

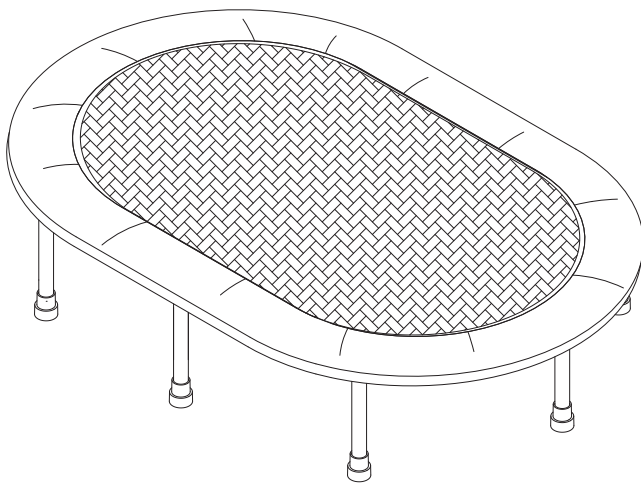


# Oval Fitness Trampoline

# 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.

This Product is Distributed Exclusively by



2040 N Alliance Ave, Springfield, MO 65803

Customer Care

1 (800) 375-7520

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

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2018, 10

### ⚠ 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#: 35-1691**

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


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

See [www.staminaproducts.com](http://www.staminaproducts.com) for details.

**MADE IN CHINA**

# ACCESS YOUR ONLINE WORKOUT VIDEOS!

## How to Access Your Videos

1. Go to [video.staminaproducts.com](http://video.staminaproducts.com)
2. Click 
3. Enter your product VIDEO CODE

*Your **video code** is the model number + serial number. This info can be found on the serial decal.*

*\*EXAMPLE ONLY. USE MODEL NUMBER + SERIAL NUMBER FROM THE DECAL ON YOUR PRODUCT.*



Coupon Code\*

15-033601JAN351450

REDEEM

*Digital product only. No physical DVD will be shipped.*

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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® Oval Fitness Trampoline.

1. Save these instructions and ensure that other exercisers read this manual prior to using the Stamina® 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.
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® Oval Fitness 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® 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® Oval Fitness Trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the Stamina® 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® 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® Oval Fitness Trampoline on a level surface before use.
10. Use the Stamina® Oval Fitness Trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
11. Do not place the Stamina® Oval Fitness Trampoline on an elevated surface. The Stamina® Oval Fitness Trampoline should be at floor level or ground level.
12. Inspect your Stamina® 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® 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. Do not allow children to use the Stamina® Oval Fitness Trampoline. The Stamina® 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® Oval Fitness Trampoline is not recommended for children of any age.
16. Lateral clearance is essential. Place the Stamina® 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.
17. Keep small children and pets away from the Stamina® Oval Fitness Trampoline at all times including use and assembly of the Stamina® Oval Fitness Trampoline.
18. The weight limit on the Stamina® Oval Fitness Trampoline is 250 pounds.
19. Do not use the Stamina® Oval Fitness Trampoline with socks only. Good traction is very important when mounting, using, and dismounting the Stamina® 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.
20. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the Stamina® Oval Fitness Trampoline.
21. The Stamina® Oval Fitness Trampoline should be used by only one person at a time.
22. Remove any obstructions from beneath the Stamina® Oval Fitness 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® Oval Fitness 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® Oval Fitness Trampoline.
26. Do not attempt any gymnastic or acrobatic maneuvers on the Stamina® Oval Fitness Trampoline.
27. Stop exercising before attempting to dismount the Stamina® Oval Fitness Trampoline. To avoid sprains and broken bones, come to a complete stop before dismounting.
28. Use the Stamina® Oval Fitness Trampoline only as described in this manual.
29. Always store the Stamina® Oval Fitness Trampoline indoors in a dry place.
30. Secure the Stamina® Oval Fitness Trampoline against unauthorized and unsupervised use.
31. Remove the safety pad before folding the Stamina® Oval Fitness 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  
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ATTN: Customer Care  
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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® Oval Fitness Trampoline**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Stamina® 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.

