

Product May Vary
Slightly From Pictured.

36" TRAMPOLINE

Owner's Manual

Safety Instructions

Customer Care

Operation

Warranty

⚠ WARNING

⚠ 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 Athletic Works® 36" Trampoline.

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Athletic Works® 36" Trampoline** for the first time.
2. 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 mat.
3. Do not allow more than one person on the trampoline.
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 tightened prior to each use.
9. Weight on this trampoline should not exceed 250 lbs.
10. This trampoline is not recommended for children.

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

When calling for parts or
service, please specify the
following model number:
35 -1619W, 35-1619WS

MADE IN CHINA
© 2017 Stamina Products, Inc.
2017, 06

SAFETY INSTRUCTIONS

1. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
2. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
3. **The Athletic Works® 36" Trampoline is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in serious injury or death.**
4. All purchasers and all persons using the **Athletic Works® 36" Trampoline** must become familiar with the manufacturer's recommendations for proper assembly, use and care of the **Athletic Works® 36" Trampoline**, as well as being alert to the performer's own limitations in the execution of trampoline skills.
5. Assembly Instructions, Safety Instructions, Trampoline Fundamentals, and Warning Labels are included to promote safe, enjoyable use of the **Athletic Works® 36" Trampoline**. Make sure that it is properly assembled and tightened before use.
6. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
7. Place the **Athletic Works® 36" Trampoline** on a level surface before use.
8. Use the **Athletic Works® 36" Trampoline** in a well lighted area. Artificial illumination may be required for indoor or shady areas.
9. Do not place the **Athletic Works® 36" Trampoline** on an elevated surface. The **Athletic Works® 36" Trampoline** should be at floor level or ground level.
10. Inspect your **Athletic Works® 36" Trampoline** before each use. Make sure the safety pad is in place. Replace any worn, defective, or missing parts.
11. Make sure the floor or ground around the **Athletic Works® 36" Trampoline** is clear of all objects that may cause injury if you step on them when dismounting.
12. 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.
13. Do not allow children to use the **Athletic Works® 36" Trampoline**. The **Athletic Works® 36" 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 **Athletic Works® 36" Trampoline** is not recommended for children of any age.
14. Lateral clearance is essential. Place the **Athletic Works® 36" Trampoline** away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
15. Keep small children and pets away from the **Athletic Works® 36" Trampoline** at all times including use and assembly of the **Athletic Works® 36" Trampoline**.
16. The weight limit on the **Athletic Works® 36" Trampoline** is 250 pounds.
17. Do not use the **Athletic Works® 36" Trampoline** with socks only. Good traction is very important when mounting, using, and dismounting the **Athletic Works® 36" Trampoline**. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.
18. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **Athletic Works® 36" Trampoline**.

SAFETY INSTRUCTIONS

19. The **Athletic Works® 36" Trampoline** should be used by only one person at a time.
20. Remove any obstructions from beneath the **Athletic Works® 36" Trampoline**.
21. The surface of the bed should be dry.
22. Be careful to maintain your balance when mounting, using, dismounting, or assembling the **Athletic Works® 36" Trampoline**. Loss of balance may result in a fall and serious bodily injury.
23. Do not step on the safety pad when mounting, using or dismounting the **Athletic Works® 36" Trampoline**.
24. Do not attempt any gymnastic or acrobatic maneuvers on the **Athletic Works® 36" Trampoline**.
25. Stop exercising before attempting to dismount the **Athletic Works® 36" Trampoline**. To avoid sprains and broken bones, come to a complete stop before dismounting.
26. Use the **Athletic Works® 36" Trampoline** only as described in this manual.
27. Always store the **Athletic Works® 36" Trampoline** indoors in a dry place.
28. Secure the **Athletic Works® 36" Trampoline** against unauthorized and unsupervised use.

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Athletic Works® 36" Trampoline**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

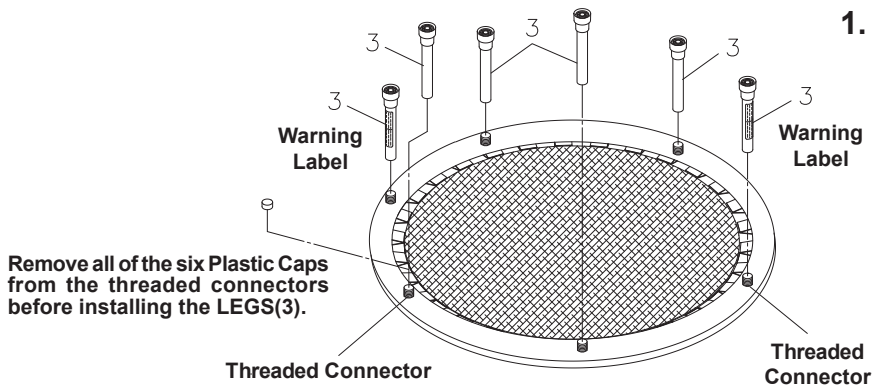
W1 WARNING LABEL(8)



ASSEMBLY INSTRUCTIONS

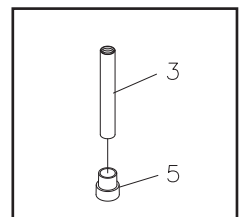
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing 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.

