

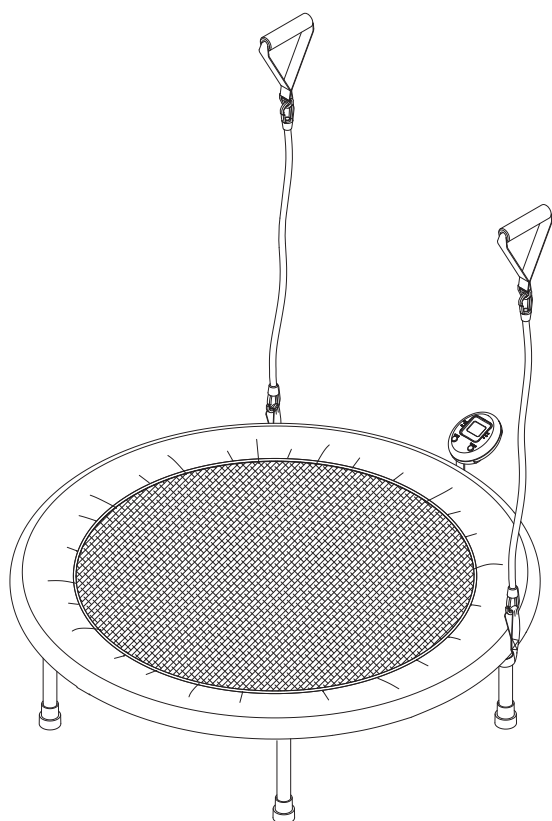


# Plus 38" Rebounder

## 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, SPRINGFIELD, MO 65803

Customer Service

1 (800) 375-7520

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

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2012, 08

### ⚠ 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 model number:

**35-1632**

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

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

**MADE IN CHINA**

# Call Us First



**Customer Service**  
**1 (800) 375-7520**  
**www.staminaproducts.com**

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**THANK YOU FOR PURCHASING THE  
inTONE® Rebounder**

**To enact your warranty, please register your product  
by going to [register.staminaproducts.com](http://register.staminaproducts.com)**

Simply follow the assembly and safety instructions in this manual and you will soon be starting your **inTONE® Rebounder** exercise program and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Department toll-free number, 1 (800) 375-7520, Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time. Friday, 8:00 A.M. - 3:00 P.M., Central Time.

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## SAFETY INSTRUCTIONS

- ⚠ WARNING** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.
- ⚠ 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 inTONE® Rebounder.

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. **When unfolding or folding the trampoline, the rails will try to spring into the folded position.**
4. **Always use two or more strong people to unfold or fold the inTONE® Rebounder. 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.**
5. **The inTONE® Rebounder 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.**
6. All purchasers and all persons using the inTONE® Rebounder must become familiar with the manufacturer's recommendations for proper assembly, use and care of the inTONE® Rebounder, 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 inTONE® Rebounder.
7. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
8. Place the inTONE® Rebounder on a level surface before use.
9. Use the inTONE® Rebounder in a well lighted area. Artificial illumination may be required for indoor or shady areas.
10. Do not place the inTONE® Rebounder on an elevated surface. The inTONE® Rebounder should be at floor level or ground level.
11. Inspect your inTONE® Rebounder before each use. Make sure the safety pad is correctly and securely positioned. Replace any worn, defective, or missing parts.
12. Make sure the floor or ground around the inTONE® Rebounder is clear of all objects that may cause injury if you step on them when dismounting.
13. 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.
14. Inspect the Resistance Tubes(16) for nicks and cuts before each use. Do not use tubes that are nicked or cut.
15. Do not allow children to use the inTONE® Rebounder. The inTONE® Rebounder 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 inTONE® Rebounder is not recommended for children of any age.
16. Lateral clearance is essential. Place the inTONE® Rebounder 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 inTONE® Rebounder at all times including use and assembly of the inTONE® Rebounder.
18. The weight limit on the inTONE® Rebounder is 250 pounds.
19. Do not use the inTONE® Rebounder with socks only. Good traction is very important when mounting, using, and dismounting the inTONE® Rebounder. 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 inTONE® Rebounder.
21. The inTONE® Rebounder should be used by only one person at a time.
22. Remove any obstructions from beneath the inTONE® Rebounder.
23. The surface of the bed should be dry.
24. Be careful to maintain your balance when mounting, using, dismounting, or assembling the inTONE® Rebounder. 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 inTONE® Rebounder.
26. Do not attempt any gymnastic or acrobatic maneuvers on the inTONE® Rebounder.
27. Stop exercising before attempting to dismount the inTONE® Rebounder. To avoid sprains and broken bones, come to a complete stop before dismounting.
28. Use the inTONE® Rebounder only as described in this manual.
29. Always store the inTONE® Rebounder indoors in a dry place.
30. Secure the inTONE® Rebounder against unauthorized and unsupervised use.
31. Remove the safety pad before folding the inTONE® Rebounder for storage. Failure to remove the safety pad before folding will result in damage to the safety pad.

