

GYMSTICK™

FITNESS TRAMPOLINE USER MANUAL



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

TABLE OF CONTENTS

BEFORE YOU BEGIN	2	EXPLODED DIAGRAM & PARTS LIST	2
SAFETY INSTRUCTIONS	3	ASSEMBLY INSTRUCTIONS	4
CARE AND MAINTENANCE	7	WARM UP AND COOL DOWN ROUTINE	8
IMPLIED WARRANTY	10		

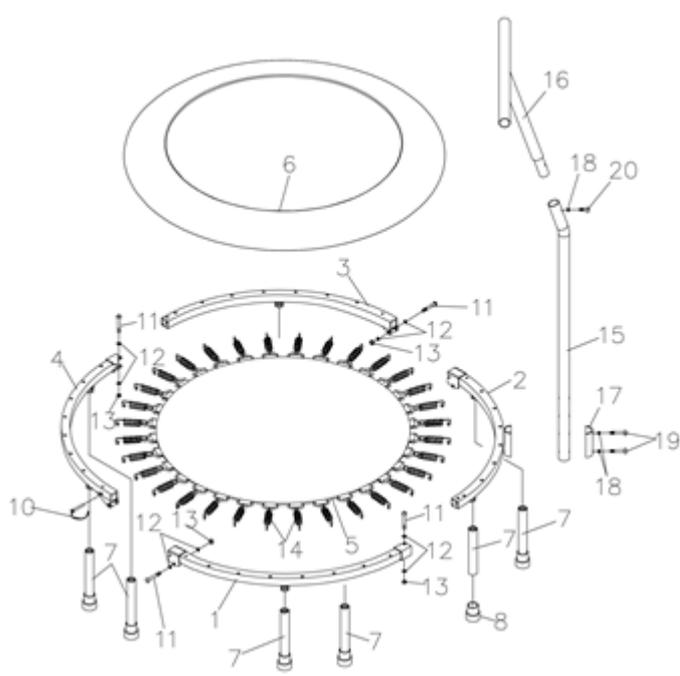
BEFORE YOU BEGIN

Thank you for choosing the Gymstick Fitness Trampoline. We take great pride in producing this quality product and hope it will provide many hours of effective exercise to make you feel better, look better and enjoy life to its fullest.

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

Read this manual carefully before using Gymstick Fitness Trampoline.

EXPLODED DIAGRAM & PARTS LIST



No.	Description	Qty
1	Rail A	1
2	Rail B	1
3	Rail C	1
4	Rail D	1
5	Mat	1
6	Safety Pad	1
7	Leg	6
8	Leg Cap	6
10	Secure Pin	1
11	Bolt, Round Head (M6*42mm)	4
12	Washer (M6)	8
13	Nylon Nut (M6)	4
14	Spring	32
15	Handle Bar Support	1
16	Handle Bar	1
17	Plate	1
18	Arc Washer (M6)	3
19	HEX Bolt (M6*30mm)	2
20	HEX Bolt (M6*16mm)	1

SAFETY INSTRUCTIONS

1. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
2. All trampoline type exercises must be done with the Fitness Trampoline in the flat position. The angle positions are for use with a medicine ball.
3. All purchasers and all persons using the Fitness Trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the Fitness Trampoline.
4. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions.
5. Place the Fitness Trampoline on a level surface before use.
6. Inspect your Fitness Trampoline before each use. Make sure the safety pad is in place. Replace any worn, defective, or missing parts.
7. The Fitness Trampoline is not a toy. Do not allow children to use the Fitness Trampoline. Keep small children and pets away from the Fitness Trampoline at all times (including assembly).
8. Make sure to 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.
9. Place the Fitness Trampoline away from walls, structures, fences, play areas, furniture and other exercise equipment. Maintain a clear space on all sides of the trampoline. Remove all obstructions from beneath the Fitness Trampoline.
10. Good traction is very important using the Fitness Trampoline. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles.
11. The Fitness Trampoline should be used by only one person at a time.
12. Do not attempt any gymnastic or acrobatic maneuvers on the Fitness Trampoline. Use the Fitness Trampoline only as described in this manual.
13. Always store the Fitness Trampoline indoors in a dry place and make sure that the surface of the bed is always dry before using.
14. Secure the Fitness Trampoline against unauthorized and unsupervised use. The Fitness Trampoline is for consumer use only. Public or semipublic use is not allowed.
15. **The maximum user weight is 100kg.**