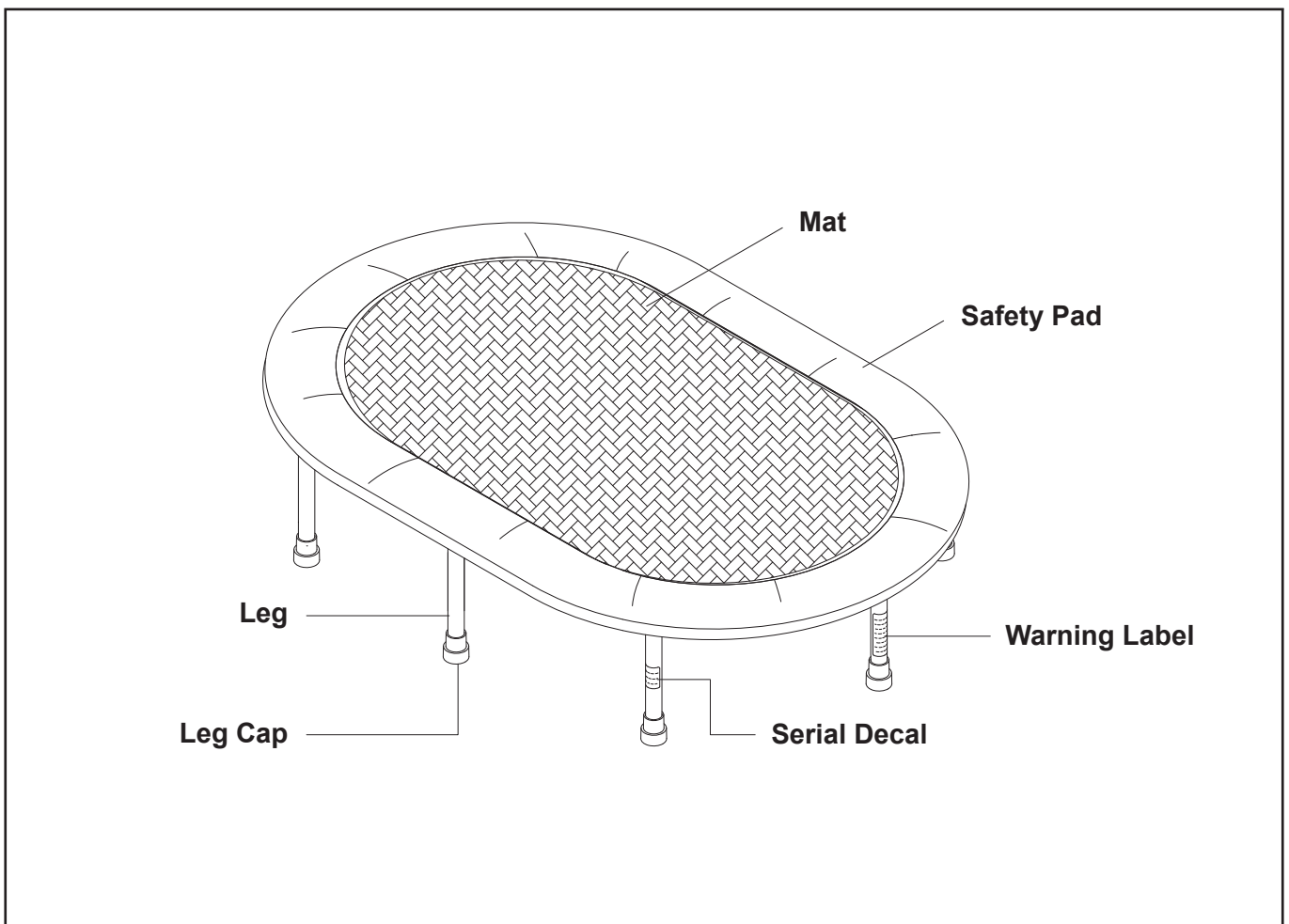
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled. Locate the serial decal on the product and write the serial number on the cover of the manual in the space provided. See page 5 for an image of the serial decal. Model number and serial number are required when calling for assistance.

