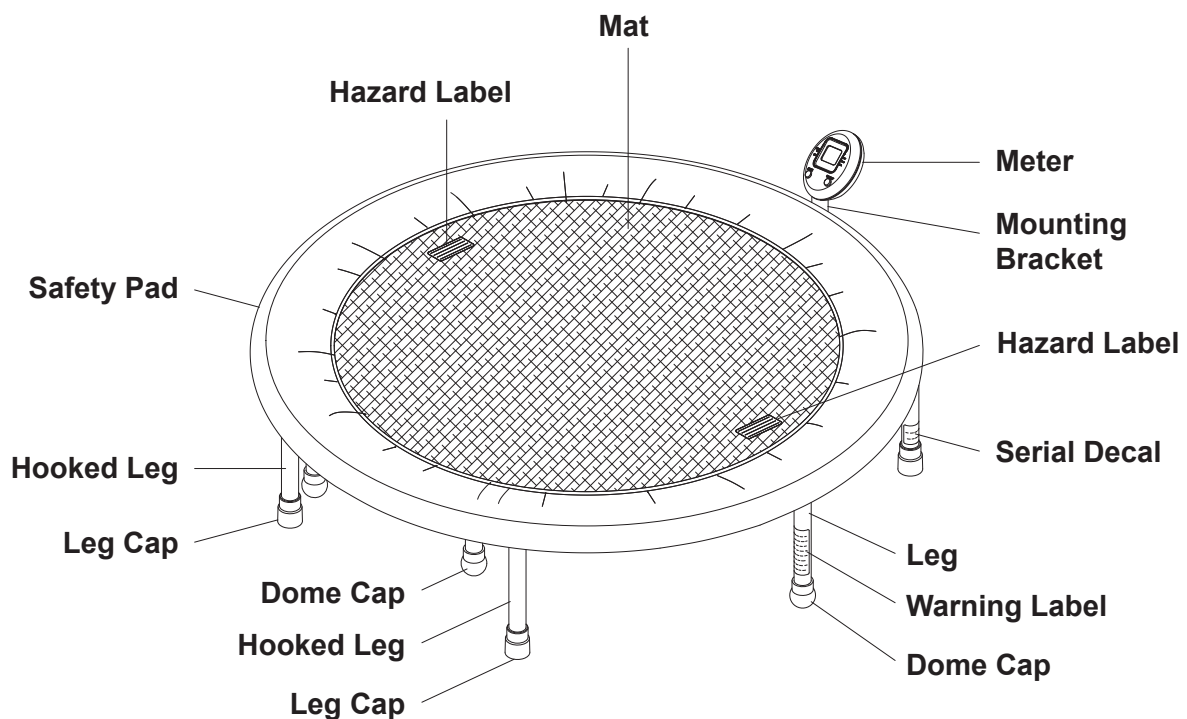
calling for assistance.

Read this manual carefully before using the **Stamina® Circuit Trainer 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® Circuit Trainer 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. 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.



EQUIPMENT WARNING, CAUTION & NOTICE LABELS

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

WARNING LABEL(25)



WARNING DECAL(27)



PINCH POINT DECAL(31)



HAZARD LABEL(26)



SERIAL DECAL(32)



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.

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 under the Customer Care section and order the part needed, e-mail us at 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.

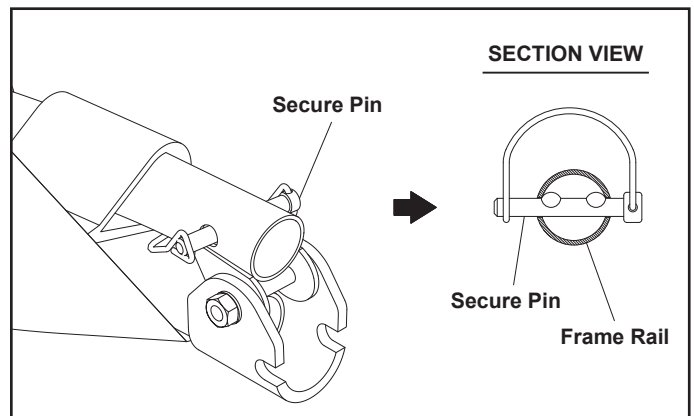
Some product parts are fit tested at the factory to ensure proper fit and alignment. Marks in the paint may be noticeable, but are not an indication of damage.

⚠ WARNING

1. **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® CIRCUIT TRAINER TRAMPOLINE. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.**
2. **Keep children away from the Stamina® Circuit Trainer Trampoline during assembly.**
3. **Keep fingers away from the ends of the rails in the hinge area when unfolding the Stamina® Circuit Trainer Trampoline. The Stamina® Circuit Trainer Trampoline will snap into the unfolded position. Serious injury can occur if fingers are caught between the ends of the RAILS.**
4. **The SAFETY PAD(6) must be installed before using the Stamina® Circuit Trainer Trampoline.**

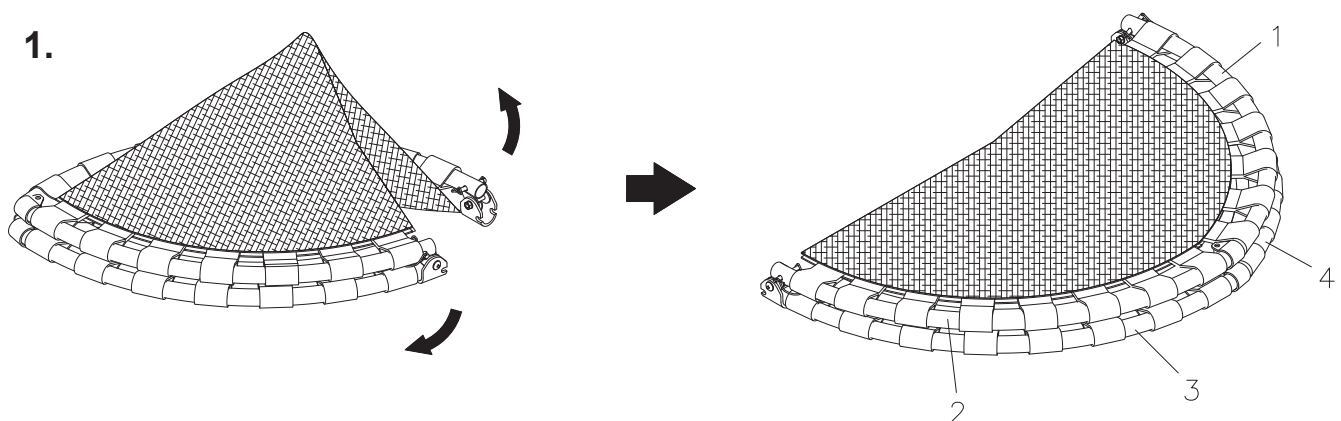
NOTE:

BEFORE assembly, verify that the **SECURE PINS(14)** are properly inserted into the Frame Rail on both sides. The two protrusions must be assembled inside the Frame Rail as shown in the **SECTION VIEW** of the illustration. Otherwise, it could damage the **SECURE PINS(14)** during Assembly Step 2.