## BEFORE YOU BEGIN

Thank you for choosing the **inTONE® Rebounder**. 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 **inTONE® Rebounder** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

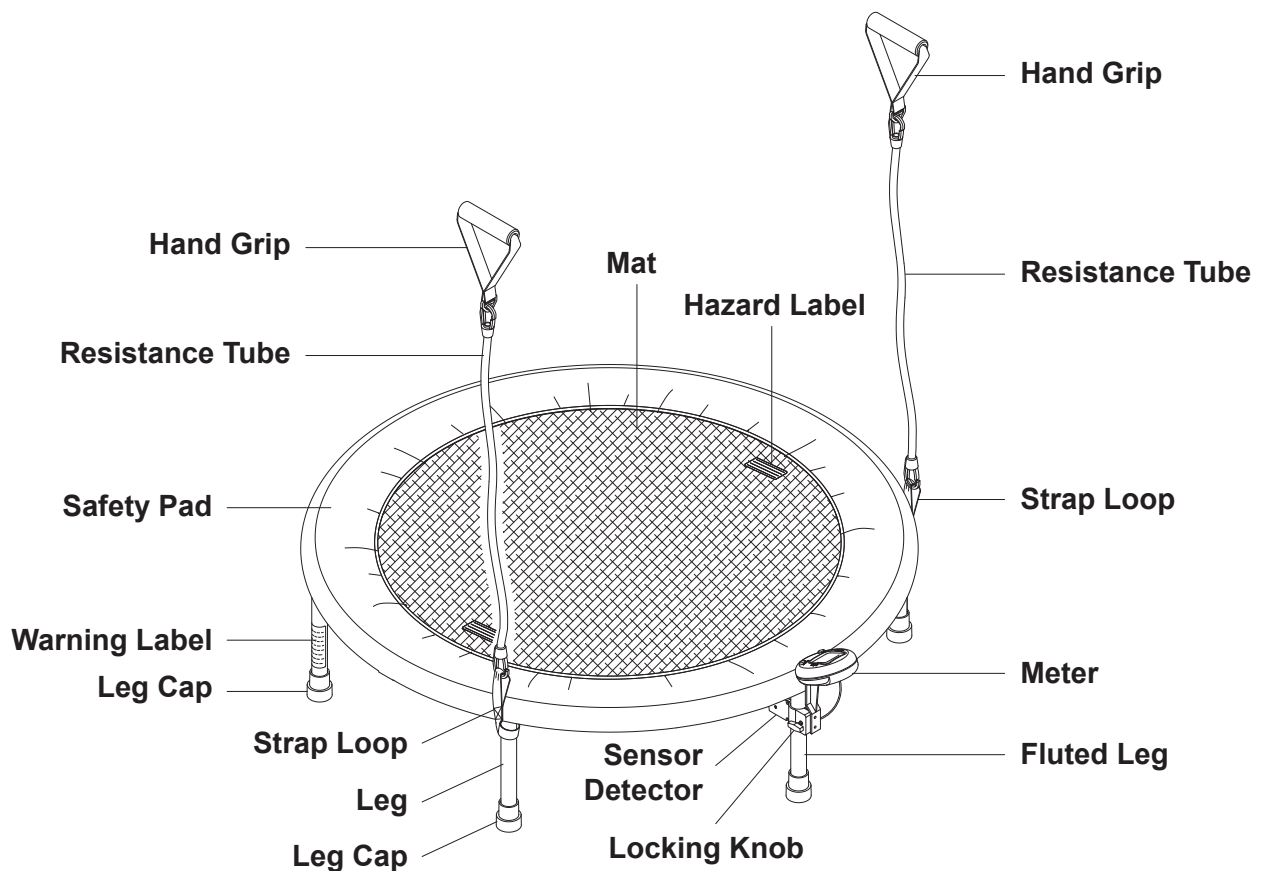
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **inMotion Folding 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 **inTONE® Rebounder**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to [staminaproducts.com](http://staminaproducts.com) under the Service section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service 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

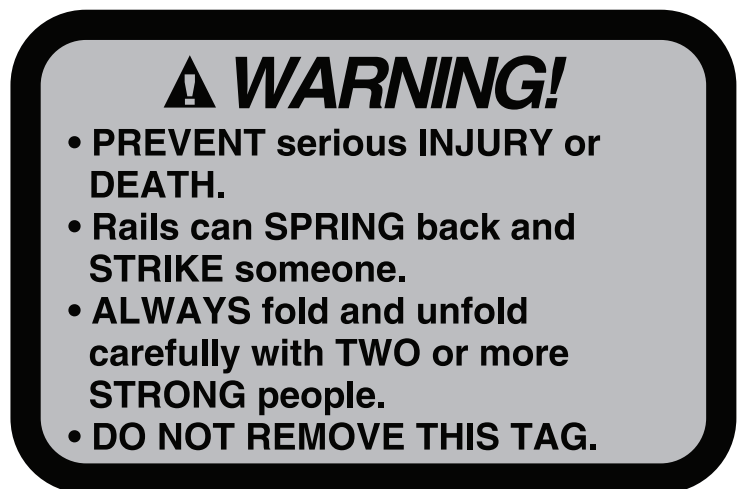
This chart is provided to help identify the warning, caution, and notice labels on the **inTONE® Rebounder**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size

### W1 WARNING LABEL(15)



### W2 HAZARD LABEL(25)



### W3 WARNING DECAL(26)



## ASSEMBLY INSTRUCTIONS

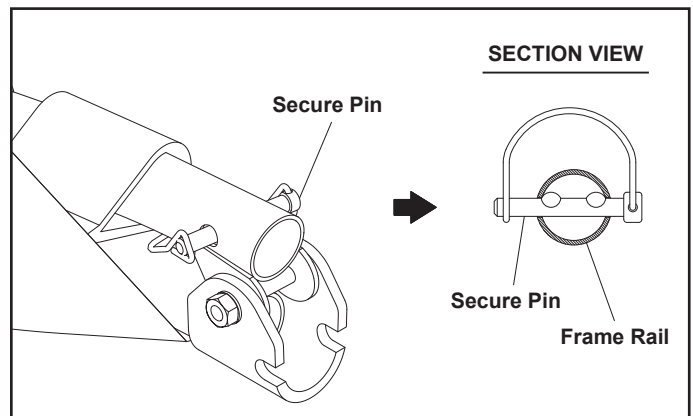
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to [staminaproducts.com](http://staminaproducts.com) under the Service section and order the part needed, e-mail us at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service 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 inTONE® REBOUNDER. 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 inTONE® Rebounder during assembly.
3. Keep fingers away from the ends of the rails in the hinge area when unfolding the inTONE® Rebounder. The inTONE® Rebounder 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 inTONE® Rebounder.

