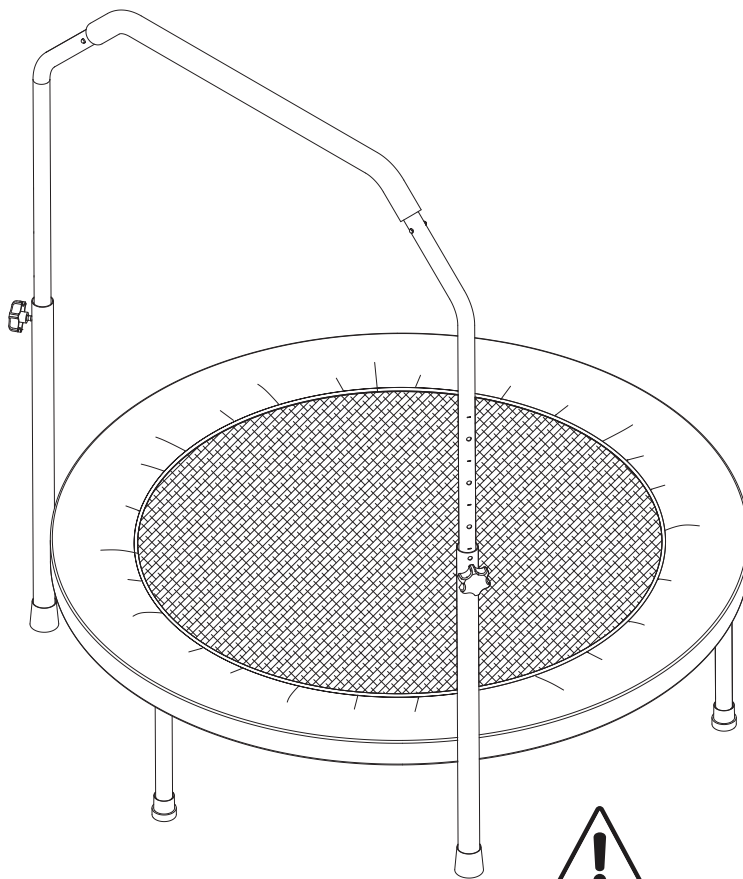




USER GUIDE

40" Foldable Mini Trampoline



CAUTION
Weight on this
product should not
exceed 330 lbs.



CAUTION
For indoor use only

For product assistance &
missing or replacement parts:
WE CAN HELP

1-800-375-7520

MON-THU 7:30am - 5:00pm CST
FRI 8:00am - 3:00pm CST

**THIS GUIDE CONTAINS
IMPORTANT SAFETY
INFORMATION.**

PLEASE READ AND KEEP
FOR FUTURE REFERENCE.

Find more at **Walmart.com**

WMAW-351641-RA

Contents & Information

CONTENTS & INFORMATION	2	Parts Diagram	7
SPECIFICATIONS	2	ASSEMBLY	8-12
OVERVIEW	3	OPERATION	13-16
SAFETY PRECAUTIONS	3-5	CLEANING & CARE	17-18
MODEL DESCRIPTION	6	Cleaning	17
Setup.....	6	Maintenance.....	17
Tools Needed	6	Storage	17-18
Hardware	6	TROUBLESHOOTING	18
Parts List	6	WARRANTY	19

FEATURES

- Heavy duty steel frame
- Padded bar
- Nonslip rubber feet
- Bar height adjusts from 39.6-49 inches
- 330-lb. Weight capacity
- Folds for storage

Specifications

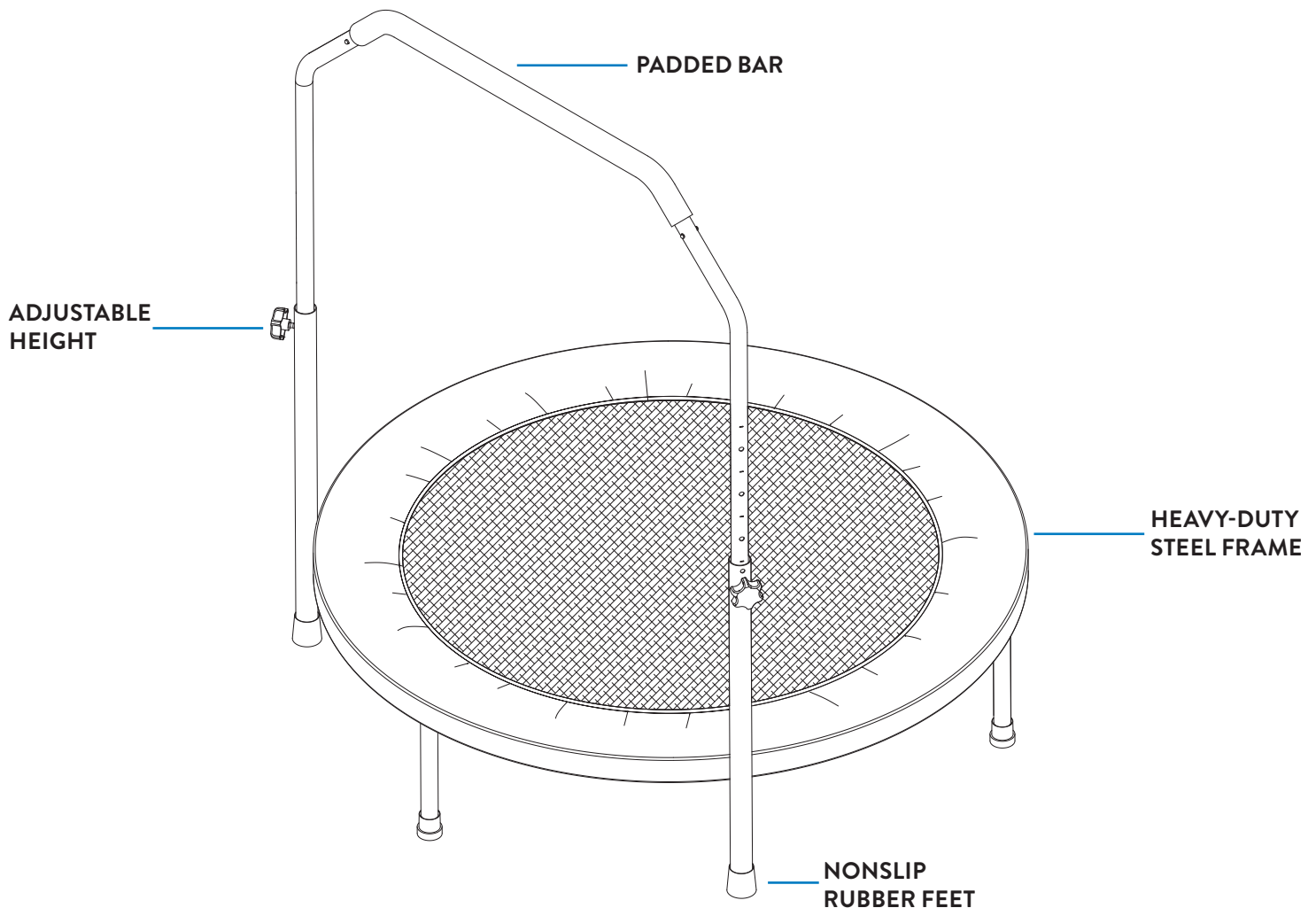
Weight
19.69 lbs

Product Dimensions
40" L x 40" W x 45" T



SCAN HERE FOR MORE
PRODUCT INFORMATION
AND LEAVE US A REVIEW!

Overview



Safety Precautions

WARNING

 **CALIFORNIA WARNING:** Risk of cancer from exposure to DEHP and reproductive harm from exposure to DEHP. See www.P65Warnings.ca.gov

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.

To reduce the risk of serious injury, read the following Safety Instructions before using the 40" Foldable Mini Trampoline.

- The 40" Foldable Mini Trampoline should only be used after a thorough review of the Owner's Manual by all exercisers and saved for future reference.
- Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
- Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
- When unfolding or folding the trampoline, the rails will try to spring into the folded position.