STEP 1

Lay the trampoline on the floor. The trampoline will appear as shown in illustration 1.



ASSEMBLY INSTRUCTIONS

STEP 2

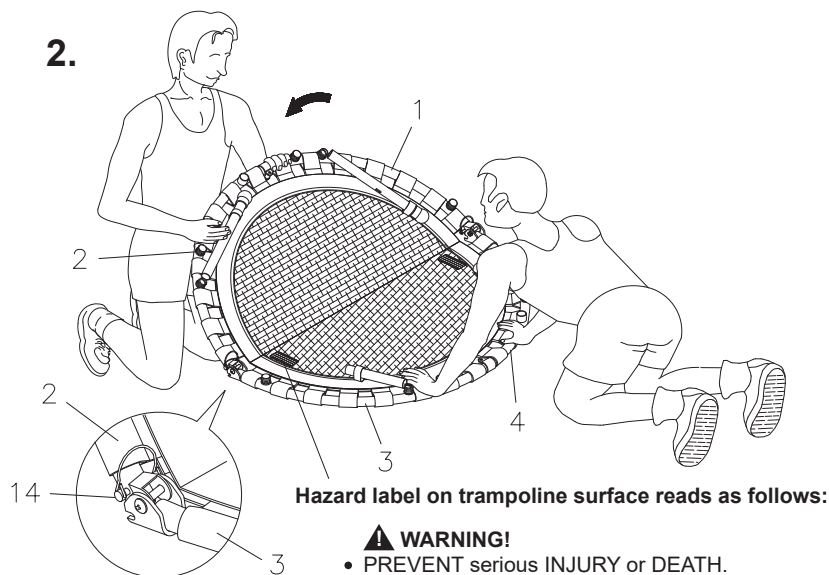
NOTE: Make sure the **SECURE PINS(14)** are inserted into the ends of **RAILS(1, 2)** and properly secured by the Wire Ring. Both ends of the **SECURE PINS(14)** should have approximately 1/8 inch between the **RAILS(1, 2)** and the Wire Ring. Refer to illustration 2.

STOP!

⚠ WARNING

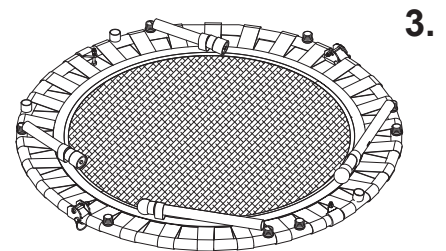
- **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® CIRCUIT TRAINER TRAMPOLINE. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.**
- Keep fingers away from the ends of the rails in the hinge area when unfolding the **Stamina® Circuit Trainer Trampoline**. Serious injury can occur if fingers are caught between the ends of the **RAILS**.

Hold **RAILS(3, 4)** and push down on **RAILS(1, 2)** to unfold the **Stamina® Circuit Trainer Trampoline** to the flat position. The **RAILS(1, 4)** and **RAILS(2, 3)** should snap together and be locked by the **SECURE PINS(14)** when you reach the flat position. Refer to illustration 3.



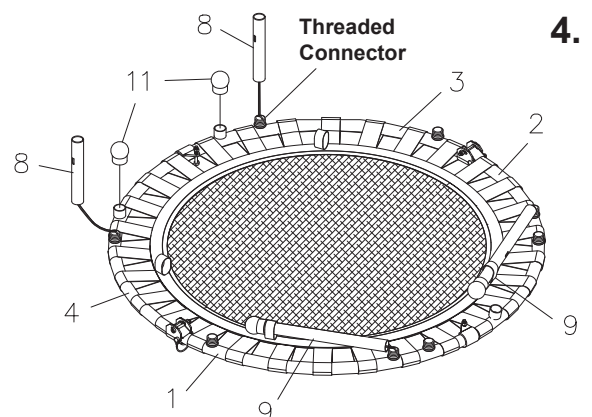
⚠ WARNING!

- PREVENT serious INJURY or DEATH.
- Rails can SPRING back and STRIKE someone.
- ALWAYS fold and unfold carefully with TWO or more STRONG people.
- Do NOT remove this tag.



STEP 3

Refer to illustration 4. Screw the **HOOKED LEGS(8)** into the threaded connectors on the rail frame. Press the **DOMES CAPS(11)** onto the **RAILS(3, 4)**.



ASSEMBLY INSTRUCTIONS

STEP 4

Refer to illustration 5. To install the **SAFETY PAD(6)**, first, slide the **SAFETY PAD(6)** over the two **HOOKED LEGS(8)**, make the **HOOKED LEGS(8)** completely go through the holes in the **SAFETY PAD(6)**. Second, install the **SAFETY PAD(6)** on to Threaded Connector **B**. Third, slide the **SAFETY PAD(6)** over the rail frame, make the holes in **SAFETY PAD(6)** fit over Threaded Connectors **A, C, and D**.

HINT: After sliding the **SAFETY PAD(6)** over the two **HOOKED LEGS(8)**, the next hole installed should be on the connector on the opposite side of the trampoline.