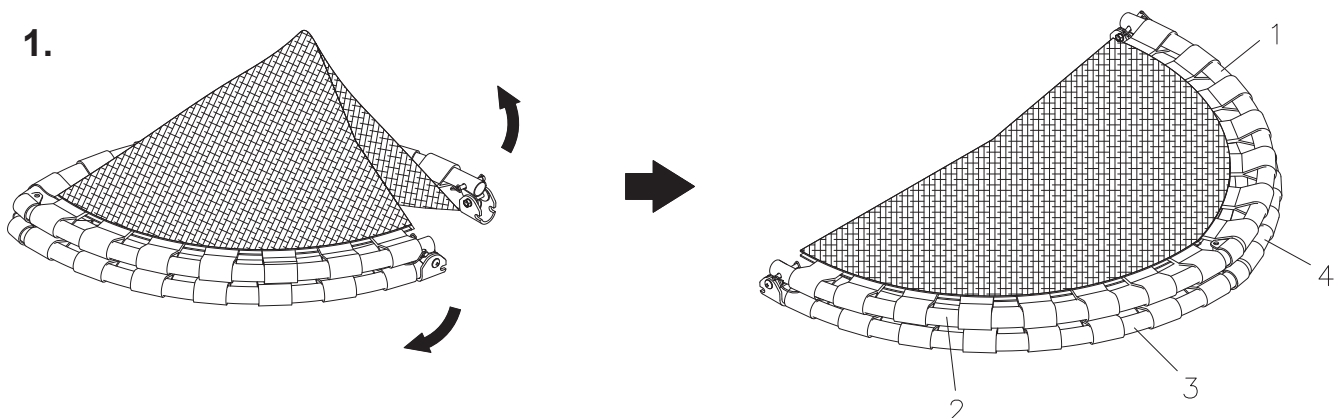
### NOTE:

**BEFORE** assembly, verify that the **SECURE PINS(10)** 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(10)** 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

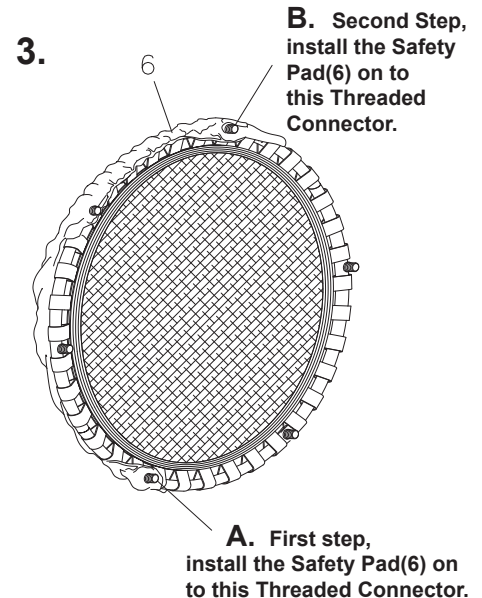
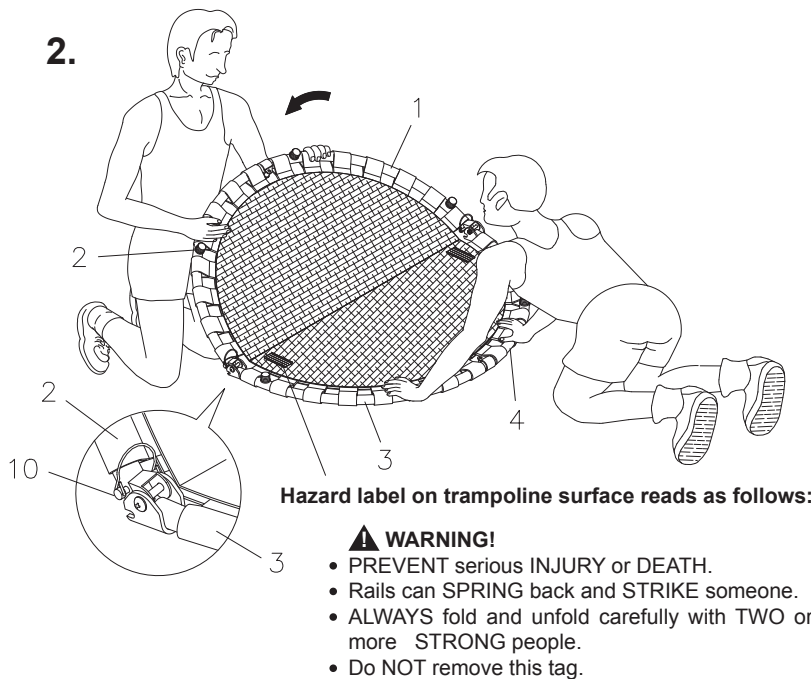
**NOTE:** Make sure the **SECURE PINS(10)** are inserted into the ends of **RAILS(1, 2)** and properly secured by the Wire Ring. Both ends of the **SECURE PINS(10)** should have approximately 1/8 inch between the **RAILS(1, 2)** and the Wire Ring. Refer to illustration 2.

### STOP!

#### ⚠ WARNING

- **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE inTONE® REBOUNDER. 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 **inTONE® Rebounder**. 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 **inTONE® Rebounder** to the flat position. The **RAILS(1, 4)** and **RAILS(2, 3)** should snap together and be locked by the **SECURE PINS(10)** when you reach the flat position. Refer to illustration 2.



### STEP 3

Slide the **SAFETY PAD(6)** over the rail frame. Make sure the holes in **SAFETY PAD(6)** fit over the threaded connectors properly. Refer to illustration 3.

