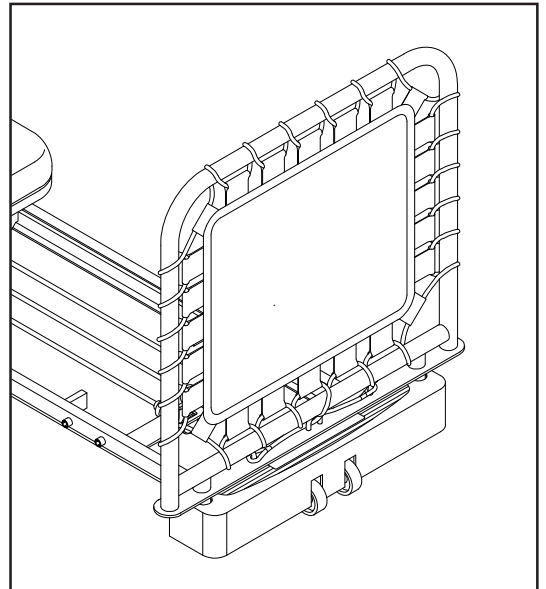




SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **AeroPILATES® Free-Form Cardio Rebounder**.



1. The 55-0011 AeroPilates® Free-Form Cardio Rebounder can be added to the 55-4286 AeroPilates® Performer286.
2. When using the **AeroPILATES® Free-Form Cardio Rebounder**, follow all safety and operation instructions given in your Stamina reformer's Owner's Manual.
3. Read all warnings posted on the **AeroPILATES® Free-Form Cardio Rebounder**.
4. Read this instruction sheet and follow it carefully before using the **AeroPILATES® Free-Form Cardio Rebounder** on your Stamina reformer. The **AeroPILATES® Free-Form Cardio Rebounder** is fully assembled, however, make sure the bungee cord and mat are tight and that the rebounder is attached to the front frame of the reformer as described.
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 the product.
6. Keep children away from the **AeroPILATES® Free-Form Cardio Rebounder**. Do not allow children to use or play on the **AeroPILATES® Free-Form Cardio Rebounder**. Keep children and pets away from the **AeroPILATES® Free-Form Cardio Rebounder** when it is in use.
7. When rebounding, set up and operate your Stamina reformer on a solid, level surface like you would when using your reformer for other Pilates exercises. Do not position on loose rugs or uneven surfaces.
8. Inspect the **AeroPILATES® Free-Form Cardio Rebounder** for worn or loose components prior to use. Tighten/replace any worn or loose components prior to using the **AeroPILATES® Free-Form Cardio Rebounder**.
9. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
10. Follow your physician's recommendations in developing your own personal fitness program.
11. 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.
12. Do not wear loose or dangling clothing while using the **AeroPILATES® Free-Form Cardio Rebounder**.
13. Be careful to maintain your balance while using, mounting, and dismounting your Stamina reformer, and while attaching the **AeroPILATES® Free-Form Cardio Rebounder**.
14. The **AeroPILATES® Free-Form Cardio Rebounder** should be used by only one person at a time.
15. The **AeroPILATES® Free-Form Cardio Rebounder** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
customerservice@staminaproducts.com
www.staminaproducts.com