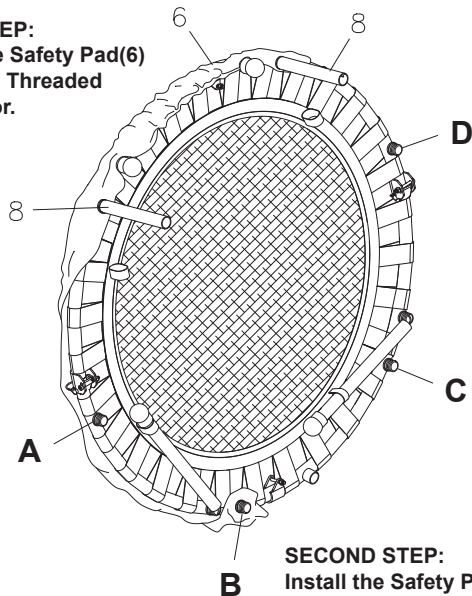
CAUTION: The **SAFETY PAD(6)** must be securely attached to the rail frame in the correct position. All six (6) holes in the **SAFETY PAD(6)** must fit over the two **HOOKED LEGS(8)** and the four Threaded Connector **A, B, C, and D** on the rail frame as shown in illustration 6. The **SAFETY PAD(6)** must also cover the elastic bands on the **MAT(5)** as shown in illustration 8 on the following page.

STEP 5

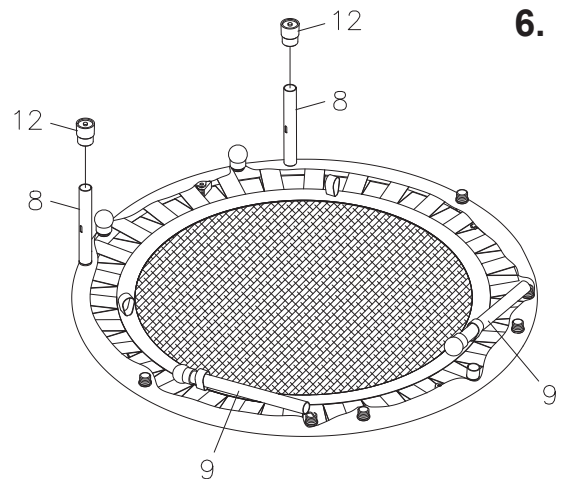
Refer to illustration 6. Press the **LEG CAPS(12)** onto the **HOOKED LEGS(8)**.

5.

FIRST STEP:
Install the Safety Pad(6)
on to this Threaded
Connector.



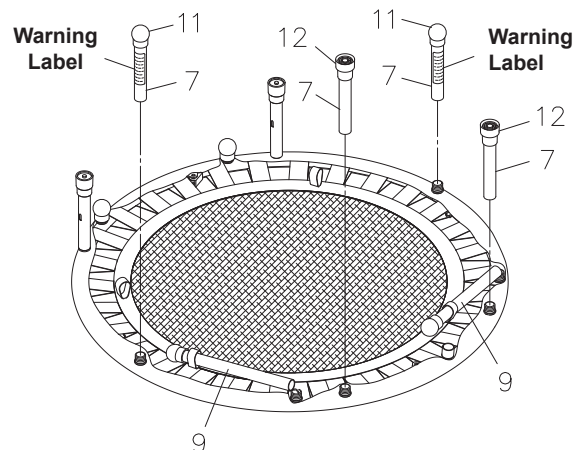
6.



7.

STEP 6

Refer to the position of the legs as shown in illustration 7. First, screw the two **LEGS(7)** with **DOME CAPS(11)** and Warning Labels on sides opposite from each other. Next, attach the **LEGS(7)** with **LEG CAPS(12)** into the threaded connectors on the rail frame.



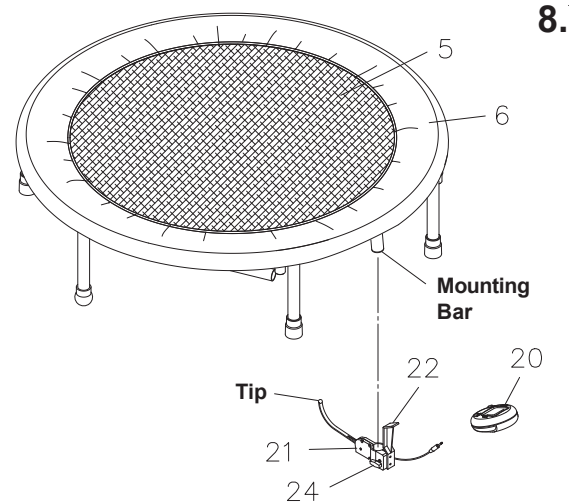
ASSEMBLY INSTRUCTIONS

STEP 7: Place the trampoline in the normal use position. Loosen the **LOCKING KNOB(24)** on the **SENSOR DETECTOR(21)**. Slide the **SENSOR DETECTOR(21)** onto the mounting bar and slide up until it touches the rail frame. Adjust the position of the **SENSOR DETECTOR(21)** so that the tip is slightly touching the bottom of the **MAT(5)**. Be sure the **SENSOR DETECTOR(21)** 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(21)** won't work properly or that the arm will break during use. Lock the **SENSOR DETECTOR(21)** in position with the **LOCKING KNOB(24)**.

STEP 8: Install a AA battery into the **METER(20)**, battery is not included. See page 13 for detailed battery installation instructions. Slide the **METER(20)** onto the **MOUNTING BRACKET(22)**. Plug the sensor wire on the **SENSOR DETECTOR(21)** into the back of the **METER(20)**.

STEP 9: Make sure that the **SAFETY PAD(6)** covers the Elastic Bands on the **Stamina® Circuit Trainer Trampoline**. Stand on the trampoline to make all six legs set flat on the floor.

⚠ WARNING The **SAFETY PAD(6)** must be securely attached to the frame before using the trampoline. It must be properly positioned as shown in illustration 8.



STEP 10: Post the **USE INSTRUCTIONS SIGN(29)** in a highly visible and safe location. The **USE INSTRUCTIONS SIGN(29)** shall be placed such that it will be readily visible to the intended viewer.

INSTALLATION INSTRUCTIONS

1. Adequate overhead clearance is essential. When using your **Stamina® Circuit Trainer 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® Circuit Trainer 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. Deterioration in the stitching or fabric of the bed or frame padding.
4. Ruptured or damaged elastic bands.
5. A bent or broken frame.
6. A sagging bed.
7. Sharp protrusions on the frame or suspension system.