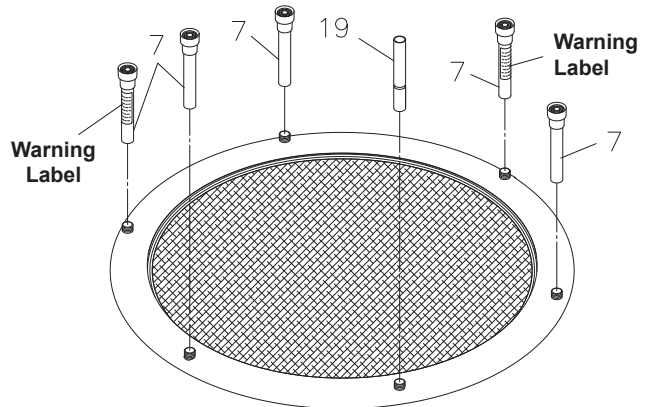
**HINT:** Install one hole over a threaded connector. The next hole installed should be on the connector on the opposite side of the trampoline.

**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 a threaded connector on the rail frame as shown in illustration 4 on the following page. The **SAFETY PAD(6)** must also cover the elastic bands on the **MAT(5)** as shown in illustration 5 on the following page.

## ASSEMBLY INSTRUCTIONS

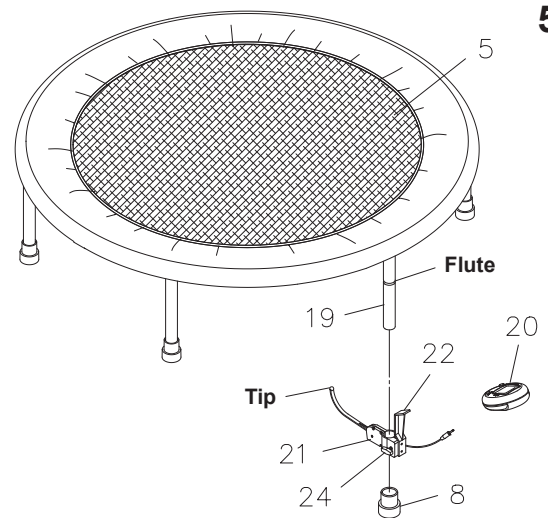
### STEP 4

Refer to the position of the legs as shown in illustration 4. First, screw the **FLUTED LEG(19)** into one of the threaded connectors on the rail frame. Next, attach the two **LEGS(7)** with **Warning Labels** on sides opposite from each other. Finish by attaching the remaining three **LEGS(7)**.



### STEP 5

Place the trampoline in the normal use position. Loosen the **LOCKING KNOB(24)** on the **SENSOR DETECTOR(21)** to allow the **FLUTED LEG(19)** to slide through the hole in the **SENSOR DETECTOR(21)**. Slide the **SENSOR DETECTOR(21)** onto the **FLUTED LEG(19)** and slide up until the **SENSOR DETECTOR(21)** snaps into the flute. 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)**. Press the **LEG CAP(8)** on the **FLUTED LEG(19)**.



### STEP 6

Install an AA battery into the **METER(20)**, battery is not included. See page 12 for detailed battery installation instructions. Slide the **METER(20)** onto the **MOUNTING BRACKET(22)**. Plug the sensor wire on the **SENSOR DETECTOR(21)** into the back of the **METER(20)**.



## ASSEMBLY INSTRUCTIONS

### STEP 7

Remove the **LEG CAPS(8)** from the two **LEGS(7)** at both sides of the **FLUTED LEG(19)**. Slide the **STRAP LOOPS(18)** onto the **LEGS(7)**. Press the **LEG CAPS(8)** back on the **LEGS(7)**. Hook the **RESISTANCE TUBES(16)** to the **STRAP LOOPS(18)**. Hook the **HAND GRIPS(17)** to the other ends of the **RESISTANCE TUBES(16)**.

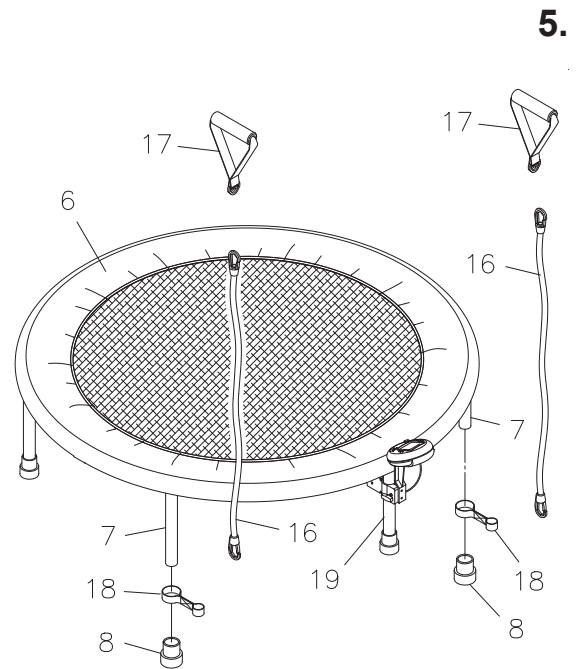
### STEP 8

Make sure that the **SAFETY PAD(6)** covers the Elastic Bands on the **inTONE® Rebounder**. 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 5.

### STEP 9

Post the **USE INSTRUCTIONS SIGN(28)** in a highly visible and safe location. The **USE INSTRUCTIONS SIGN(28)** shall be placed such that it will be readily visible to the intended viewer.