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

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Stamina® 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.



## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

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

**WARNING LABEL(12)**



**WARNING DECAL(14)**



**PINCH POINT DECAL(15)**



**HAZARD LABEL(13)**



**SERIAL DECAL(18)**



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

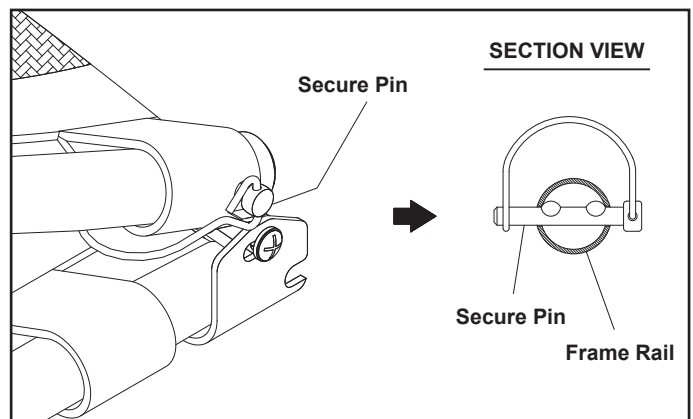
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing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

### ⚠ WARNING

1. **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE Stamina® Oval Fitness 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® Oval Fitness Trampoline during assembly.**
3. **Keep fingers away from the ends of the rails in the hinge area when unfolding the Stamina® Oval Fitness Trampoline. The Stamina® Oval Fitness 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(4) must be installed before using the Stamina® Oval Fitness Trampoline.**

### NOTE:

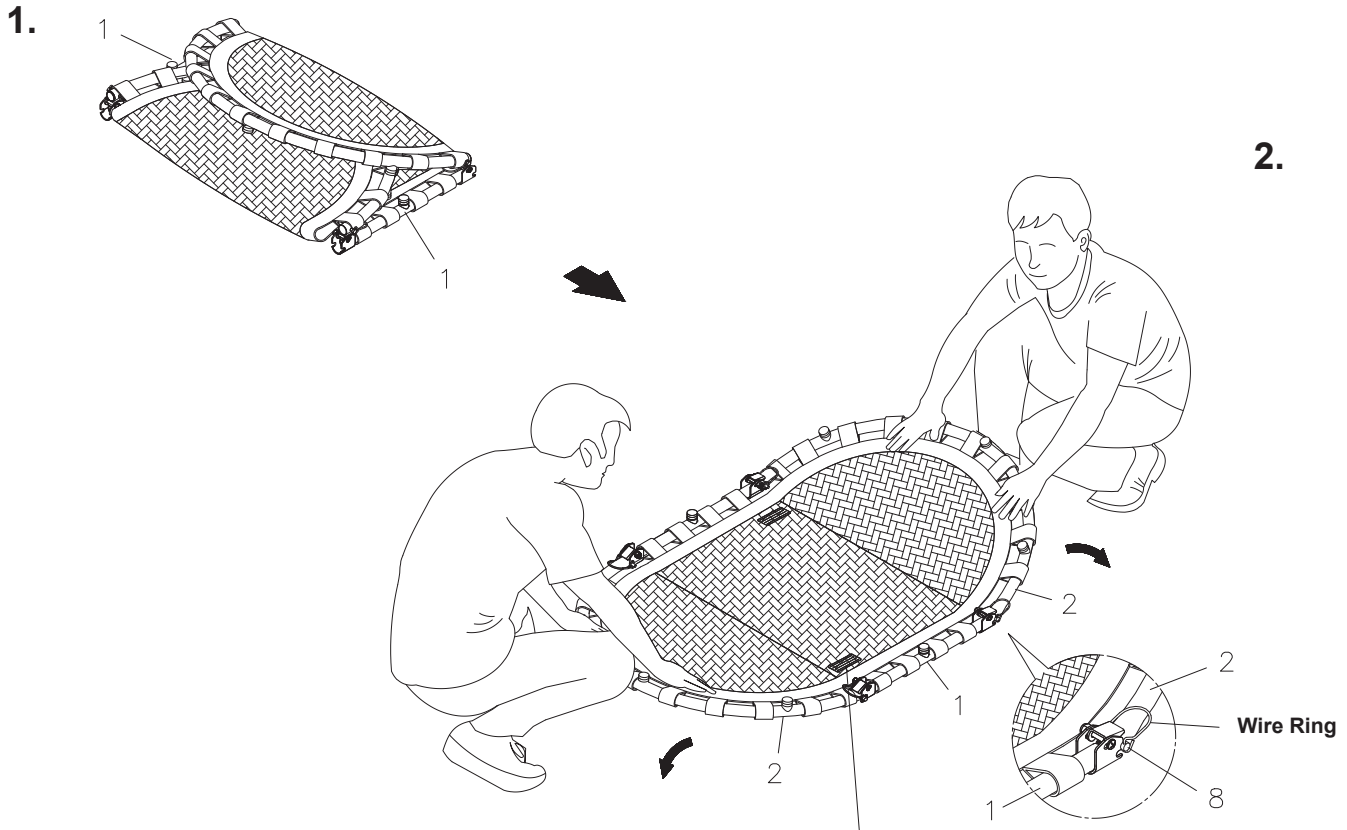
**BEFORE** assembly, verify that the **SECURE PINS(8)** are properly inserted into the Frame Rail. The two protrusions must be assembled inside the Frame Rail as shown in the SECTION VIEW of the illustration. Otherwise, it could damage the **SECURE PINS(8)** during assembly Step 2.