USE INSTRUCTIONS

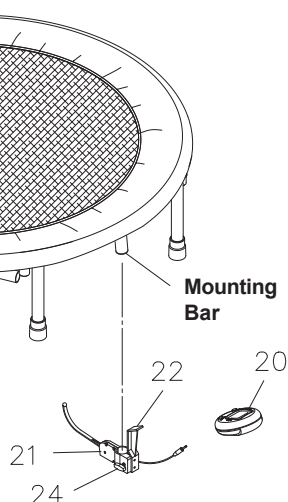
TRAMPOLINE MODE AND INCLINE MODE

Your **Stamina® Circuit Trainer Trampoline** can be used in the **INCLINED** mode or the **TRAMPOLINE** mode. When the trampoline bed is horizontal, your **Stamina® Circuit Trainer Trampoline** is in the **TRAMPOLINE** mode. When the trampoline bed is adjusted at an angle, your **Stamina® Circuit Trainer Trampoline** is in the **INCLINE** mode for use with a medicine ball. Please see the following steps to switch from the **TRAMPOLINE** mode to the **INCLINE** mode.

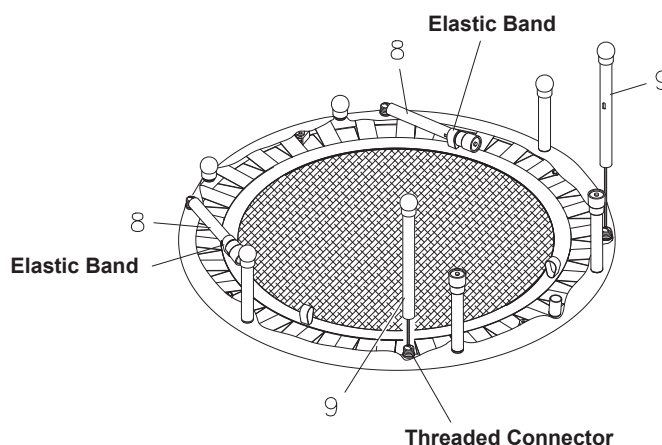
STEP 1: Unplug the sensor wire from back of the **METER(20)**. Remove the **METER(20)** from the **MOUNTING BRACKET(22)**. Unscrew the **LOCKING KNOB(24)** and remove the **SENSOR DETECTOR(21)** from the mounting bar.

STEP 2: Refer to illustration **R2**. Unscrew the two **HOOKED LEGS(8)** from the trampoline. Fold the **HOOKED LEGS(8)** down and secure in folded position with the elastic Bands. Unfold the **LONG HOOKED LEGS(9)** and screw the **LONG HOOKED LEGS(9)** into the threaded connectors on the rail frame.

R1

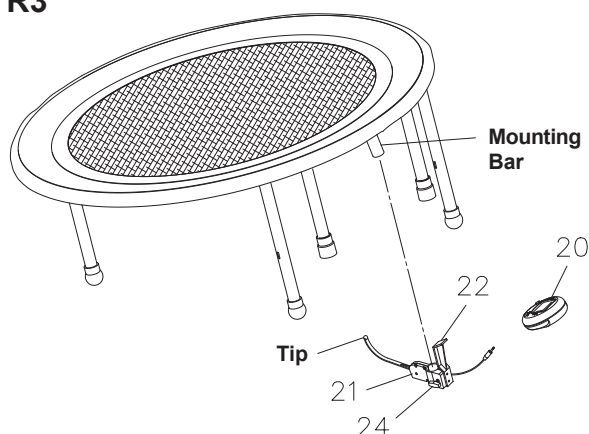


R2

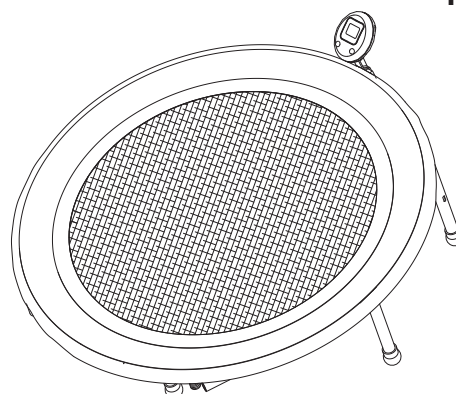


STEP 3: Place the trampoline in the normal use position. Loosen the **LOCKING KNOB(24)** on the **SENSOR DETECTOR(21)**. Slide the **SENSOR DETECTOR(21)** onto the mounting bar and slide up until it touches the rail frame. Adjust the position of the **SENSOR DETECTOR(21)** so that the tip is slightly touching the bottom of the **MAT(5)**. Be sure the **SENSOR DETECTOR(21)** 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(21)** won't work properly or that the arm will break during use. Lock the **SENSOR DETECTOR(21)** in position with the **LOCKING KNOB(24)**. The **Stamina® Circuit Trainer Trampoline** will look as shown in illustration **R4** after assembly.

R3



R4



USE INSTRUCTIONS

Leveling Your Stamina® Circuit Trainer Trampoline in Incline Mode

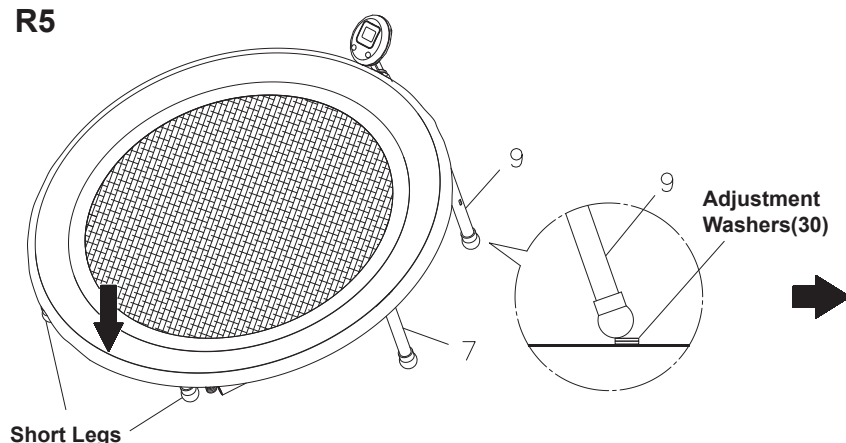
After setting your **Stamina® Circuit Trainer Trampoline** in the **INCLINED** mode, check and make sure your **Stamina® Circuit Trainer Trampoline** sits on the floor without rocking. If it is rocking, please see the following steps to level your **Stamina® Circuit Trainer Trampoline**.