## INSTALLATION INSTRUCTIONS

1. Adequate overhead clearance is essential. For example, a minimum of 24 feet from ground level is recommended for large outdoor trampolines. When using your **inTONE® Rebounder**, 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 **inTONE® Rebounder** before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

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

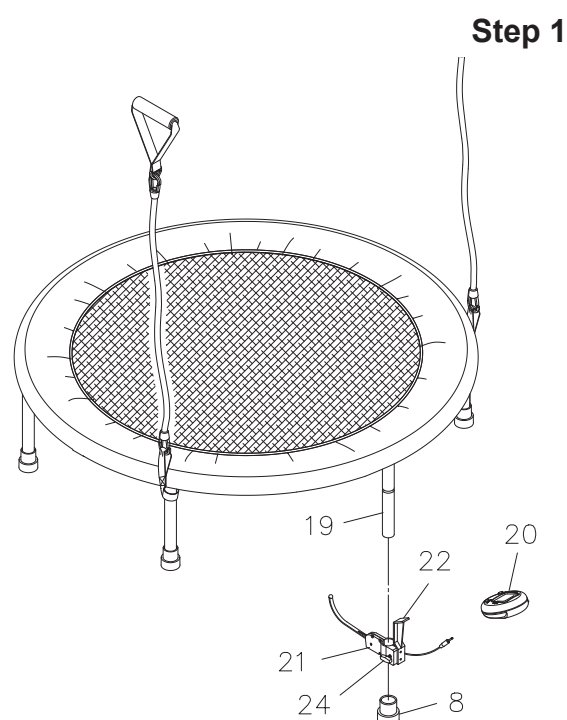
## STORAGE AND FOLDING INSTRUCTIONS

The inTONE® Rebounder 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 inTONE® REBOUNDER. 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 inTONE® Rebounder for one year or more.
  - Be very careful not to damage the sensor wire when removing the METER(20) and the SENSOR DETECTOR(21).

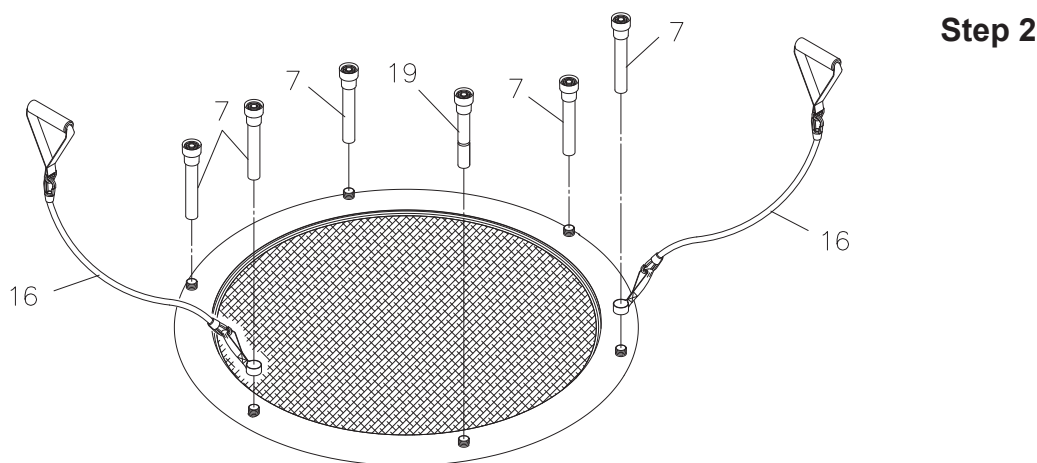
### STEP 1

Unplug the sensor wire from back of the **METER(20)**. Remove the **METER(20)** from the **MOUNTING BRACKET(22)**. Remove the **LEG CAP(8)** from the **FLUTED LEG(19)**. Unscrew the **LOCKING KNOB(24)** and remove the **SENSOR DETECTOR(21)** from the **FLUTED LEG(19)**. Press the **LEG CAP(8)** back on the **FLUTED LEG(19)**.



### STEP 2

Unscrew the **LEGS(7)** and the **FLUTED LEG(19)** from the trampoline and remove the **RESISTANCE TUBES(16)**.



## STORAGE AND FOLDING INSTRUCTIONS

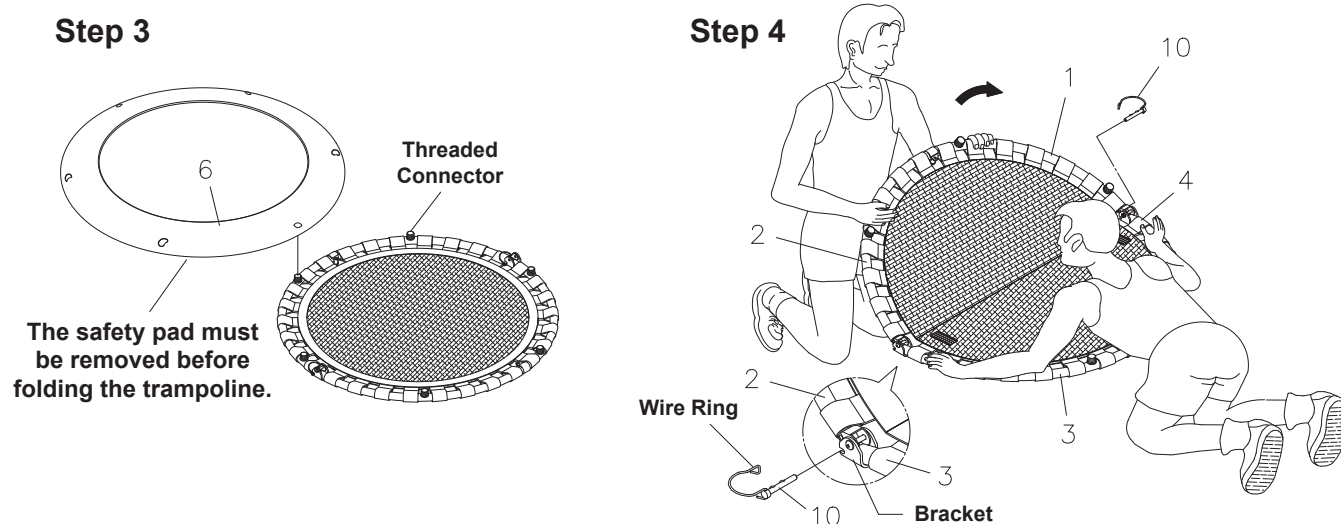
### STEP 3

Remove the **SAFETY PAD(6)** from the frame. After the **SAFETY PAD(6)** is removed, place the trampoline on the floor with the threaded connectors pointing up. Refer to illustration Step 3.