Safety Precautions

WARNING

- Always use two or more strong people to unfold or fold the 40" Foldable Mini 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.
- The 40" Foldable Mini 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.
- All purchasers and all persons using the 40" Foldable Mini Trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the 40" Foldable Mini 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 40" Foldable Mini Trampoline. Make sure that it is properly assembled and tightened before use.
- The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
- Inspect your 40" Foldable Mini Trampoline before each use. Make sure the safety pad is correctly and securely positioned. Replace any worn, defective, or missing parts.
- Make sure the floor around the 40" Foldable Mini Trampoline is clear of all objects that may cause injury if you step on them when dismounting.
- Adequate overhead clearance is essential. Provide adequate clearance for ceilings, ceiling lights, ceiling fans, and wires. Failure to provide adequate head clearance can result in head or neck injury.
- 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 40" Foldable Mini Trampoline is not recommended for children of any age.
- Lateral clearance is essential. Place the 40" Foldable Mini Trampoline away from walls, structures, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
- Keep small children and pets away from the 40" Foldable Mini Trampoline at all times including use and assembly of the 40" Foldable Mini Trampoline.
- The weight limit on the 40" Foldable Mini Trampoline is 330 pounds.
- We recommend wearing durable footwear with non-slip rubber soles, such as walking, running, or cross-training shoes, to ensure safety and comfort while using the 40" Mini Trampoline.
- Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the 40" Foldable Mini Trampoline.
- The 40" Foldable Mini Trampoline should be used by only one person at a time.
- Remove any obstructions from beneath the 40" Foldable Mini Trampoline.
- The surface of the bed should be dry.
- Be careful to maintain your balance when mounting, using, dismounting, or assembling the 40" Foldable Mini Trampoline. Loss of balance may result in a fall and serious bodily injury.
- Do not step on the safety pad when mounting, using or dismounting the 40" Foldable Mini Trampoline.
- Do not attempt any gymnastic or acrobatic maneuvers on the 40" Foldable Mini Trampoline.
- Stop exercising before attempting to dismount the 40" Foldable Mini Trampoline. To avoid sprains and broken bones, come to a complete stop before dismounting.
- Use the 40" Foldable Mini Trampoline only as described in this manual.
- Always store the 40" Foldable Mini Trampoline indoors in a dry place.
- Secure the 40" Foldable Mini Trampoline to prevent unauthorized and unsupervised use.
- This product is for adult use only.

WARNING

(20) Warning Label

- For consumer use only. 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. 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. Use trampoline only with mature, knowledgeable supervision. Misuse and abuse of this trampoline is dangerous. Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.
- Keep others including children & pets away from equipment when in use.
- Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health conditions. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by any person weighing more than 330 lbs.

(21) Hazard Label

- 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

(22) Warning Decal

- Secure pins must be installed before unfolding and folding product. Always use two or more strong people to fold or unfold the product. Product can spring back during assembly. Failure to follow the assembly instructions and warnings can result in serious injury.

WARNING

For consumer use only. 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. 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. Use trampoline only with mature, knowledgeable supervision. Misuse and abuse of this trampoline is dangerous. Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.

Keep others including children & pets away from equipment when in use.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

21

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.

20

WARNING!

Secure pins must be installed before unfolding and folding product. Always use two or more strong people to fold or unfold the product. Product can spring back during assembly. Failure to follow the assembly instructions and warnings can result in serious injury.

22

Model Description

SETUP



TOOLS NEEDED



HARDWARE

Part	Description	Picture	Qty
A	Cap Washer		4
B	Button Pin		2
C	Socket Plug		2
D	Lock Washer (M8)		2
E	Bolt, Socket Head (M8x1.25x45mm)		2

Part	Description	Picture	Qty
F	Round Plug		2
G	Allen Wrench (6mm)		1
H	Round Plug		2
I	Bolt, Button Head (M6x1x15mm)		2
J	Allen Wrench (4mm)		1

PARTS

Part	Description	Qty
1	Rail A	1
2	Rail B	1
3	Rail C	1
4	Rail D	1
5	Rail E	1
6	Rail F	1
7	Mat	1
8	Safety Pad	1
9	Leg	4
10	Leg Cap	4
11	Secure Pin	2
12	Spring	32

Part	Description	Qty
13	Upright	2
14	Handrail (L/R)	2
15	Top Handrail	1
16	Foam Grip	1
17	Adjustment Knob	2
18	Large Leg Cap	2
19	Bushing	2
20	Warning Label	2
21	Hazard Label	2
22	Warning Decal	2
23	Serial Decal	1
24	Use Instructions	1



NOTE: SOME PARTS ARE PRE-ASSEMBLED & PRE-INSTALLED!

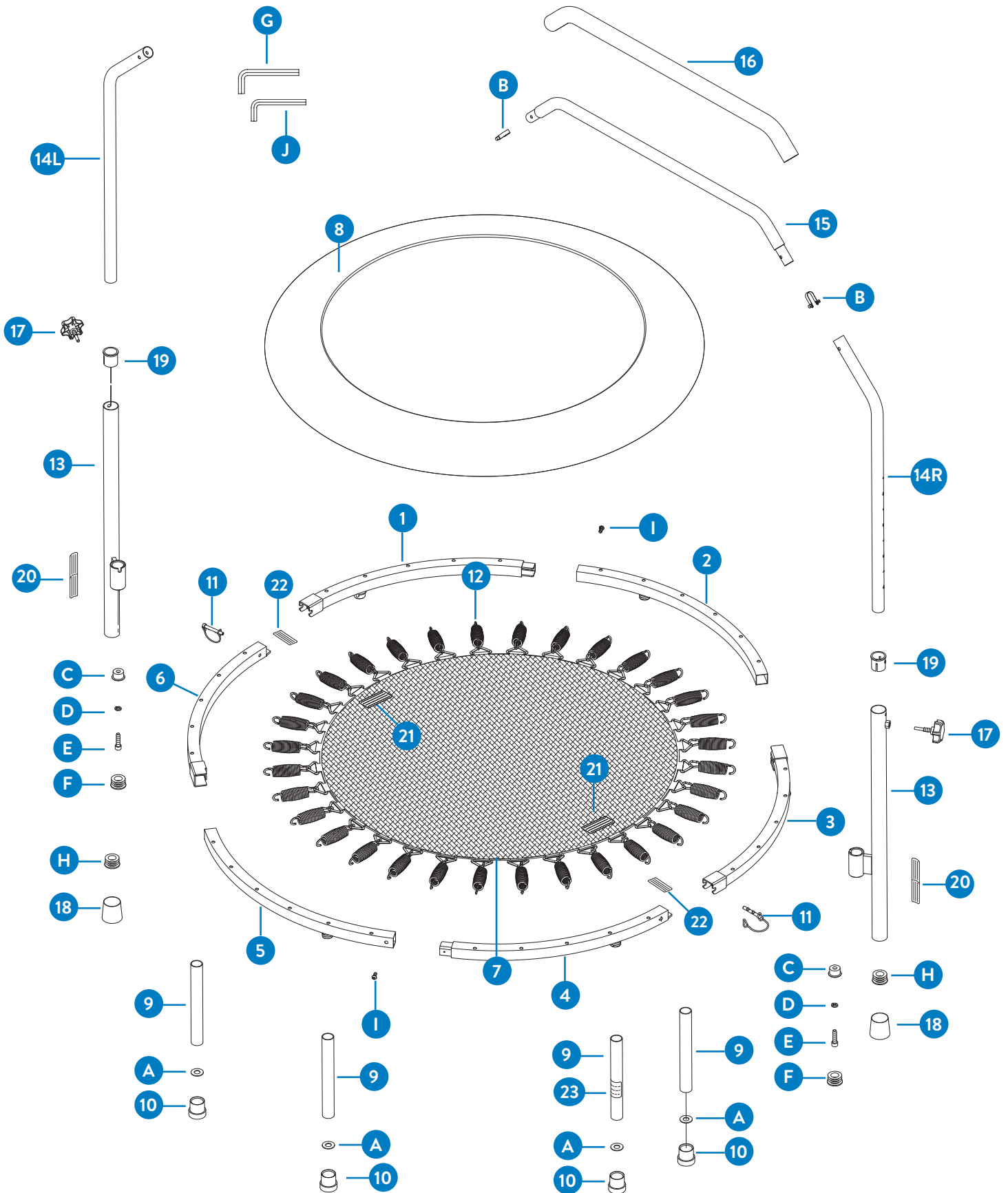
Parts (C) Socket Plugs, (D) Lock Washers, (E) Socket Bolts, and (F) Round Plugs are pre-assembled and pre-installed in the (13) Uprights.