STEP 1: Refer to illustration R5. Push the rail frame and hold it down at the position between the two short legs. Verify which **LONG HOOKED LEG(9)** does not touch the floor and causes rocking.

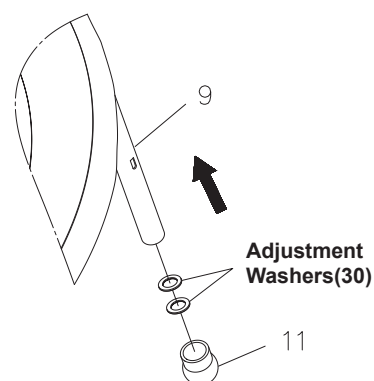
STEP 2: Refer to the detail view. Put the **ADJUSTMENT WASHERS(30)** under the **LONG HOOKED LEG(9)** that does not touch the floor to verify how many **ADJUSTMENT WASHERS(30)** are needed for the leveling adjustment.

STEP 3: Refer to illustration R6. Remove the **DOME CAP(11)** from the **LONG HOOKED LEG(9)**. Put the needed **ADJUSTMENT WASHERS(30)** into the **DOME CAP(11)**. Press the **DOME CAP(11)** back on the **LONG HOOKED LEG(9)**.

R5



R6



USE INSTRUCTIONS

USING THE FITNESS METER

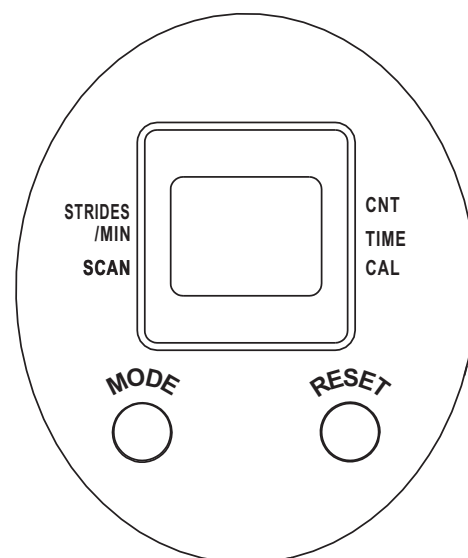
POWER ON : Bounce on the trampoline or press any button.

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.

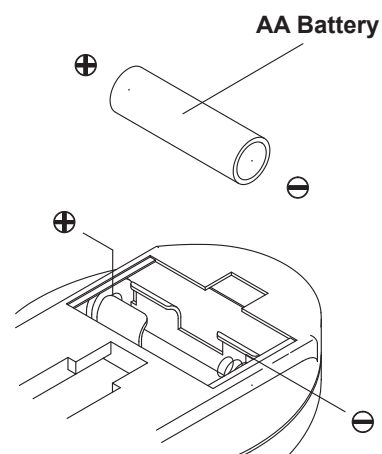
- NOTE:**
1. The meter will stop counting time automatically after six seconds of inactivity. All function values will be kept. Restart the meter by bouncing on the trampoline or press any button.
 2. The meter will shut off automatically after four minutes of inactivity. All function values will be lost and all functions will be reset 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. ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® CIRCUIT TRAINER TRAMPOLINE. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.**
2. Do not attempt or allow somersaults. Serious injuries, paralysis, or death may result.
3. Do not allow more than one person on the trampoline at a time.
4. Use trampoline only with mature, knowledgeable supervision.
5. Trampoline is not a toy, it is for use by adults only.
6. Inspect before use. Keep frame padding in place.
7. Climb on and off the trampoline. Do not use the trampoline as a springboard.
8. Stop bounce by flexing knees as feet come in contact with the bed.
9. Learn fundamental bounces and body positions thoroughly.
10. Avoid bouncing too high. Maintain control.
11. While keeping the head erect, focus eyes on the trampoline toward the perimeter.
12. Bounce in the center of the bed.
13. Avoid bouncing when tired.
14. Secure the trampoline against unauthorized use.
15. Keep objects away which could interfere with the performer.
16. Do not use the trampoline while under the influence of alcohol or drugs.
17. For equipment information, contact the manufacturer.
18. For skill training, contact a trainer certification organization.
19. Do not use when trampoline is wet or in windy conditions.
20. 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.

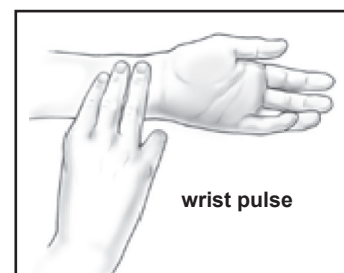
Remember to follow these essentials:

- 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

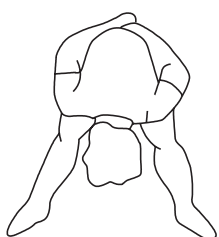
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: $220 - \text{Age} = \text{predicted maximum heart rate}$

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.

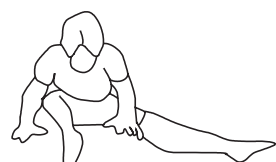


Floor Stretch

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.

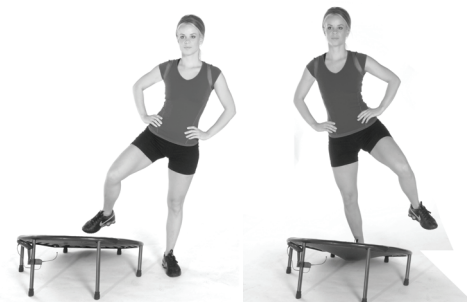
Remember to always check with your physician before starting any exercise program.

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.