**STOP! ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE inTONE® REBOUNDER. 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 4

To prevent the trampoline from snapping into the folded position, push the four **RAILS** down. Then unhook the Wire Ring from the **SECURE PINS(10)** 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.

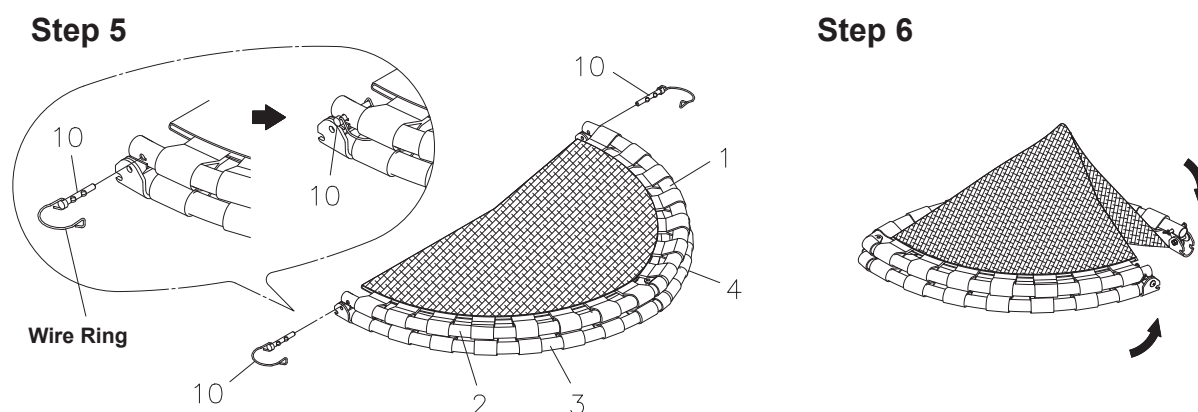


### STEP 5

Refer to illustration Step 5. Set the position of the **SECURE PINS(10)** as shown. Lift up the **RAILS(1, 2)** and insert the **SECURE PINS(10)** back into the **RAILS(1, 2)**. Hook the Wire Rings onto the pins from the bottom of the **RAILS(1, 2)**.

### STEP 6

Fold the trampoline again as shown in illustration Step 6.



## USE INSTRUCTIONS

### USING THE RESISTANCE TUBES

1. Use with **HAND GRIPS(17)** during your workout or while standing stationary on the **inTONE® Rebounder**.
2. Clip one end of each **RESISTANCE TUBE(16)** to the **STRAP LOOPS(18)** located on the legs of either side of the **METER(20)** and hook the **HAND GRIPS(17)** to the other ends of the **RESISTANCE TUBES(16)**.
3. The **RESISTANCE TUBES(16)** are detachable so they can be used alone without the **inTONE® Rebounder** for total body strength training.

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

### USING THE FITNESS METER

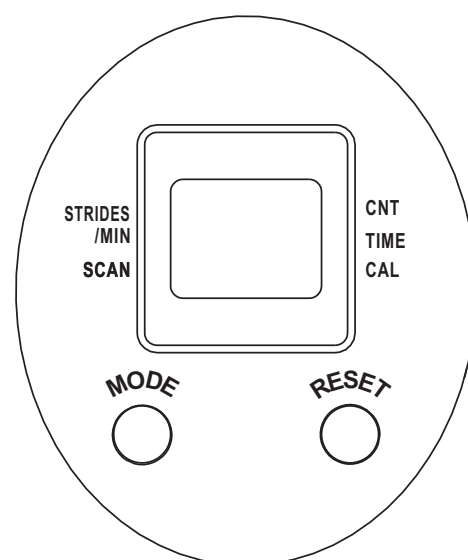
**POWER ON :** Bounce on the trampoline or press any button.

**POWER OFF :** Automatic shut 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 consumption from zero to 9999 cal.

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

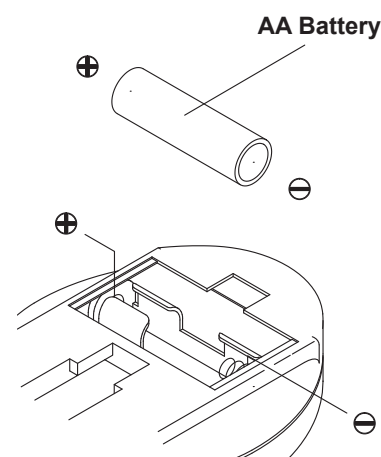
- NOTE:**
1. The meter will stop counting time automatically after six seconds of inactivity. All function values will be kept. Restart the meter by bouncing on the trampoline or press any button.
  2. The meter will shut off automatically after four minutes of inactivity. All function values will be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

### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with an AA battery, the battery is not included. Refer to the illustration to install or replace the batteries.

#### NOTE:

1. Rechargeable batteries are not recommended.



## USE INSTRUCTIONS



### WARNING



1. **ALWAYS USE TWO OR MORE STRONG PEOPLE TO UNFOLD OR FOLD THE inTONE® REBOUNDER. 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. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
3. Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injuries.
4. Use trampoline only with mature, knowledgeable supervision.
5. This trampoline is not recommended for children.
6. Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
7. Climb on and off the trampoline. It is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
8. Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
9. Learn fundamental bounces and body positions thoroughly before trying more advanced skills. A variety of trampoline activities can be carried out by performing the basic fundamentals in various series and combinations, performing one fundamental after another, with or without feet bounces between them.
10. Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
11. While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
12. Avoid bouncing when tired. Keep turns short.
13. Properly secure the trampoline when not in use. Protect it against unauthorized use. Protect it against use by children.
14. Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
15. Do not use the trampoline while under the influence of alcohol or drugs.
16. For additional information concerning the trampoline equipment, contact the manufacturer.
17. For information concerning skill training, contact a certified trampoline instructor.
18. Bounce only when the surface of the bed is dry. Wind or air movement must be calm to gentle. The trampoline must not be used in gusty or severe winds.
19. Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance, and use of the trampoline are included to promote safe, enjoyable use of this equipment.