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

ASSEMBLY INSTRUCTIONS

WARNING:

1. Keep children away from the Fitness Trampoline during assembly.
2. Keep fingers away from the ends of the rails in the hinge area when unfolding the Fitness Trampoline. The RAILS will try to spring back to the folded position if they are released before they snap into place. Serious injury can occur if fingers are caught between the ends of the RAILS.
3. The SAFETY PAD (6) must be installed before using the Fitness Trampoline.
4. Use two or more strong people to unfold and fold the Fitness Trampoline.

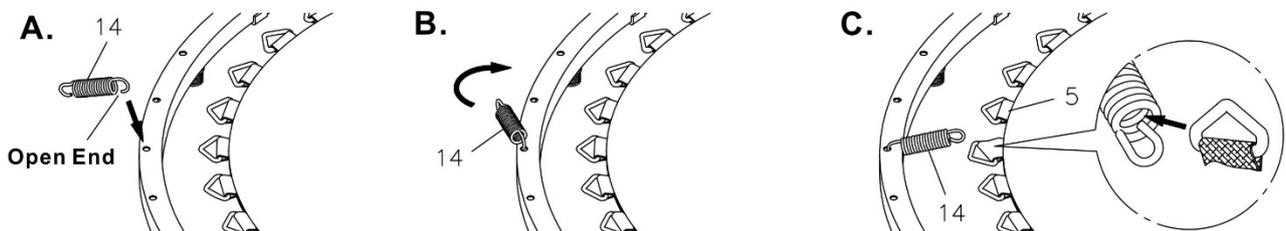
NOTE:

Check all springs BEFORE assembly. If any spring is not attached or is damaged, please follow the following process to attach or replace the spring:

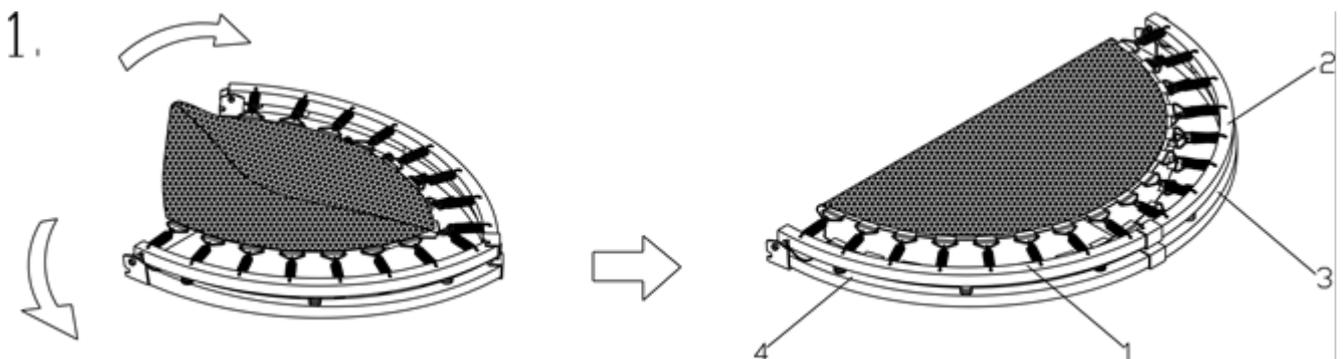
A. Find the open end of the SPRING (14) and hook this end into the hole on the Rail. Refer to illustration A.