WORKOUT INSTRUCTIONS

Lateral Jumps:

With the trampoline raised at an angle, stand with the right side of your body closest to the trampoline. Begin by balancing on your left foot in a jump position. Once you have established good balance, jump laterally so your right foot hits the middle of the trampoline rebounding you back to your original position. Focus on a soft landing while absorbing all your weight on your left leg. If you feel comfortable, repeat this without stopping. Turn the opposite direction to complete a set on the other leg.



Medicine Ball Chest Pass:

With the trampoline raised at an angle, stand with your shoulders square to the trampoline. Hold the medicine ball at chest height and lower your body into a semi-squat/jumping position. Pass the ball off the trampoline so it rebounds back to your chest. Focus on keeping your abs engaged and a solid base throughout the set. Modification: Between each pass, lower into a full squat. Always throw and catch the ball at the top of your squat, then lower. Another option is to balance on one leg as you pass. Both of these modifications will increase the difficulty level.



Squat, Twist and Throw:

With the trampoline raised at an angle, stand with the left side of your body closest to the trampoline. Start by holding the medicine ball at your chest with your feet slightly wider than shoulder width. Lower your body down and to the right so you are able to touch the medicine ball to the floor just outside your foot. As you stand, twist your shoulders toward the trampoline and throw the ball pushing with your right hand. As you are twisting your shoulders to throw the ball allow your right heel to come up off the floor. This will allow for better range of motion as you twist. Catch the ball with both hands and let the medicine ball's momentum carry you back down. Turn the opposite direction to complete a set in the other direction.



Jump, Jump Squat:

Place the trampoline in the flat position and stand in the middle of the trampoline with your feet shoulder width apart, jump two times at medium height. On your second jump landing, drop down into a full squat. The trampoline will make the squat landing more challenging so make sure to keep your core, glutes, quadriceps, and hamstrings engaged. Once you have completed the squat, repeat with two jumps and another squat.



WORKOUT INSTRUCTIONS

Crunch Medicine Ball Toss:

With the trampoline raised at an angle, sit with your knees bent so your feet are flat on the floor and you are facing the trampoline. Start by lying back and holding the medicine ball above your head. Do a regular crunch keeping your feet flat on the floor. As you near the top of the crunch throw the medicine ball off the trampoline so it rebounds back just slightly higher than your head. As you catch the ball, let the momentum carry you back down, keeping the ball above your head at all times. Repeat this continuously to complete a set.

Modification: Do everything the same only hold the medicine ball at your chest. Making a chest pass should make the exercise easier for a beginner.



Jump and Tuck:

Place the trampoline in the flat position and stand in the center of the trampoline. Start jumping with small bounces until you feel comfortable. When you are comfortable, as you jump, quickly bring your knees up toward your chest. Each time you land, rebound straight back up repeating the tuck movement.



High Knees:

Standing in the center of the flat trampoline, bring your left knee up until your knee is at about waist level. As your left leg is coming back down simultaneously bring your right leg up to waist level. Repeat this motion as quickly as possible while maintaining good controlled form.



Twist and Bounce:

With your feet together in the center of the flat trampoline, bounce and twist your lower body to the right, simultaneously twisting your upper body to the left. Then bounce and twist your lower body to the left, simultaneously twisting your upper body to the right. Repeat this movement.



Jumping Jacks:

With your feet together in the center of the flat trampoline, simultaneously bounce and land with your feet shoulder width apart. At the same time, raise your arms out to the sides and overhead. Then, bounce and land with your feet back together and your arms resting at your sides. Repeat this movement.



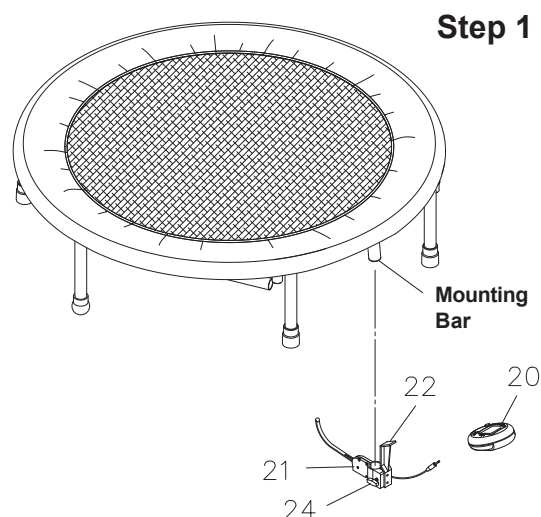
STORAGE AND FOLDING INSTRUCTIONS

The **Stamina® Circuit Trainer Trampoline** can be folded as illustrated for easy storage. Please see the following steps:

- ⚠ WARNING**
- **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® CIRCUIT TRAINER TRAMPOLINE. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.**
 - **Remove the SAFETY PAD(6) before folding the trampoline for storage. Failure to remove the pad will result in damage to the pad.**
 - **To avoid damage to the electronics meter, remove the battery before storing the Stamina® Circuit Trainer Trampoline for one year or more.**
 - **Be very careful not to damage the sensor wire when removing the METER(20) and the SENSOR DETECTOR(21).**

STEP 1

Unplug the sensor wire from back of the **METER(20)**. Remove the **METER(20)** from the **MOUNTING BRACKET(22)**. Unscrew the **LOCKING KNOB(24)** and remove the **SENSOR DETECTOR(21)** from the mounting bar.