# ASSEMBLY INSTRUCTIONS

## STEP 1

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



Hazard label on trampoline surface reads as follows:

**⚠ 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 2

**NOTE:** Make sure the **SECURE PINS(8)** are inserted into the ends of **RAILS(1, 2)** and properly secured by the Wire Ring. Both ends of the **SECURE PINS(8)** 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® Oval Fitness 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® Oval Fitness Trampoline**. Serious injury can occur if fingers are caught between the ends of the **RAILS**.

To unfold the **Stamina® Oval Fitness Trampoline** to the flat position, hold the **SEMICIRCLE RAILS(2)** and push the rails down at the same time. The **SEMICIRCLE RAILS(2)** and **RAILS(1)** should snap together and be locked by the **SECURE PINS(8)** when you reach the flat position. Refer to illustration 2.



## ASSEMBLY INSTRUCTIONS

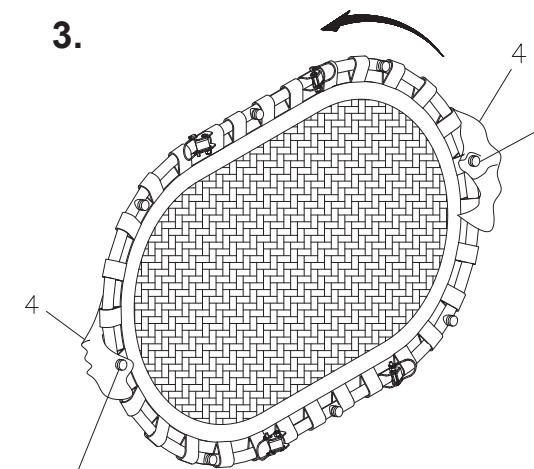
### STEP 3

Slide the **SAFETY PAD(4)** over the rail frame. Make sure the holes in **SAFETY PAD(4)** fit over the threaded connectors properly. Refer to illustration 3.

**HINT :** Install one hole over a threaded connector. The next hole installed should be on the connector on the opposite side of the trampoline.