SCAN THE QR CODE TO VIEW THE ASSEMBLY VIDEO!

Model Description

PARTS DIAGRAM





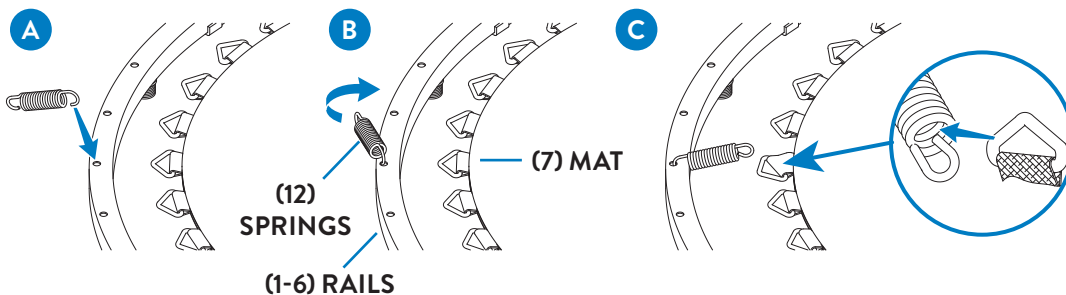
NOTE: BEFORE YOU BEGIN ASSEMBLY!

1. Place all parts from the box in a cleared area and position them on the floor in front of you.
2. Remove all cardboard coverings from the legs, handles and trampoline ring.
3. Unfold the trampoline ring fully. The rails are not connected at this point.

1. UNFOLD RING & INSPECT SPRINGS

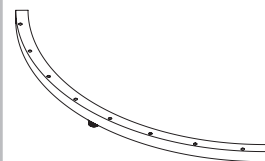
1. The **(12) Springs** arrive pre-assembled, but please confirm that all **(12) Springs** are in place before assembly. If any springs are not attached or damaged, follow this process to attach or replace the spring:

- A. Find the open end of the **(12) Springs** and hook this end into the hole on the **(1-6) Rails**
- B. Swing the **(12) Springs** to face inside of the trampoline
- C. Slide a corner of the metal loop on the **(7) Mat** into the spring hook