## 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.

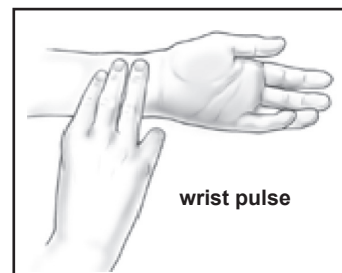
Remember to follow these essentials:

- 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:  $220 - \text{Age} = \text{predicted maximum heart rate}$

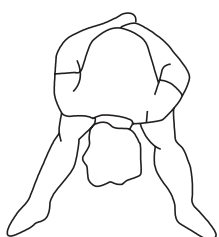


## WARM-UP and COOL-DOWN

**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

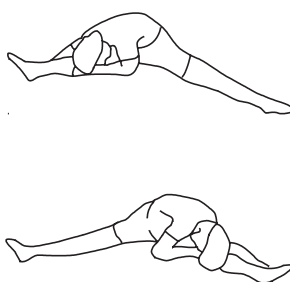
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held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

### Suggested Stretching Exercises



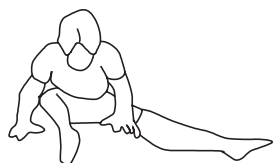
#### Lower Body Stretch

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 GUIDE

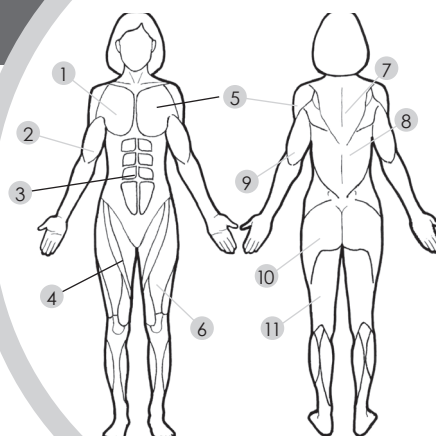
# REBOUNDER

The Rebounder is one of the most effective low impact workouts that you will ever do. Your Rebounder workouts will help you become more functional and physically fit while at the same time help you reshape your body.

As with any exercise routine, it's important to begin by warming up your body and most specifically the muscles you are planning to exercise. You may want to start with slow marching, jogging, or bouncing. Simply march, jog, or bounce lightly in place on the Rebounder for about 5 minutes. As you warm up, begin jogging faster, raising your knees higher, or try skiing or jumping jacks. Work out at a higher intensity for at least 20 minutes for best results. For interval training, jump at a higher intensity for 30 seconds to a minute between other exercises shown here.

Actual product may vary slightly from the one pictured.  
Before exercising, consult a physician.  
Warm-up properly before starting any routine.  
Cool down completely before ending a workout.

## WORKS THESE MUSCLE GROUPS



1. Pectorals
2. Biceps
3. Abdominals
4. Adductor
5. Deltoid
6. Quadriceps
7. Trapezius
8. Latissimus Dorsi
9. Triceps
10. Gluteals
11. Hamstring

### CONTACT BOUNCE

Start with feet shoulder width apart, knees bent, hands at waist. Bounce gently so your feet don't leave the mat. Repeat 10 times.



### HAMSTRING CURLS

While bouncing, shift your weight to the right and bring your left foot up to your left buttock. Bring your left foot down and shift your weight to the left and bring your right foot up to your right buttock. Repeat 10 times on each side.

### JOG IN PLACE

While standing in the center of the mat, jog in place. Concentrate on breathing in and out as you count to 100.

### JUMPING JACKS

Start with your feet together and arms at sides. Jump up and separate feet to just past hip width while you sweep your arms out to the side and raise your hands overhead. Jump again and return to the starting position. Repeat 10 times.



### SIDE TO SIDE

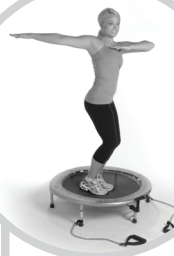


Place both feet together and bounce from one side of the mat to the other side of the mat while keeping your feet together. Repeat 10 times on each side.



### TWIST BOUNCE

Start with your feet together and arms at shoulder height, elbows bent with hands in front of your chest. Bounce and twist your upper body to the left, reaching your left arm out, while twisting your lower body to the right, feet pointed to the right. Repeat 10 times each way.



# REBOUNDER

## MILITARY PRESS

With knees bent, grasp the handles with palms up, press arms up overhead. Repeat 10 times.

## PLIE SQUAT WITH STAR ARMS

Begin in plie stance, squat with arms reaching forward, thumbs up. Lift and raise arms up and out while you straighten your legs. Return to starting position. Repeat 10 times.

## TRICEPS KICKBACK

Anchor the tubes under your feet, and grasp the handles with thumbs up. Extend your arms backward to full extension while you tighten your abdominal muscles to support and hold your body in place. Repeat 10 times.

## TRICEPS OVERHEAD EXTENSION

Grasp the tube handles behind your head, elbows by your ears. Begin with thumbs down. Straighten your arms rotating to palms forward. Repeat 10 times.