B. Swing the SPRING (14) to face inside of the trampoline. Refer to illustration B.

C. Attach the metal loop on the MAT (5) to the spring hook as shown in the illustration C.



STEP 1: Lay the trampoline on the floor and open the rails. The trampoline will look as shown illustration 1.



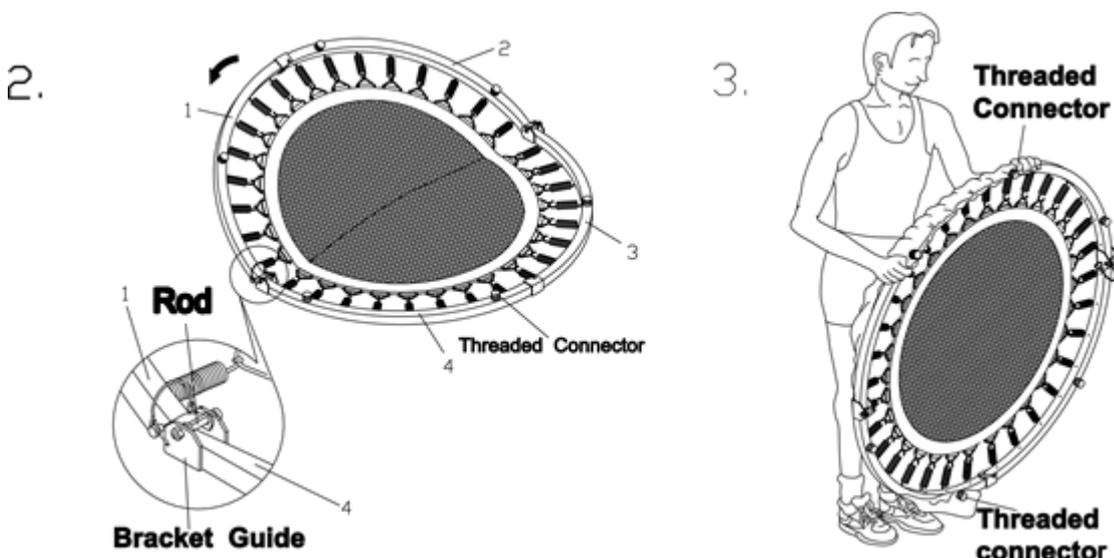
NOTE: Make sure the SECURE PIN (10) are inserted into the ends of RAILS (1, 4) and properly secured by the Wire Ring. Both ends of the SECURE PIN (10) should have approximately 3cm (1/8 inch) between the RAILS (1, 2) and the Wire Ring. Refer to illustration 2.

STEP 2: Place the ends of RAILS (1, 2) in the BRACKET GUIDES on the ends of RAILS (3, 4). Make sure the rods on the ends of RAILS (1, 2) are fully inserted into the slots in BRACKET GUIDES on the ends of RAILS (3, 4). Refer to illustration 2.

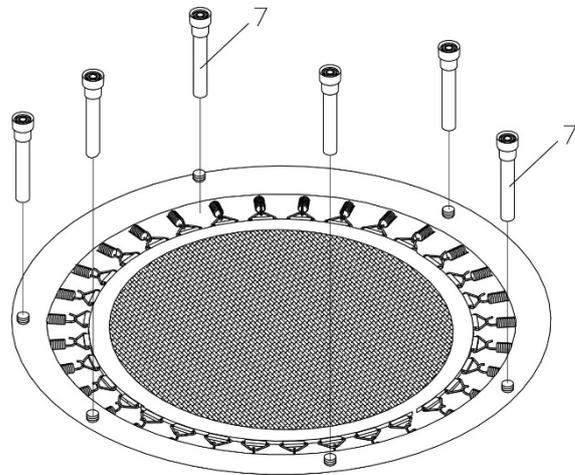
STEP 3: Hold RAILS (3, 4) and push down on RAILS (1, 2) to unfold the trampoline to the flat position. The RAILS (1, 4) and RAILS (2, 3) should snap together and be locked by the SECURE PIN (10) when you reach the flat position. Refer to illustration 2.