REQUIRED

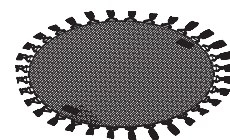
(1-6) Rails



(12) Springs x 32



(7) Mat

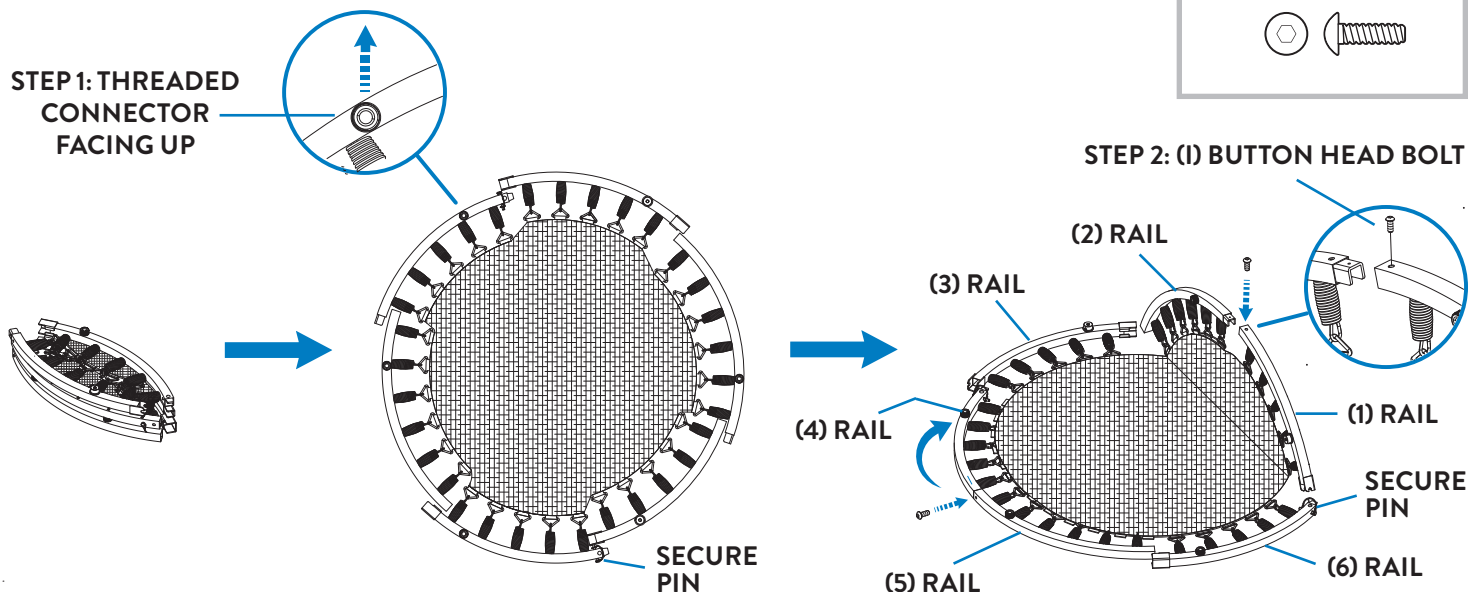


(11) Secure Pin x 2



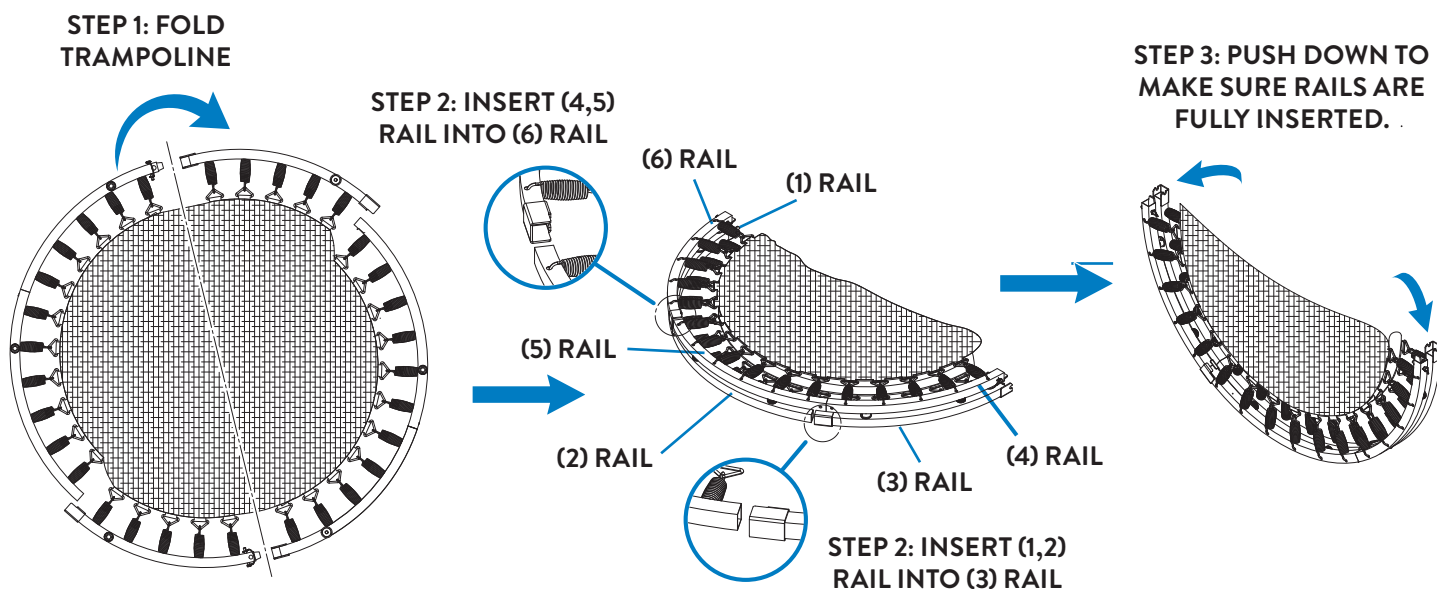
2. ASSEMBLE RAILS

1. Lay the trampoline on the floor, fold the rails sideways to open them. Open the rails and make the threaded connectors face up.
2. Lift the **(1) Rail** and **(2) Rail** up to a vertical position. Insert the **(2) Rail** into **(1) Rail** and secure with **(I) Button Head Bolt**. Repeat to attach the **(4) Rail** to **(5) Rail**.



3. ASSEMBLE RAILS AND FOLD

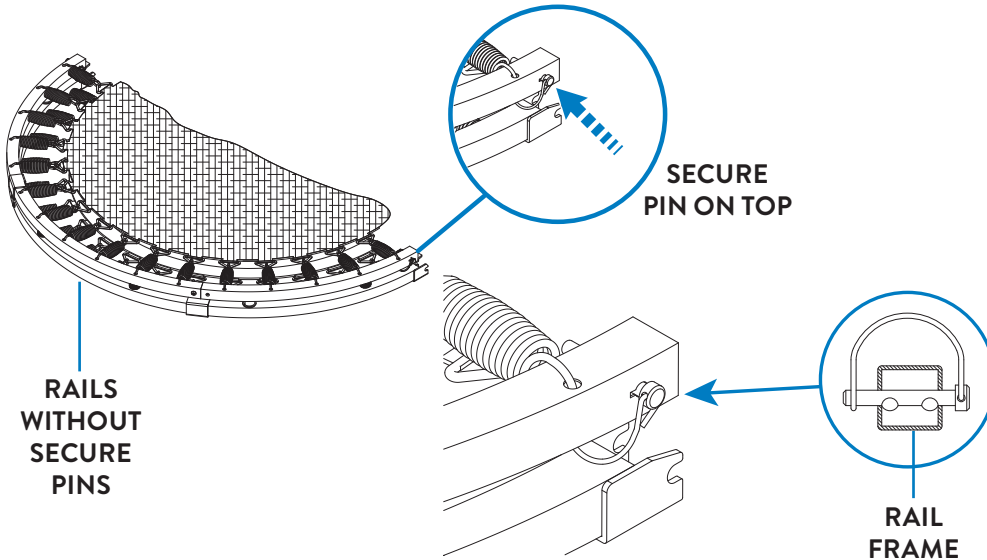
1. Fold the trampoline from the center.
2. Insert the **(4,5) Rails** into **(6) Rail**. Repeat to attach **(1,2) Rails** into **(3) Rail**.
3. Stand up the trampoline and push down on both ends to make sure the rails are fully inserted.



4. INSPECT SECURE PINS

1. The **(11) Secure Pin** arrives pre-assembled, but please verify that the **(11) Secure Pin** is properly inserted in the rail frame. The two protrusions must be assembled centered inside the rail frame, otherwise, it could damage the **(11) Secure Pin**.

(IMPORTANT: DO NOT REMOVE THE SECURE PINS)



WARNING

Always use two or more strong people to unfold or fold the 40" Foldable Mini 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.



IMPORTANT

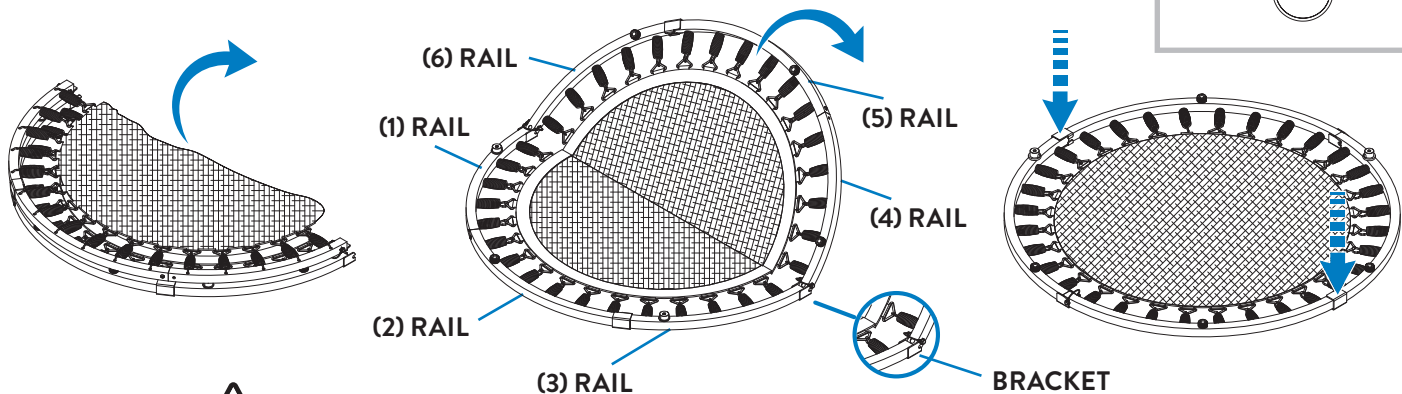
Ensure the Secure Pin is fully centered in the rail frame before snapping the trampoline ring into place. If the pin is not centered, it may become stuck and damage the Secure Pin.

5. SNAP IN PLACE

1. Seat the **(11) Secure Pins** into the corresponding rails. **DO NOT REMOVE SECURE PINS**

2. Place the ends of the **(4,6) Rails** into the Brackets on both sides. Hold **(4,5,6) Rails** and push down on **(4,5,6) Rails** to unfold the 40" Foldable Mini Trampoline to the flat position. The **(1,6) Rails** and **(3,4) Rails** should snap together and be locked by the Secure Pins when you reach the flat position.

Firm pressure must be applied continually until you hear a "click", then the Rails are properly secured.



WARNING

Always use two or more strong people to unfold or fold the 40" Foldable Mini 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.

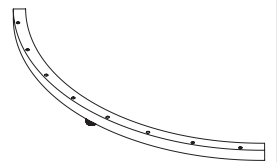


WARNING

Keep fingers away from the ends of the rails in the hinge area when unfolding the 40" Foldable Mini Trampoline. Serious injury can occur if fingers are caught between the ends of the RAILS.

REQUIRED

(1-6) Rails

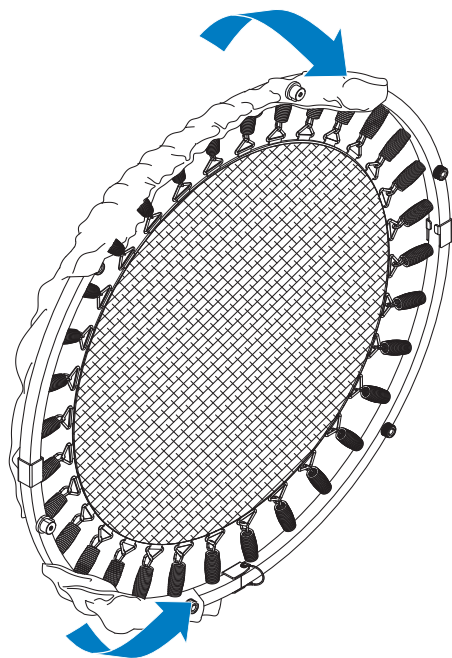


(11) Secure Pins



6. ATTACH SAFETY PAD

1. Slide the **(8) Safety Pad** over the rail frame. Make sure the holes in **(8) Safety Pad** fit over the threaded connectors properly



CAUTION

The (8) Safety Pad must be securely attached to the rail frame in the correct position. All six holes in the (8) Safety Pad must fit over a threaded connector on the rail frame. The (8) Safety Pad must also cover the springs on the (8) Mat

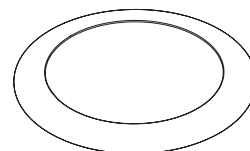


NOTE

Pull fabric back to avoid pinching the safety pad between the leg and the frame.