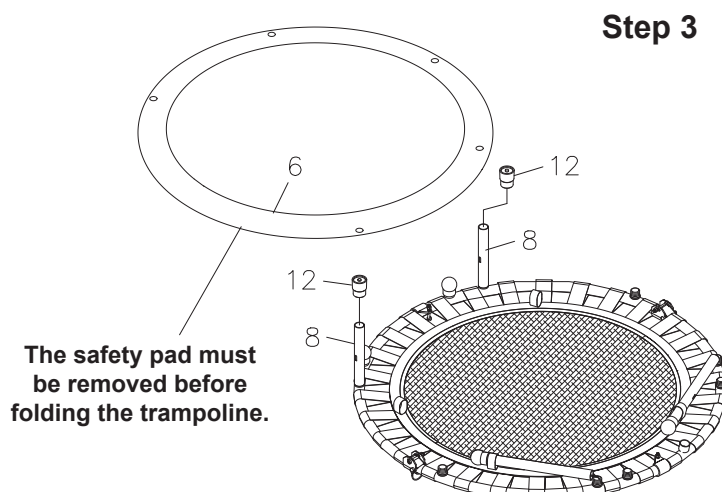
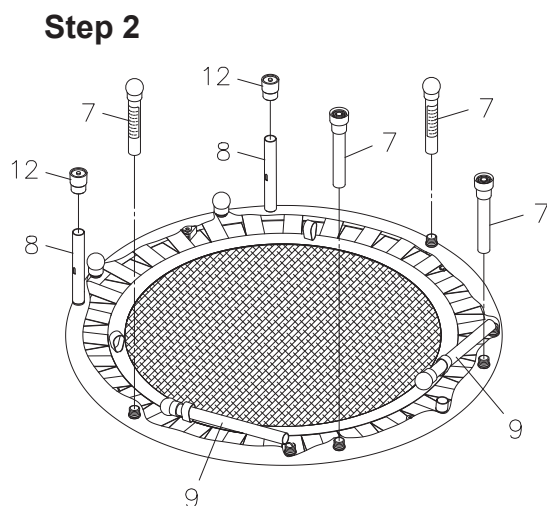


STEP 2

Unscrew the four **LEGS(7)** from the trampoline. Remove the **LEG CAPS(12)** from the two **HOKED LEGS(8)**.

STEP 3

Remove the **SAFETY PAD(6)** from the rail frame and **HOKED LEGS(8)**. Refer to illustration Step 3. Press the **LEG CAPS(12)** back on the **HOKED LEGS(8)**.



STORAGE AND FOLDING INSTRUCTIONS

STEP 4

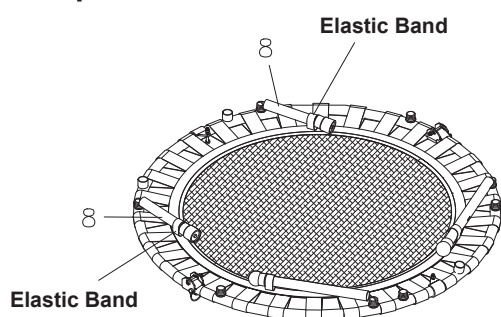
Refer to illustration Step 4. Unscrew the two **HOOKED LEGS(8)** from the trampoline. Fold the **HOOKED LEGS(8)** down and secure in folded position with the elastic Bands.

STOP! ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE STAMINA® CIRCUIT TRAINER TRAMPOLINE. FAILURE TO USE TWO OR MORE STRONG PEOPLE MAY ALLOW THE RAILS TO SPRING BACK INTO THE FOLDED POSITION AND STRIKE SOMEONE WHICH CAN CAUSE SERIOUS BODILY INJURY OR DEATH.

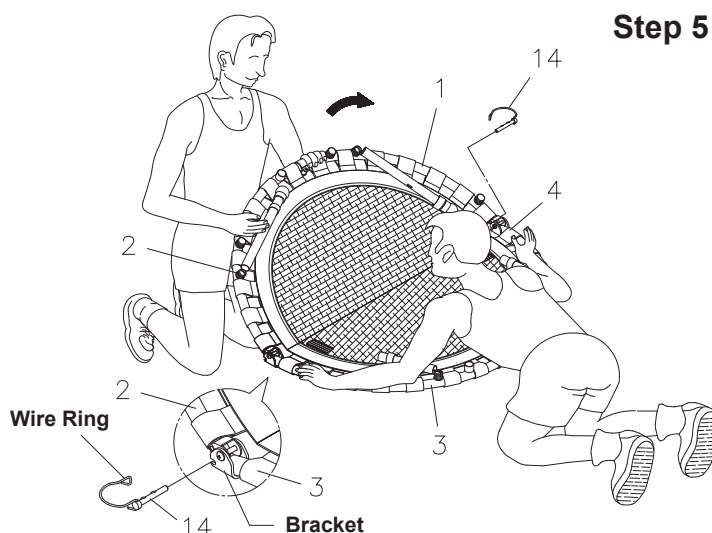
STEP 5

To prevent the trampoline from snapping into the folded position, push the four **RAILS** down. Then unhook the Wire Ring from the **SECURE PINS(14)** and turn the pins to a flat position to remove the pins. Firmly grasp both sides of the trampoline and fold the trampoline upward, the trampoline will fold upward at the **BRACKETS** as shown in illustration Step 4.

Step 4



Step 5



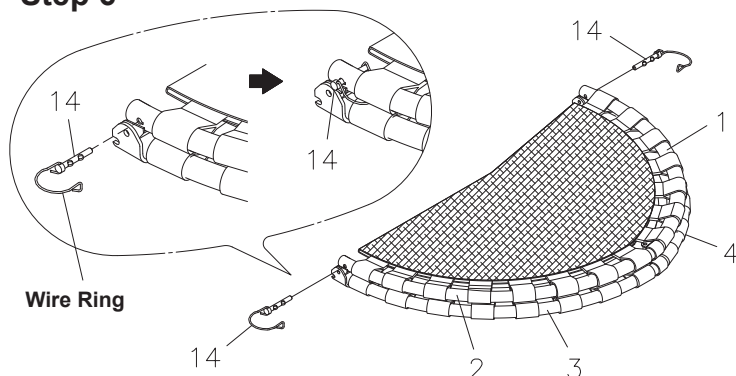
STEP 6

Refer to illustration Step 6. Set the position of the **SECURE PINS(14)** as shown. Lift up the **RAILS(1, 2)** and insert the **SECURE PINS(14)** back into the **RAILS(1, 2)**. Hook the Wire Rings onto the pins from the bottom of the **RAILS(1, 2)**.

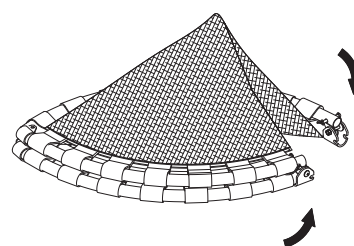
STEP 7

Fold the trampoline again as shown in illustration Step 7.

Step 6



Step 7



LIMITED WARRANTY

MODEL 35-1681C

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, 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.