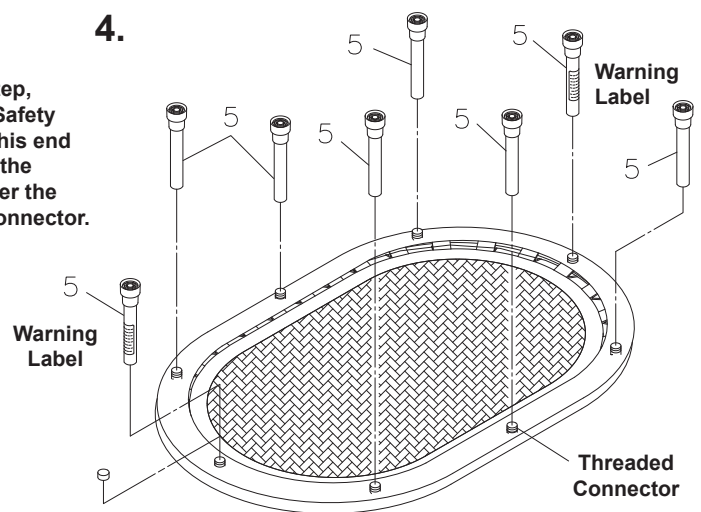
### STEP 4

Remove the Plastic Caps from the threaded connectors. Refer to the position of the legs as shown in illustration 4. First, screw the two **LEGS(5)** with Warning Labels into the threaded connectors on the rail frame. Next, attach the remaining six **LEGS(5)**.



**B.** Second step, install the Safety Pad(4) on the opposite end being sure the hole fits over the threaded connector.

**A.** First step, install the Safety Pad(4) on this end being sure the hole fits over the threaded connector.



Remove all of the eight Plastic Caps from the threaded connectors before installing the LEGS(5).

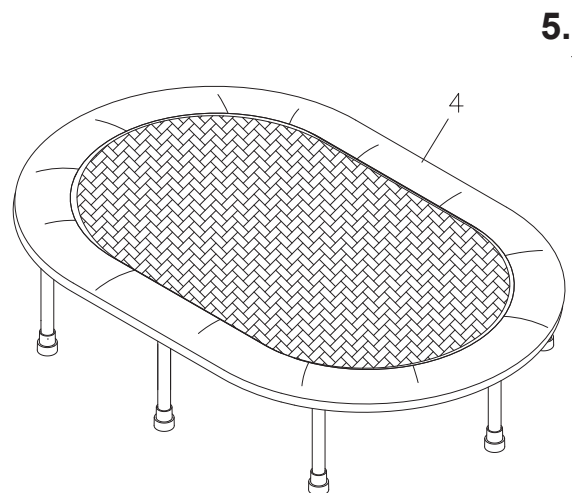
### STEP 5

Place the trampoline in the normal use position. Make sure that the **SAFETY PAD(4)** covers the Elastic Bands on the **Stamina® Oval Fitness Trampoline**. Stand on the trampoline to make all eight legs sit flat on the floor.

**⚠ WARNING** The **SAFETY PAD(4)** must be securely attached to the frame before using the trampoline. It must be properly positioned as shown in illustration 5.

### STEP 6

Post the **USE INSTRUCTIONS SIGN(16)** in a highly visible and safe location. The **USE INSTRUCTIONS SIGN(16)** 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® 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® Oval Fitness Trampoline** before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

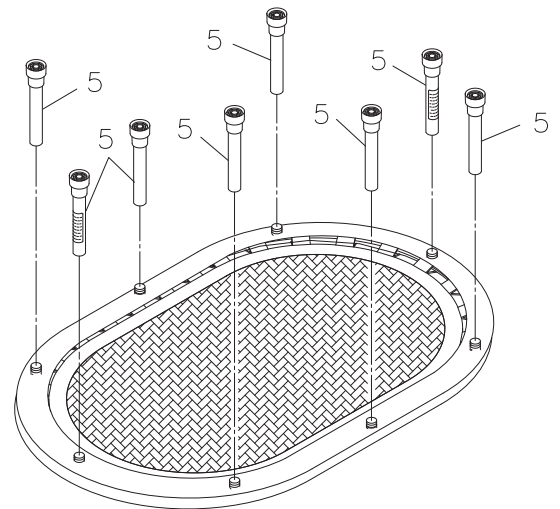
1. Missing, improperly positioned, or insecurely attached frame padding.
2. Punctures, frays, tears, or holes in the bed, elastic bands, or frame padding.
3. Deterioration in the stitching or fabric of the bed or frame padding.
4. Ruptured or damaged elastic bands.
5. A bent or broken frame.
6. A sagging bed.
7. Sharp protrusions on the frame or suspension system.