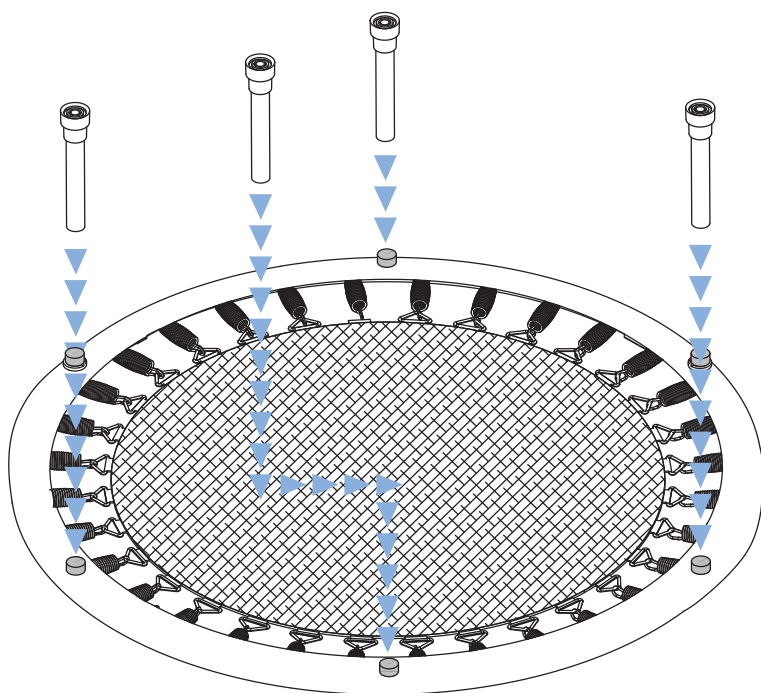
REQUIRED

(8) Safety Pad



7. ATTACH LEGS

1. Screw the **(9) Legs** into the threaded connectors on the rail frame



REQUIRED

(9) Legs x 4



8. ATTACH UPRIGHTS

1. Flip the trampoline over so it is sitting on its legs
2. Attach the **(13) Uprights** to the connectors on the rail frame with the **(C) Socket Plugs**, **(D) Lock Washers**, **(E) Socket Bolts**, and **(F) Round Plugs** (NOTE: These parts are pre-assembled and pre-installed inside of the **(13) Uprights**)
3. Align the **(E) Socket Bolts** to the connectors on the rail frame and tighten with the **(G) Allen Wrench**