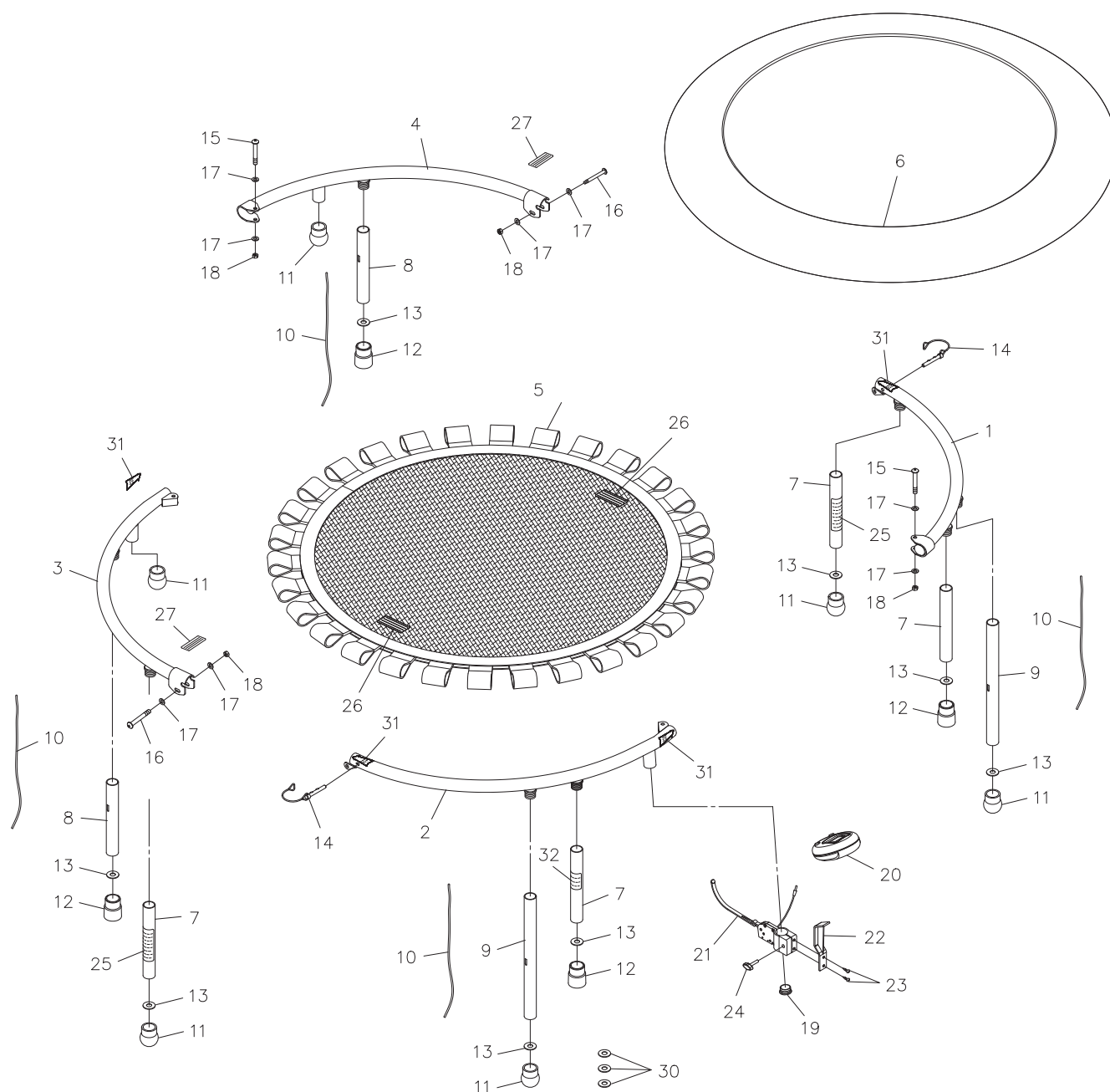
NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY (INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) MAY BE COMMENCED MORE THAN ONE (1) 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.**

THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY. NO ORAL OR WRITTEN INFORMATION GIVEN BY STAMINA, ITS AGENTS OR EMPLOYEES, SHALL CREATE A WARRANTY OR IN ANY WAY INCREASE THE SCOPE OF THIS WARRANTY. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some states affect the disclaimer or limitation of implied warranties and consequential and incidental damages. If any such law is found applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages shall be deemed to be modified to the extent necessary to comply with applicable law.

PRODUCT PARTS DRAWING



Part No. and Description

Qty

1	Rail A	1
2	Rail B	1
3	Rail C	1
4	Rail D	1
5	Mat	1
6	Safety Pad	1
7	Leg	4
8	Hooked Leg	2
9	Long Hooked Leg	2
10	Bungee Cord	4
11	Dome Cap	6
12	Leg Cap	4
13	Cap Washer	10
14	Secure Pin	2
15	Bolt, Round Head(M6 x 1 x 35mm)	2
16	Bolt, Round Head(M6 x 1 x 42mm)	2

Part No. and Description

Qty

17	Washer (M6)	8
18	Nylock Nut (M6 x 1)	4
19	Round Plug (25.4mm)	1
20	Meter	1
21	Sensor Detector	1
22	Mounting Bracket	1
23	Screw, Round Head (M3 x 10mm)	2
24	Locking Knob	1
25	Warning Label	2
26	Hazard Label	2
27	Warning Decal	2
28	Manual	1
29	Use Instructions Sign (Not Shown)	1
30	Adjustment Washer	3
31	Pinch Point Decal	4
32	Serial Decal	1

TO CONTACT CUSTOMER CARE

For your convenience, Stamina's customer care representatives can be reached by email at **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

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to 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.

PRODUCT REGISTRATION FORM

Stamina Products, Inc.
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: Zip Code:
Email Address: Phone #: ()
Would you like to receive email information or special offers from Stamina Products?* ☐ Yes ☐ 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 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



PARTS ORDER FORM

Stamina Products, Inc.
2040 N Alliance Ave, Springfield, MO 65803

Mr./Ms:
Address: Apt. #:
City: State: Zip Code:
IMPORTANT : We require your phone number to process the order!
Phone #: () Work Phone #: ()
Date of Purchase:
Model #:
Purchased From:

**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!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1