## STORAGE AND FOLDING INSTRUCTIONS

**STOP!** ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE Stamina® Oval Fitness 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 1

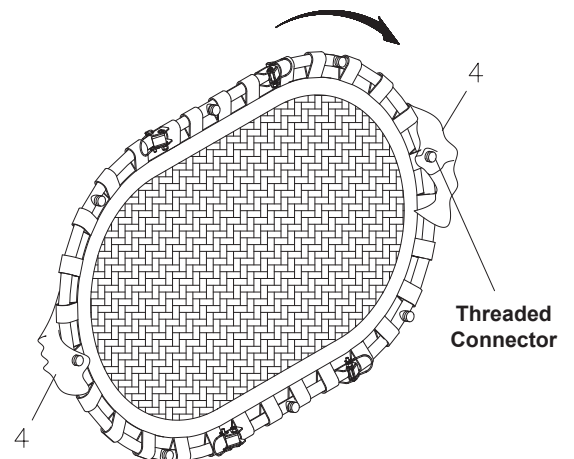
Unscrew the **LEGS(5)** from the trampoline.



### Step 1

### STEP 2

Remove the **SAFETY PAD(4)** from the frame. After the **SAFETY PAD(4)** is removed, place the trampoline on the floor with the threaded connectors pointing up.



### Step 2

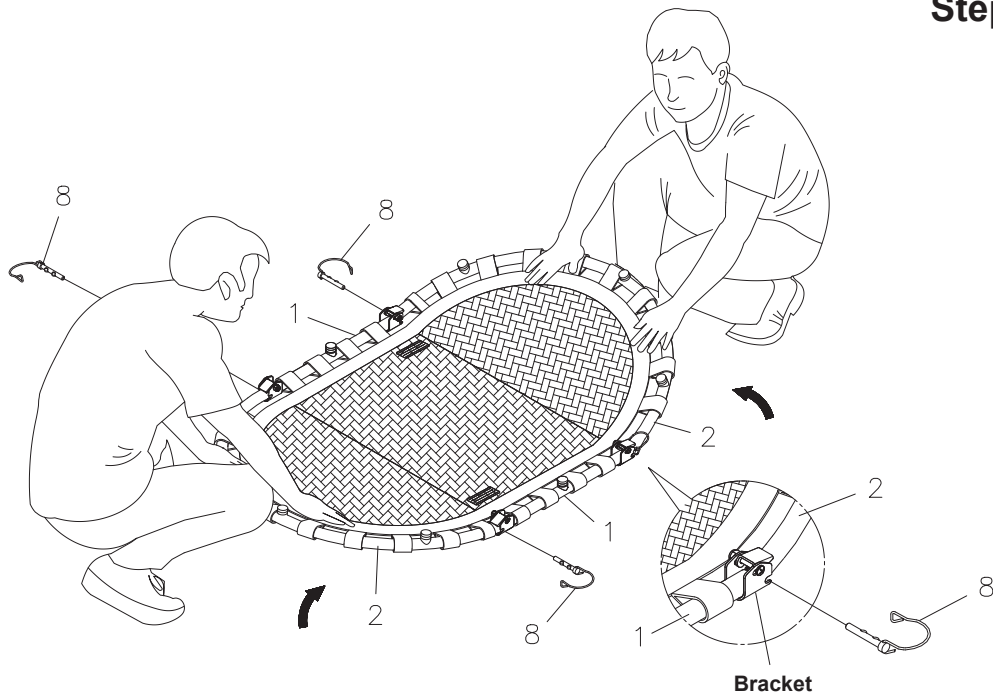
The safety pad must be removed before folding the trampoline.

## STORAGE AND FOLDING INSTRUCTIONS

### STEP 3

To prevent the trampoline from snapping into the folded position, push the **SEMICIRCLE RAILS(2)**. Unhook the Wire Ring from the four **SECURE PINS(8)**. Turn the pins to a flat position and remove them. With two people each grasping a **SEMICIRCLE RAIL(2)**, fold the **SEMICIRCLE RAILS(2)** upward so they fold at the **BRACKETS** as shown in illustration Step 3.