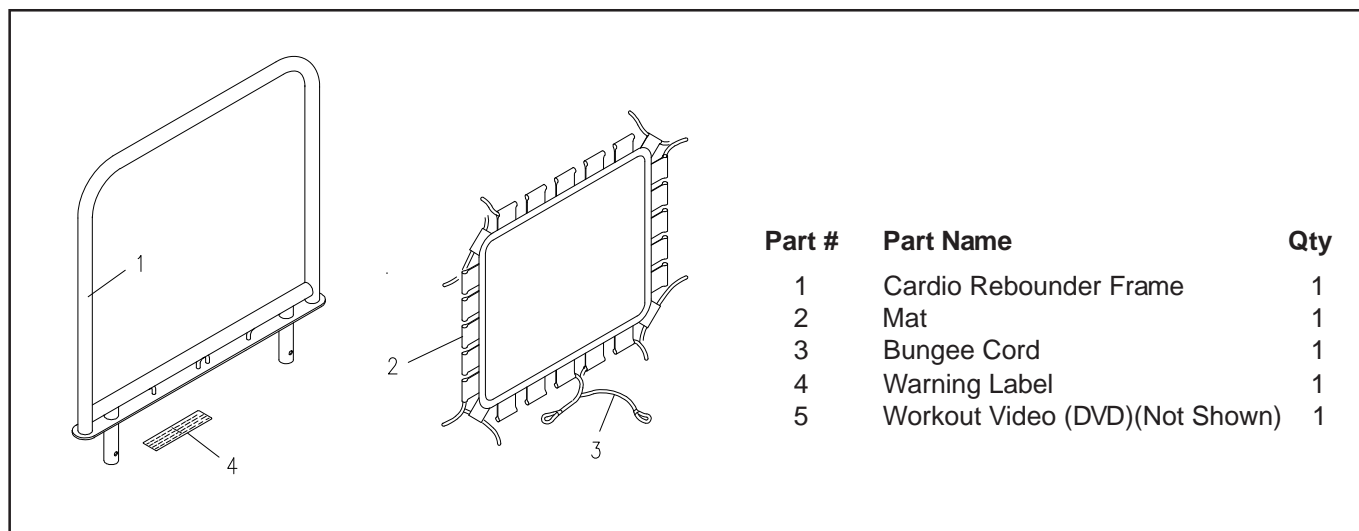
When calling for parts or service, please specify the following number:

Model# 55 - 0011

Patent No. 7,179,207.
Other patent(s) apply
& are pending

MADE IN CHINA

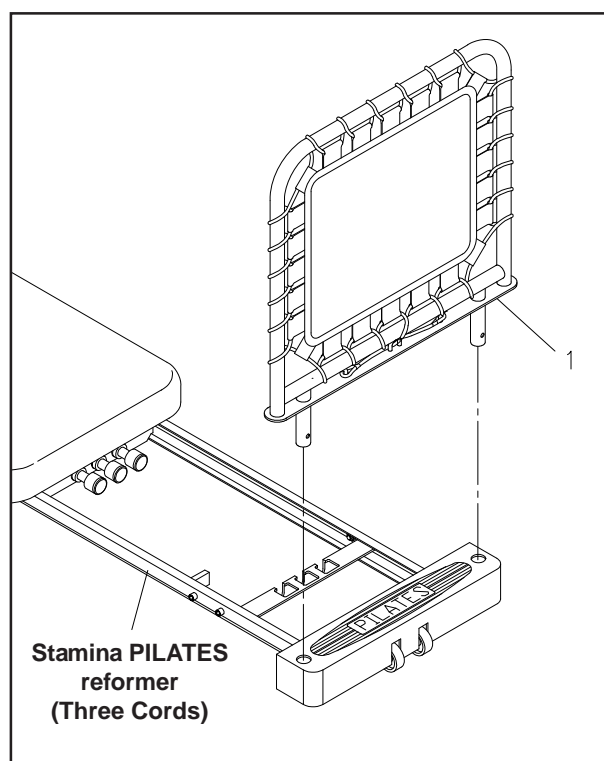
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NOTE: Verify that the **WARNING LABEL(4)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(4)** if it is missing or damaged.

Using The AeroPILATES® Free-Form Cardio Rebounder

Insert the **CARDIO REBOUNDER FRAME(1)** into the mounting holes located in the **FRONT FRAME** of the **STAMINA PILATES** reformer. Insert the **CARDIO REBOUNDER FRAME(1)** all the way to the bottom.



LIMITED WARRANTY

This product is warranted to be free of defects in material and workmanship and to be in perfect working order at the time of purchase.

If the product should, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer. This warranty does not apply to any damage caused by accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

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