REQUIRED

(13) Uprights x 2



(C) Socket Plugs x 2



(D) Lock Washers x 2



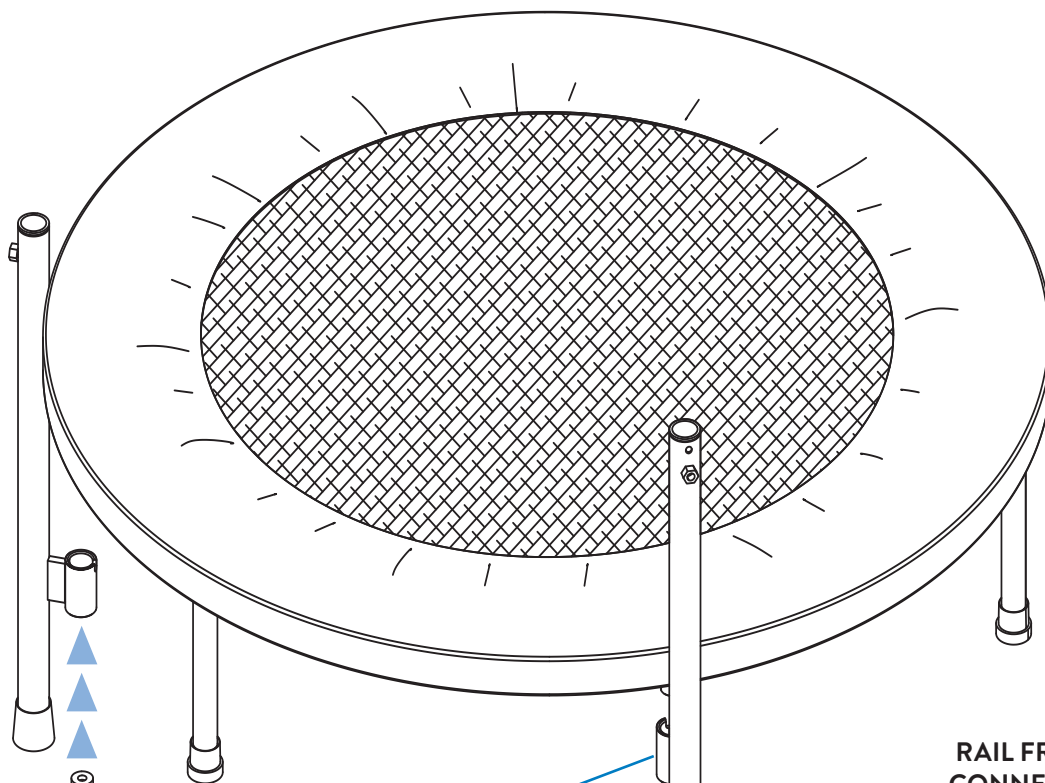
(E) Socket Bolts x 2



(F) Round Plugs x 2



(G) Allen Wrench



(13) UPRIGHT

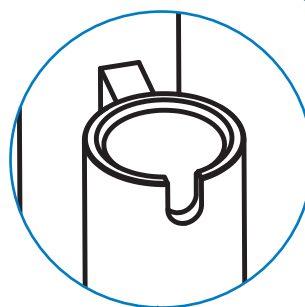
(C) SOCKET PLUG

(D) LOCK WASHER

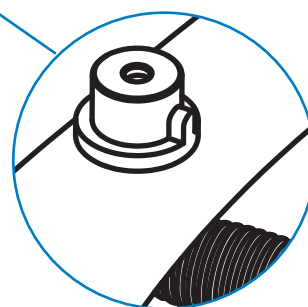
(E) SOCKET BOLT

(F) ROUND PLUG

**RAIL FRAME
CONNECTOR**



UPRIGHT

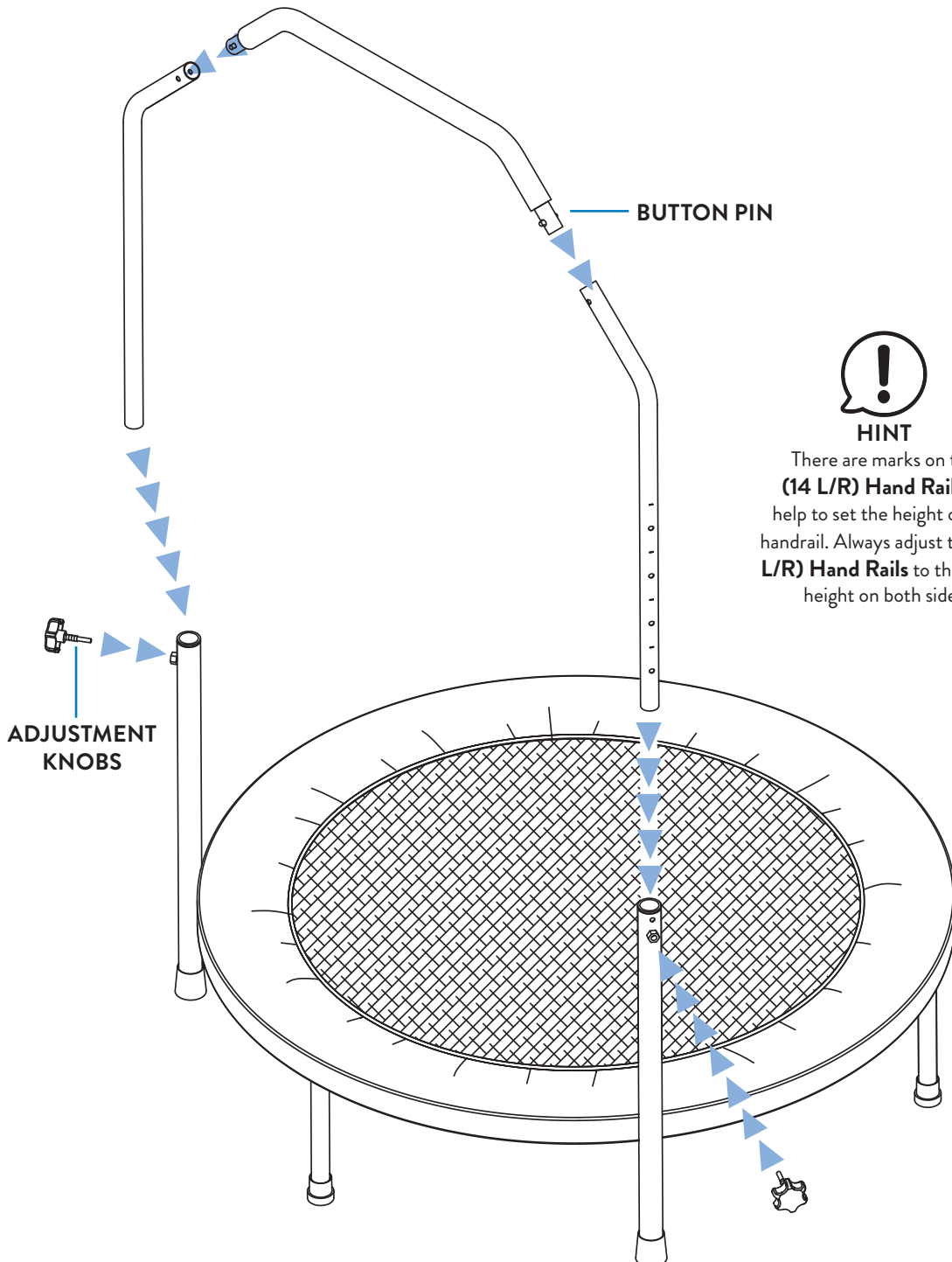


HINT

Align the notch on the **(13) Upright** with the tab on the rail frame connector.

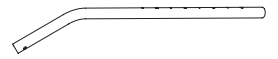
9. ATTACH HANDRAIL & CHECK SAFETY COVER

1. Insert both ends of the **(15) Top Handrail** into the **(14 L/R) Hand Rails** and lock with the **(B) Button Pins**
2. Make the holes in the **(14 L/R) Hand Rails** face outward of the trampoline
3. Insert the **(14 L/R) Hand Rails** into the **(13) Uprights** and lock in position with the **(17) Adjustment Knobs**
4. Make sure that the **(8) Safety Pad** covers the springs on the 40" Foldable Mini Trampoline
5. Stand on the trampoline to make all six legs sit flat on the floor



REQUIRED

(14 L/R) Hand Rails x 2



(15) Top Hand Rail



(B) Button Pins x 2



(17) Adjustment Knobs x 2



1. POST USE INSTRUCTIONS

1. Post the **(24) Use Instruction Sign** in a highly visible and safe location. The **(24) Use Instruction Sign** shall be placed such that it will be readily visible to the intended viewer.



WARNING

Always use two or more strong people to unfold or fold the 40" Foldable Mini 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. USE INSTRUCTIONS

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. Use by more than one person at the same time can result in serious injuries
3. Use trampoline only with mature, knowledgeable supervision
4. This trampoline is not recommended for children
5. Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts
6. 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.
7. Stop bounce by flexing knees as feet come in contact with the trampoline bed. Learn this skill before attempting others.
8. 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.
9. 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.
10. While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
11. Avoid bouncing when tired. Keep turns short.
12. Properly secure the trampoline when not in use. Protect it against unauthorized use. Protect it against use by children.
13. Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
14. Do not use the trampoline while under the influence of alcohol or drugs.
15. For additional information concerning the trampoline equipment, contact the manufacturer.
16. For information concerning skill training, contact a certified trampoline instructor.
17. Bounce only when the surface of the bed is dry.
18. 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

3. 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:

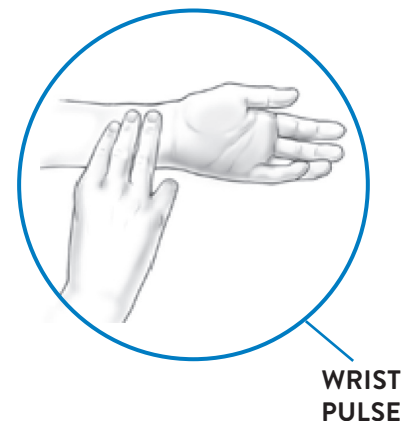
- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 55% (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 55% 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.

Age (Years)	Target Hear Rate Zone 55%-90% of Max Heart Rate Beats per Minute	Average Max Heart Rate 100% Beats per Minute
20	110-180	200
25	107-175	195
30	105-171	190
35	102-166	185
40	99-162	180
45	97-157	175
50	94-153	170
55	91-148	165
60	88-144	160
65	85-139	155
70	83-135	150



NOTE

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

4. WARM-UP & COOL-DOWN

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. Below are specific warm-up exercises for the trampoline workout.

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 previously mentioned stretches and the same warm-up exercises listed below.

WARM-UP & COOL-DOWN EXERCISES

Do each movement 10 times

CONTACT BOUNCE

- Place your feet shoulder width apart and bend at the knees. Place your hands on your waist. Start bouncing very gently without your feet leaving the mat. This movement is to get you comfortable with being on the mat

FOOT TAP

- While in the Contact Bounce position, shift your weight towards the right and tap your left foot out to the side. Bring your left foot back to shoulder width. Shift your weight to the left and tap your right foot out to the side. Repeat the movement back and forth

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 the movement back and forth

SIDE TO SIDE

- In this movement, place both feet together and bounce from one side of the mat to the other side of the mat. Repeat the movement back and forth

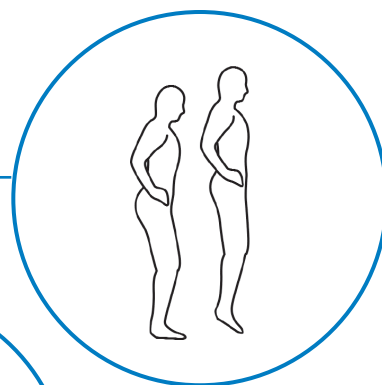
JOG IN PLACE

- While standing in the center of the mat, jog in place as you would on the ground

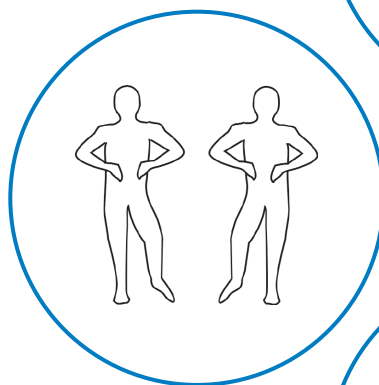
JOG BOUNCE

- While jogging in place, bounce twice on one leg before switching to the other leg