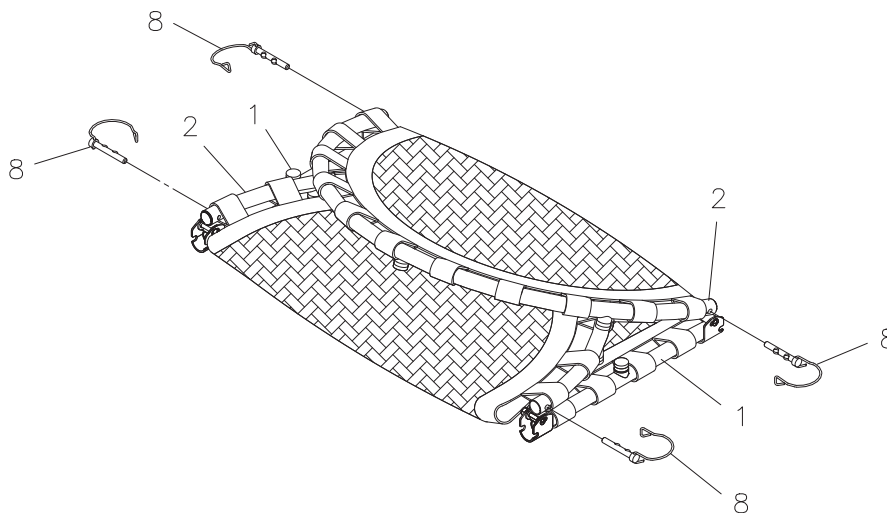
### Step 3



### STEP 4

Refer to illustration Step 4. Set the position of the **SECURE PINS(8)** as shown. Fold the **SEMICIRCLE RAILS(2)** toward the center of the mat and insert the **SECURE PINS(8)** back to the **SEMICIRCLE RAILS(2)**. Hook the Wire Rings onto the ends of the pins from the bottom of the **SEMICIRCLE RAILS(2)**.

### Step 4



## USE INSTRUCTIONS

### **WARNING**

- 1. ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE Stamina® Oval Fitness 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.

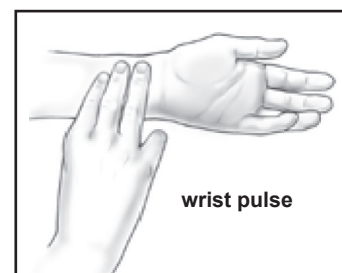
Remember to follow these essentials:

- 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

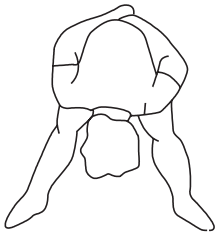
\* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used:  $220 - \text{Age} = \text{predicted maximum heart rate}$

## 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.

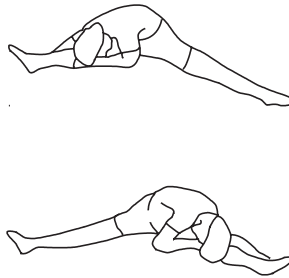
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



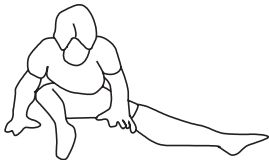
#### Lower Body Stretch

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.



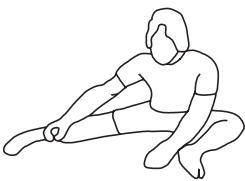
#### Floor Stretch

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.