STEP 4: 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.

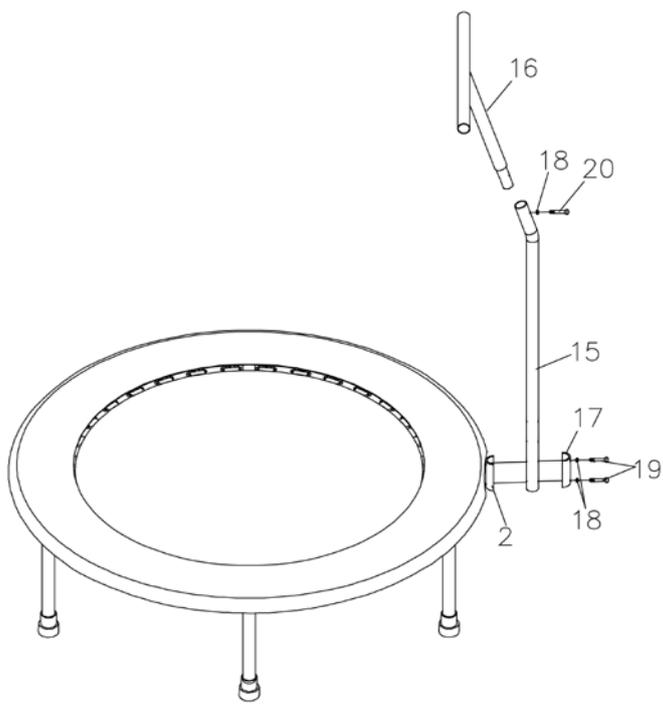
HINT: Install one hole over a threaded connector. The next hole installed should be on the connector on the opposite side of the trampoline.



STEP 5: Screw the six LEGS (7) onto the threaded connectors on the rail frame. Refer to below illustration.



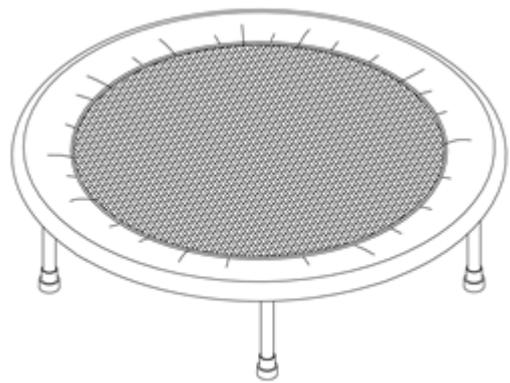
STEP 6: Screw HEX bolt (19) and Arc Washer (18) through Plate (17) and Handle bar (15) on Rail B (2). Then use HEX Bolt (20) to connect Handle bar (16) with Handle bar support (15).



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 7: Place the trampoline in the normal use position. Make sure that the SAFETY PAD (6) covers the Springs on the folding trampoline. Stand on the trampoline to make all six legs set flat on the floor. Refer to illustration 5.

5.



CORRECT PLACEMENT OF SAFETY PAD

CARE AND MAINTENANCE

Inspect the 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.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.



HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

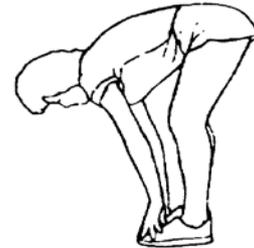


INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

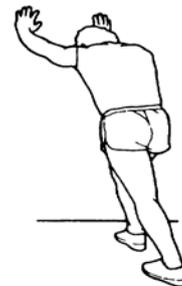


HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation can void the warranty.

The implied warranty is valid for 1 year, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame and springs.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home use. The warranty does not apply to commercial use of any kind.

Manufactured by:

Gymstick International Oy

Ratavartijankatu 11

15170 Lahti, FINLAND