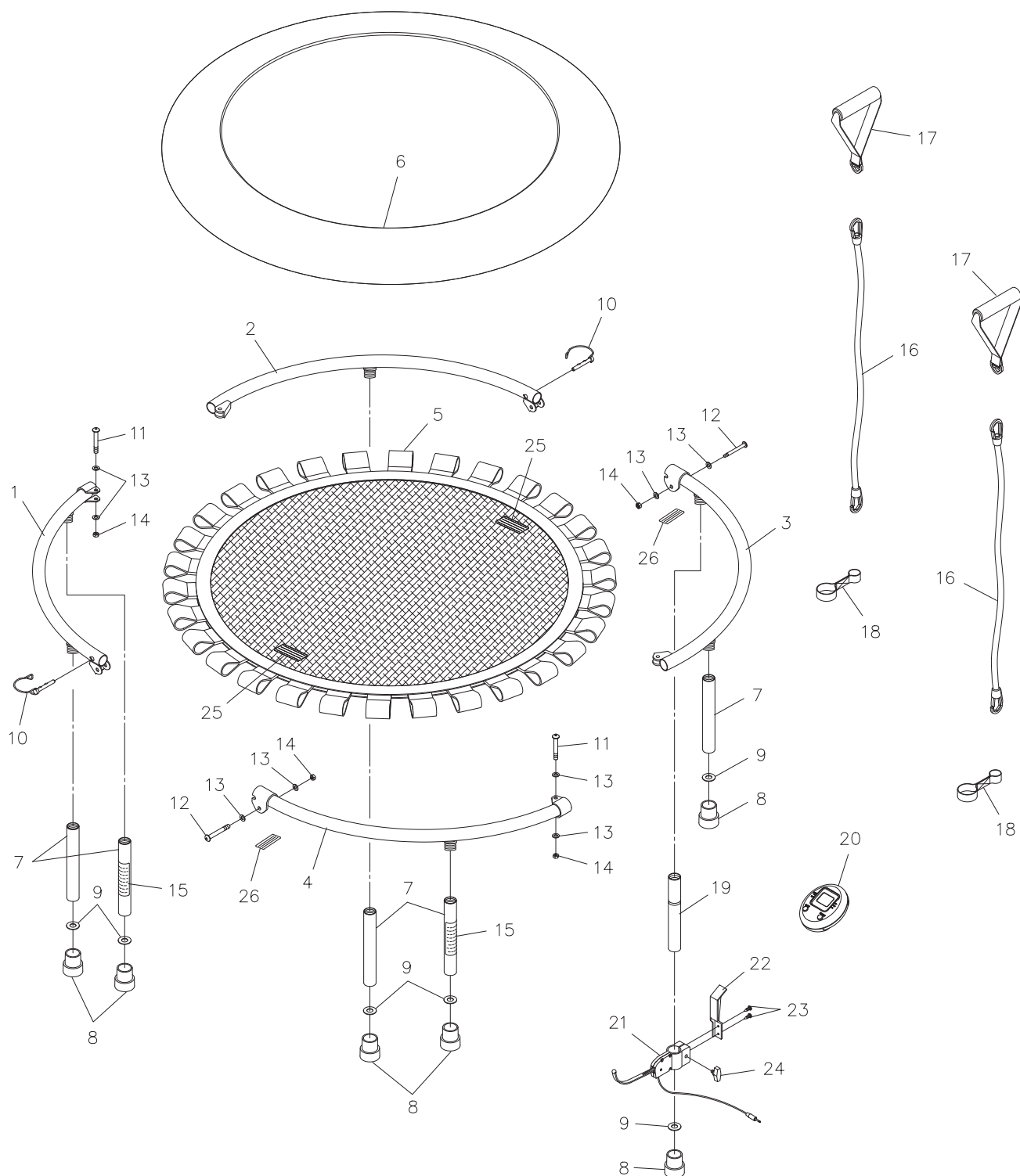
## BICEPS CURL

Grasp the handles with palms facing forward and anchor the tubes under your feet. Start with arms at your sides, palms facing forward. Squeeze with your biceps as you bring your palms to your shoulders keeping elbows at your sides. Return to starting position. Repeat 10 times.

## UPRIGHT ROWS

Grasp the handles with palms toward you, hands close together so thumbs are almost touching. Anchor the tubes under your feet. Raise your hands toward your chin, elbows out. Return to starting position. Repeat 10 times. As an alternative, lean forward in wide stance. Pull your elbows back, squeezing your shoulder blades together. Repeat 10 times.

# PRODUCT PARTS DRAWING



## PARTS LIST

PART#	PART NAME	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	5
8	Leg Cap	6
9	Cap Washer	6
10	Secure Pin	2
11	Bolt, Round Head(M6 x 1 x 35mm)	2
12	Bolt, Round Head(M6 x 1 x 42mm)	2
13	Washer (M6)	8
14	Nylock Nut (M6 x 1)	4
15	Warning Label	2
16	Resistance Tube	2
17	Hand Grip	2
18	Strap Loop	2
19	Fluted Leg	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	Hazard Label	2
26	Warning Decal	2
27	Manual	1
28	Use Instructions Sign (Not Shown)	1

## LIMITED WARRANTY

MODEL 35-1632

### WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation 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 TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and 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, family, or household 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 **customerservice@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 MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is 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 AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor'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 Products, Inc. **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 written or express warranty given by Stamina Products, Inc. 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 OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

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## ***NOTES***

## TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com) or by phone at 1-800-375-7520 (in the U.S.). Our customer service 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 SERVICE  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



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



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



**MAIL**  
STAMINA PRODUCTS, INC.  
ATTN: Customer Service  
P.O. Box 1071 Springfield, MO. 65801-1071

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 service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

### PRODUCT REGISTRATION FORM

Stamina Products, Inc.  
P.O. Box 1071  
Springfield, MO 65801-1071

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](http://parts.staminaproducts.com) and order those parts. If you have questions, please contact customer service. 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.  
P.O. Box 1071  
Springfield, MO 65801-1071

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

**IMPORTANT : Before filling out the form 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