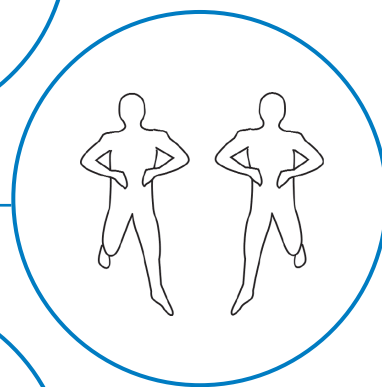
CONTACT
BOUNCE



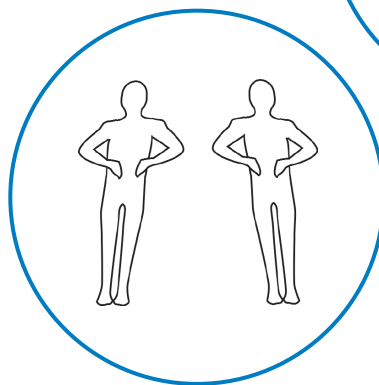
FOOT TAP



HAMSTRING
CURLS



SIDE TO
SIDE



5. BASIC WORKOUT

Do each movement 10 times

CONTACT BOUNCE, BIG BOUNCE

- Place your feet shoulder-width apart and bend at the knees. Place your hands on your waist. Start bouncing very gently without your feet leaving the mat. On your second bounce, bounce high enough that your feet leave the mat; only bounce as high as you feel comfortable bouncing. Continue to alternate your bounces back and forth. A variation can be done by raising your forearms as if you are doing biceps curls.

KNEE RAISES

- While in the Contact Bounce position, alternately raise your right and left knees to just above waist height. Repeat the movement back and forth. You can add your own variations to this movement such as raising your arms out to the sides or to the front.

JUMPING JACKS

- With your feet together in the center of the mat, simultaneously bounce and land with your feet shoulder width apart. At the same time, raise your arms out to the sides and overhead. Then, bounce and land with your feet back together and your arms resting at your sides. Repeat the movement.

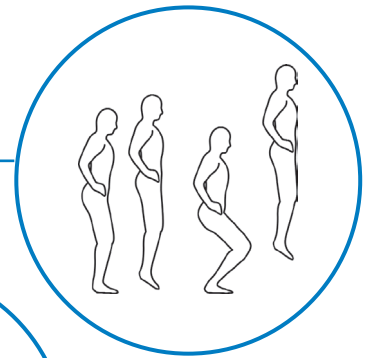
UPRIGHT ROW

- While in the Contact Bounce position, alternately raise your knees to just above waist height. At the same time, perform an upright row with your arms to chin height each time you raise a knee. Repeat the movement.

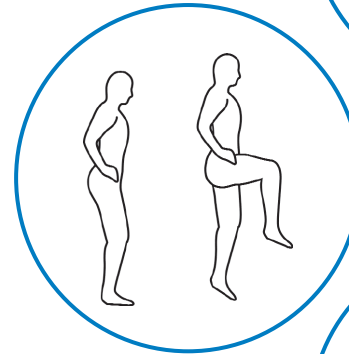
TWIST BOUNCE

- With your feet together in the center of the mat bounce and twist your lower body to the right, simultaneously twisting your upper body to the left. Then bounce and twist your lower body to the left, simultaneously twisting your upper body to the right. Repeat the movement.

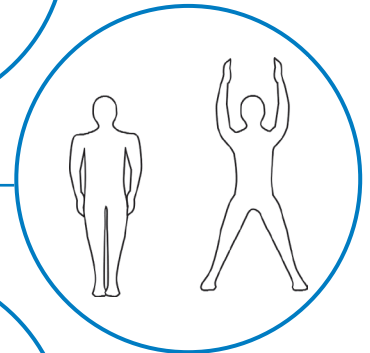
CONTACT BOUNCE
BIG BOUNCE



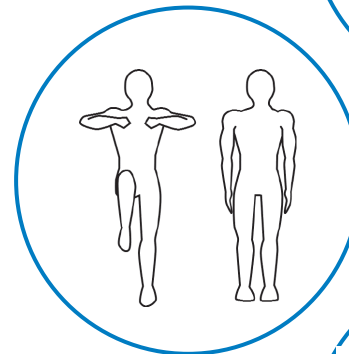
KNEE
RAISES



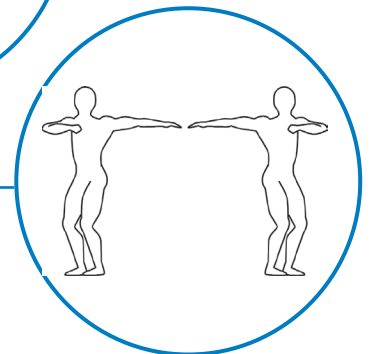
JUMPING
JACKS



UPRIGHT
ROW



TWIST
BOUNCE



Cleaning & Care

CLEANING

1. Wipe off with an absorbent cloth after use

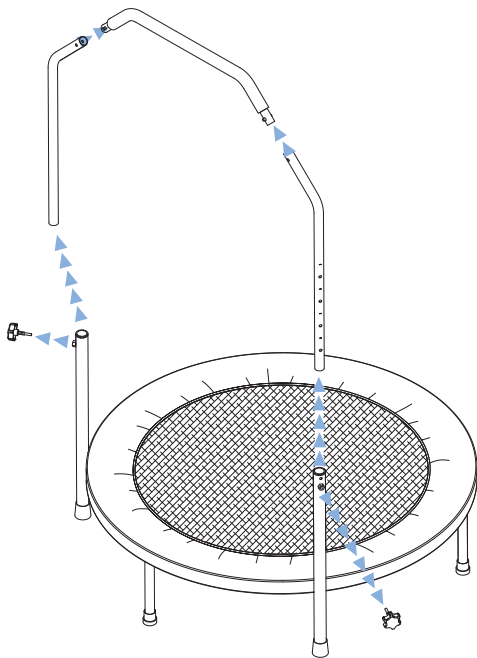
MAINTENANCE

Inspect the 40" Foldable Mini Trampoline before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

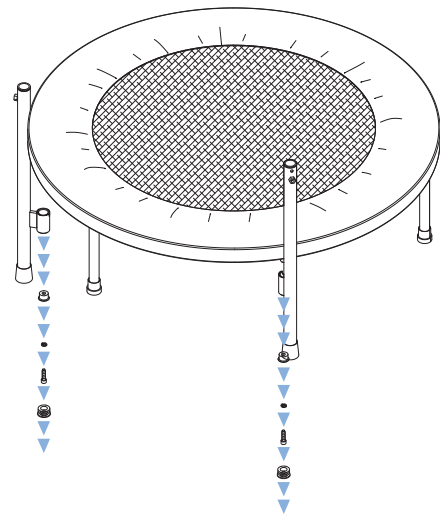
- Always make sure all parts are securely tightened prior to each use
- Missing, improperly positioned, or unsecured frame padding
- Punctures, frays, tears, or holes in the bed, or frame padding
- Deterioration in the stitching or fabric of the bed or frame padding
- Ruptured spring
- A bent or broken frame
- A sagging bed
- Sharp protrusions on the frame or suspension system

STORAGE

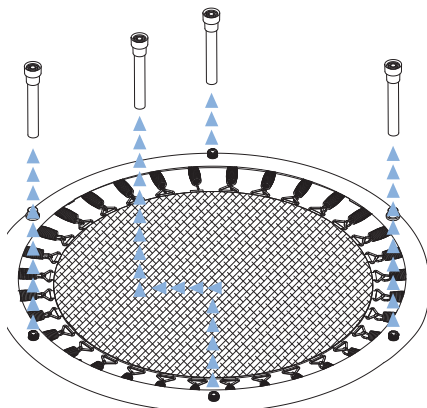
1. **REMOVE HAND RAILS:** Remove the (17) **Adjustment Knobs** and pull out the (14) **Hand Rails** from the (13) **Uprights**. Push down the (B) **Button Pins** to remove the (14) **Hand Rails** from the (15) **Top Handrail**