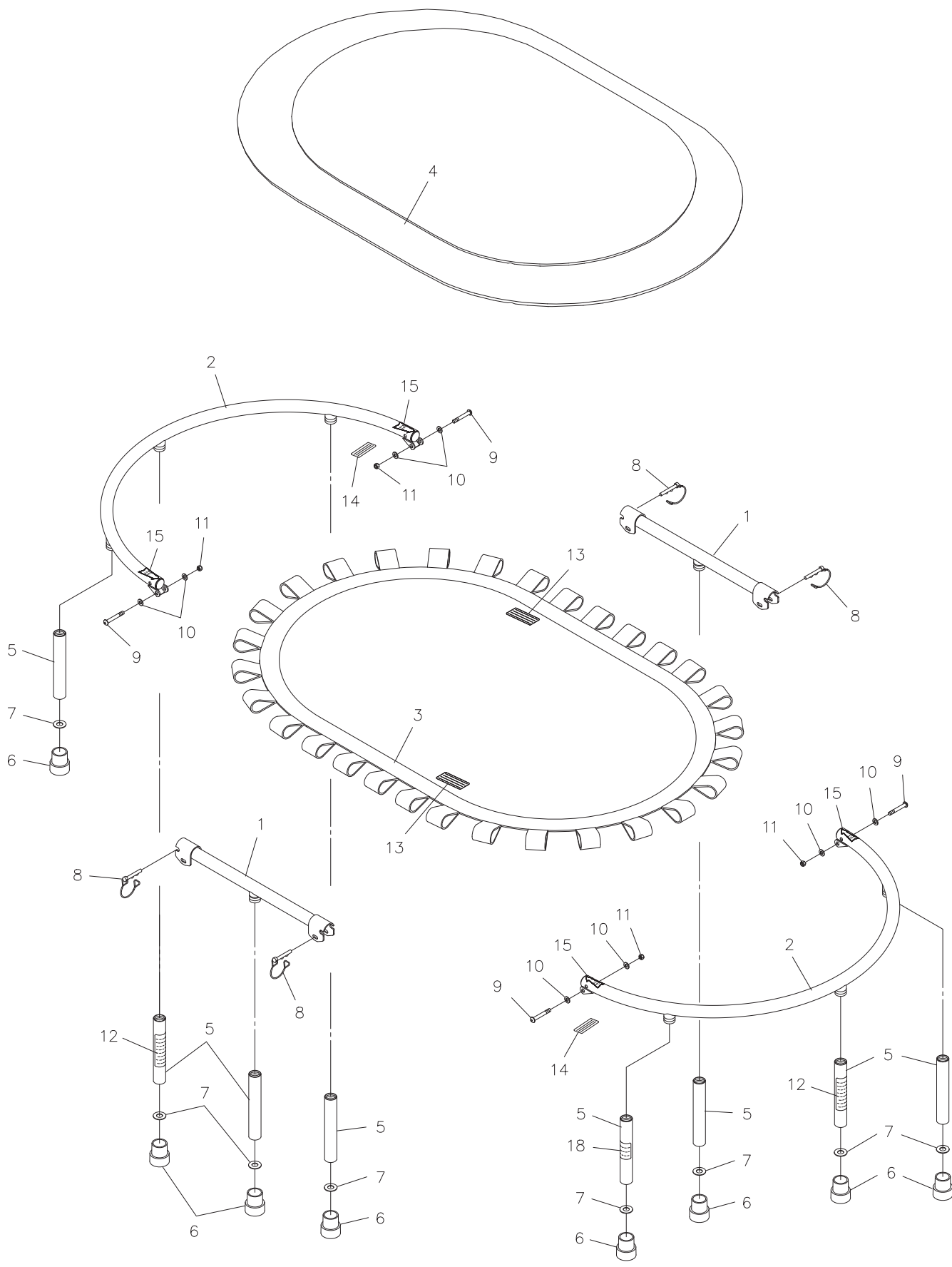
#### Bent Over Leg Stretch

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.

# PRODUCT PARTS DRAWING





## **PARTS LIST**

<b>PART#</b>	<b>PART NAME</b>	<b>QTY</b>
1	Rail	2
2	Semicircle Rail	2
3	Mat	1
4	Safety Pad	1
5	Leg	8
6	Leg Cap	8
7	Cap Washer	8
8	Secure Pin	4
9	Bolt, Round Head (M6 x 1 x 42mm)	4
10	Washer (M6)	8
11	Nylock Nut (M6 x 1)	4
12	Warning Label	2
13	Hazard Label	2
14	Warning Decal	2
15	Pinch Point Decal	4
16	Use Instructions Sign (Not Shown)	1
17	Manual	1
18	Serial Decal	1

## LIMITED WARRANTY

MODEL 35-1691

### 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.

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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	