STEP 1: Place the trampoline on the floor with the threaded connectors pointing up. Remove the Plastic Caps from the threaded connectors. Refer to illustration 1. The two **LEGS(3)** with a **WARNING LABEL(8)** must be on opposite sides of the **Athletic Works® 36" Trampoline**. Screw one of the **LEGS(3)** with a **WARNING LABEL(8)** onto a threaded connector on the **RAIL FRAMES(1, 2)**. Attach the other **LEG(3)** with a **WARNING LABEL(8)** to the threaded connector directly opposite the other **LEG(3)** with a **WARNING LABEL(8)**. Screw the other four **LEGS(3)** onto the threaded connectors on the **RAIL FRAMES(1, 2)**.



NOTICE: It is possible that the **Athletic Works® 36" Trampoline LEGS(3)** will not have the inside threads needed to screw it onto the threaded connector as described in this manual. If this is the case, it could be due to one of two reasons: (1.) the **LEG CAP(5)** was placed on the wrong end of the leg, or (2.) the **LEG(3)** doesn't have the threads on either end.

If this is the case with any of your **Athletic Works® 36" Trampoline LEGS(3)**, please remove the **LEG CAP(5)** and check to see if this end is threaded. If so, simply place the **LEG CAP(5)** on the other end and screw into the threaded connector as described in **STEP 1**. If not, please call our toll free number for assistance 1-800-375-7520 or email us at customer.care@staminaproducts.com.



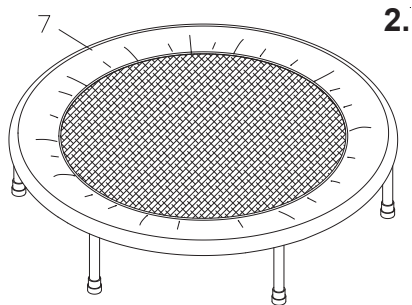
ASSEMBLY INSTRUCTIONS

STEP 2

Place the trampoline in the normal use position. Make sure that the **SAFETY PAD(7)** covers the bands on the **Athletic Works® 36" Trampoline**. Stand on the trampoline to make all six **LEGS(3)** sit flat on the floor. Refer to illustration 2.

⚠ WARNING:

The **SAFETY PAD(7)** must be securely attached to the frame before using the trampoline. It must be properly positioned as shown in illustration 2.



CORRECT PLACEMENT OF SAFETY PAD

STEP 3

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

INSTALLATION INSTRUCTIONS

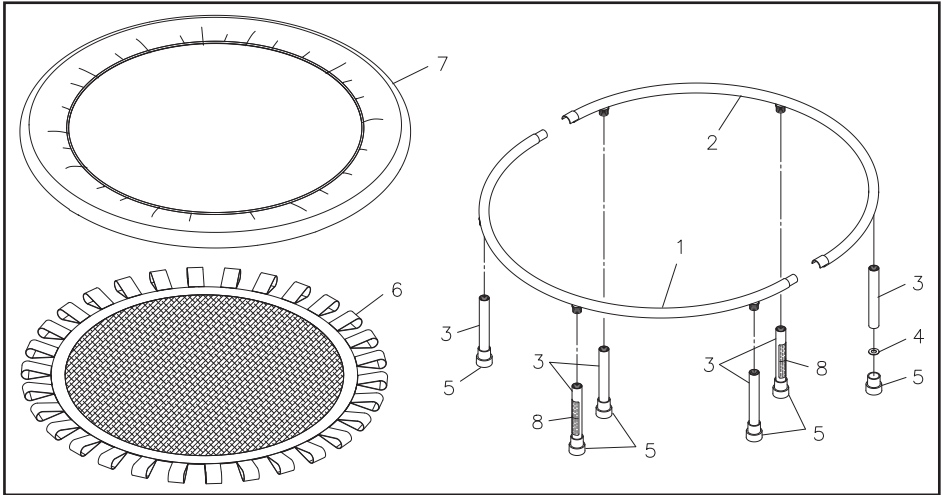
1. Adequate overhead clearance is essential. When using your **Athletic Works® 36" Trampoline**, be sure to provide clearance for ceiling height, ceiling lights, ceiling fans, wires, tree limbs, and other possible hazards.
2. Lateral clearance is essential. Place the trampoline away from walls, structures, 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.

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 safety pad 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 mat.
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.

PRODUCT PARTS DRAWING AND PARTS LIST



| Part No. and Description | Qty | Part No. and Description | Qty |
|--------------------------|-----|--------------------------------------|-----|
| 1 Rail Frame A | 1 | 6 Mat | 1 |
| 2 Rail Frame B | 1 | 7 Safety Pad | 1 |
| 3 Leg | 6 | 8 Warning Label | 2 |
| 4 Cap Washer | 6 | 9 Manual | 1 |
| 5 Leg Cap | 6 | 10 Use Instructions Sign (Not Shown) | 1 |

CARE AND MAINTENANCE

Inspect the **Athletic Works® 36" 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 safety pad.
2. Punctures, frays, tears, or holes in the mat, elastic bands, or safety pad.
3. Deterioration in the stitching or fabric of the mat or safety pad.
4. Ruptured or damaged elastic bands.
5. A bent or broken frame.
6. A sagging mat.
7. Sharp protrusions on the frame or suspension system.

STORAGE

To store the **Athletic Works® 36" Trampoline** simply keep it in a clean dry place.

LIMITED WARRANTY

MODEL 35-1619W, 35-1619WS

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. P.O. Box 1071, Springfield Missouri, USA, 65801-1071, 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.