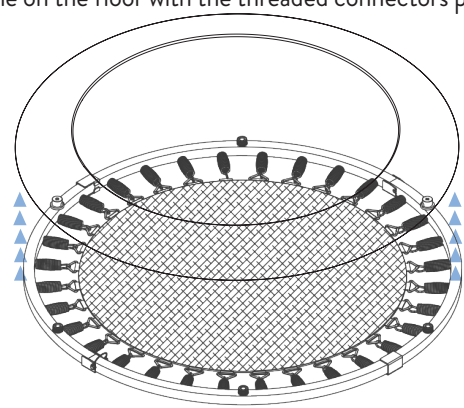
2. **REMOVE UPRIGHTS:** Remove the (13) **Uprights** from the rail frame by removing (F) **Round Plugs**, then unscrew the (E) **Socket Bolts**, (D) **Lock Washer**, and remove the (C) **Socket Plugs**



3. **REMOVE LEGS:** Unscrew the (9) **Legs** from the trampoline



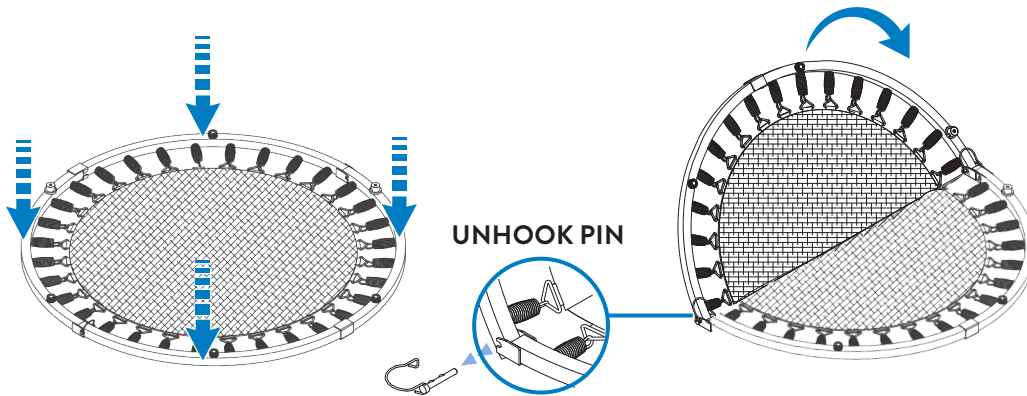
4. **REMOVE SAFETY PAD:** Remove the (8) **Safety Pad** from the rail frame. After the (8) **Safety Pad** is removed, place the trampoline on the floor with the threaded connectors pointing up



Cleaning & Care

STORAGE

5. FOLDING FOR STORAGE: To prevent the trampoline from snapping into the folded position, push the four **(1-6) Rails** down. Then unhook the Wire Ring from the **(11) Secure Pin** and rotate the pin to a flat position to remove the pin. Firmly grasp both sides of the trampoline and fold the trampoline upward, the trampoline will fold upward at the brackets



WARNING

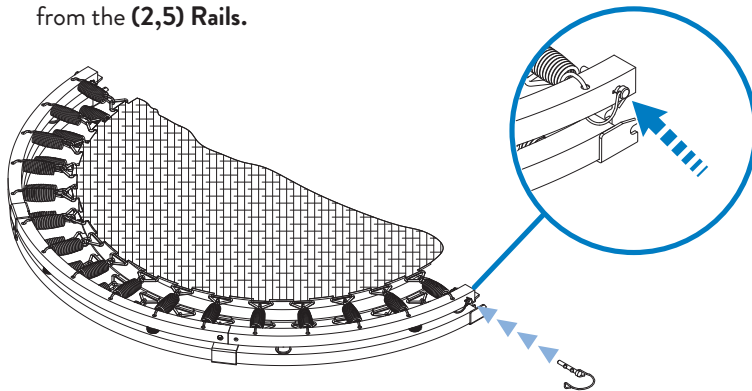
Always use two or more strong people to unfold or fold the 40" Foldable Mini Trampoline. Failure to use two or more strong people may allow the rails to spring back into the folded position and strike someone which can cause serious bodily injury or death.



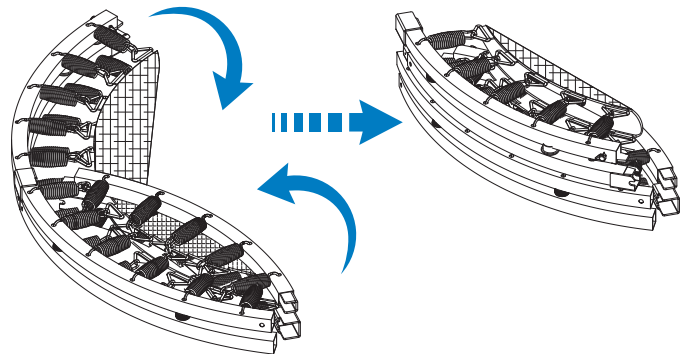
WARNING

Keep fingers away from the ends of the rails in the hinge area when folding or unfolding the 40" Foldable Mini Trampoline. Serious injury can occur if fingers are caught between the ends of the rails.

6. RESET SECURE PINS: Set the position of the **(11) Secure Pin** as shown. Lift up the **(4,5,6) Rails** and insert the **(11) Secure Pin** back into the **(4,6) Rails**. Hook the Wire Rings onto the pins from the bottom of the **(4,6) Rails**. Remove **(1) Button Head Bolts** from the **(2,5) Rails**.



7. FINISH FOLDING: Pull out the **(1,6) Rails** and **(3,4) Rails** from **(2,5) Rails**. Fold the trampoline again.



Troubleshooting

Problem	Cause	Solution/Prevention
Rocking while in use	Leg Caps	Ensure leg caps are flat to the ground
	Floor surface	Ensure you are operating the product on an solid, level surface

Warranty



1 YEAR LIMITED WARRANTY COVERING FRAME



90 DAY LIMITED WARRANTY COVERING DEFECTIVE PARTS

Contact Manufacturer for Additional Information

- All warranty coverage applies only if 40" Foldable Mini Trampoline is used in the United States.
- 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. 4435 West Manufacturers Street, Springfield, Missouri, USA, 65803, or email us at customer.care@staminaproducts.com, or call us at 1-800-375-7520. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option.
- No action for breach of this limited warranty may be commenced more than one (1) year after the date the alleged breach was or should have been discovered. No action for breach of any implied warranty (including merchantability and fitness for a particular purpose) may be commenced more than one (1) year after delivery of the product to the purchaser.

These warranties are not transferable. If any part of the product is not in compliance with this limited warranty or any implied warranty, the remedy of repair or replacement is the exclusive remedy. If any claim is made under this limited warranty or any implied warranty, Stamina reserves the right to require the product to be returned for inspection, at the purchaser's expense, to Stamina's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

- Stamina shall not be liable for the loss of use of any product, loss of time, inconvenience, commercial loss or any other indirect, consequential, special or incidental damages due to breach of the above warranty or any implied warranty.
- This limited warranty is the only express warranty. No oral or written information given by Stamina, its agents or employees, shall create a warranty or in any way increase the scope of this warranty. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. Any other right which you may have, including any implied warranty of merchantability or fitness for a particular purpose, is limited in duration to the duration of this warranty.
- The laws in some states affect the disclaimer or limitation of implied warranties and consequential and incidental damages. If any such law is found applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages shall be deemed to be modified to the extent necessary to comply with applicable law.
- This warranty is non-transferable and does not cover failures due to misuse of improper installation or maintenance.

Warranty

EXTEND YOUR WARRANTY COVERING DEFECTIVE PARTS

Extend your parts warranty to 180 days from the date of purchase by registering your product.

- Register Online: www.register.staminaproducts.com
- Email: customer.care@staminaproducts.com
- Telephone: 1-800-375-7520
- Fax: 1-417-889-8064
- Mail: Stamina Products, Inc. | ATTN: Customer Care | 4435 West Manufacturers Street | Springfield, MO 65803









Manufactured in China for: Stamina Products