

**Owner`s Manual
Assembly, Installation, Care, Maintenance,
and Use Instructions.**

WARNING: Read these materials prior to assembling and using this trampoline.



Warning:

- 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 trampoline only with mature knowledgeable supervision.
 - Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.
 - If you feel faint or dizzy, immediately discontinue use of this equipment.
 - Keep others and pets away from equipment when in use.
 - Always make sure all parts are tightened prior to each use.
 - Weight on this trampoline should not exceed 100 kgs.
 - 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.

SAFETY INSTRUCTIONS

Warning: To reduce the risk of serious injury, read the following Safety Instructions before using the SPARTAN SPORT trampoline.

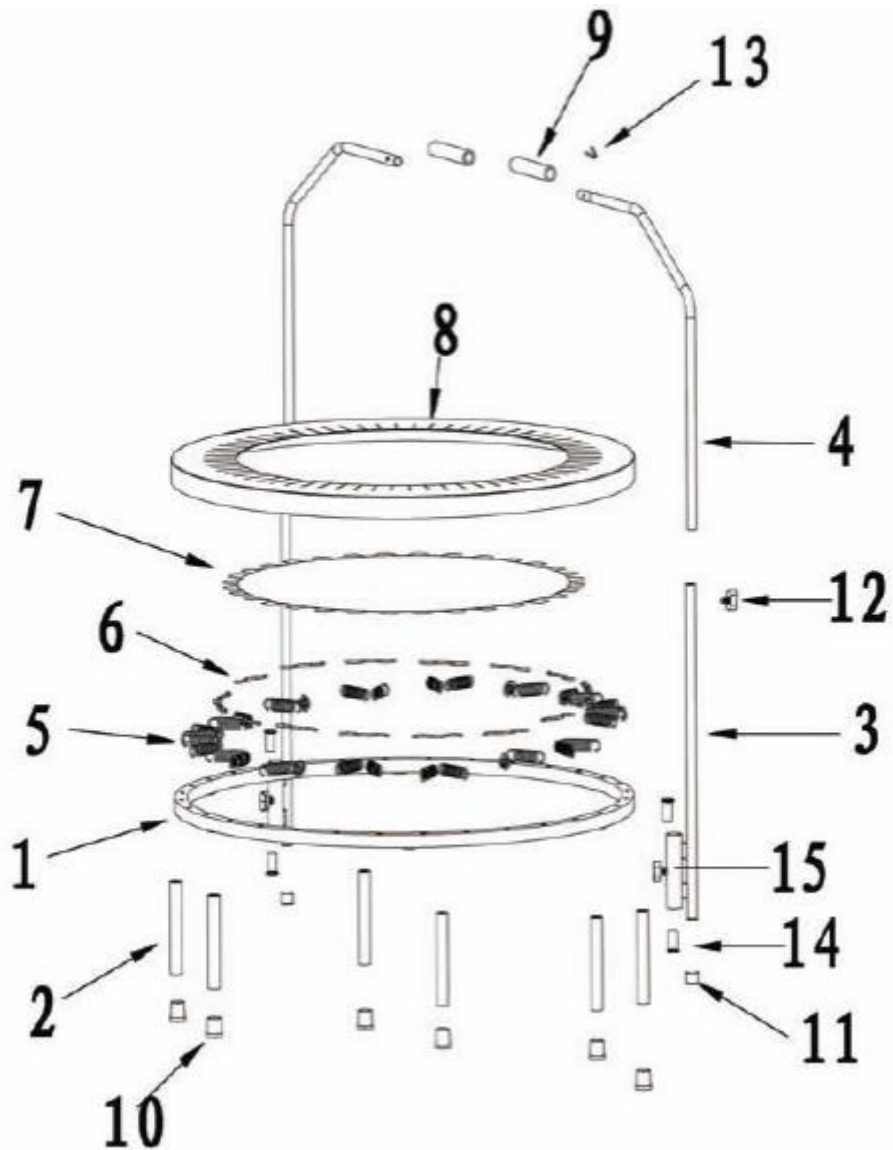
1. Misuse and abuse of this trampoline is dangerous and can cause serious injuries.
2. Trampolines, being rebounding devices, propel the performer to unaccustomed heights and into a variety of body movements.
3. The SPARTAN SPORT trampoline is for home use only. Do not use in institutional or commercial applications. Failure to follow this warning could result in minor or moderate injury.
4. All purchasers and all persons using the SPARTAN SPORT trampoline must become familiar with the manufacturer's recommendations for proper assembly, use and care of the SPARTAN SPORT 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 Sport trampoline.
5. The owner and supervisors of the trampoline are responsible to make all users aware of the Safety Instructions and practices in the use instructions.
6. Place the trampoline on a level surface before use.
7. Use the Spartan Sport trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
8. Do not place the Spartan Sport trampoline on an elevated surface. The Spartan Sport trampoline should be at floor level or ground level.
9. Inspect your Spartan Sport trampoline before each use. Make sure the safety pad is in place. Replace any worn, defective, or ground level.
10. Make sure the floor or ground around the Spartan Sport trampoline is clear of all objects that may cause injury if you step on them when dismounting.
11. Adequate overhead clearance is essential. Provide adequate clearance for 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.
12. Lateral clearance is essential. Place the Spartan Sport trampoline away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
13. Keep small children and pets away from the Spartan Sport trampoline at all times including use and assembly of the Spartan Sport trampoline.
14. The weight limit on the trampoline is 100 kgs.
15. Do not use the Spartan sport trampoline with socks only. Good traction is very important when mounting, using, and dismounting the Spartan Sport trampoline. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.
16. Wear appropriate clothing when exercising: do not wear loose clothing that could become caught in the Spartan Sport trampoline.
17. The trampoline should be used by only one person at a time.
18. Remove any obstructions from beneath the trampoline.
19. The surface of the bed should be dry.

20. Be careful to maintain your balance when mounting, using, dismounting, or assembling the trampoline. Loss of balance may result in a fall and serious bodily injury.
21. Do not step on the safety pad when mounting, using, dismounting, or assembling the trampoline. Loss of balance may result in a fall and serious bodily injury.
22. Do not attempt any gymnastic or acrobatic maneuvers on the Spartan Sport trampoline.
23. Stop exercising before attempting to dismount, the Spartan Sport trampoline. To avoid sprains and broken bones, come to a complete stop before dismounting.
24. Use the trampoline only as described in this manual.
25. Always store the trampoline indoors in a dry place.
26. Secure the trampoline against unauthorized and unsupervised use. Remove the safety pad before folding the Spartan Sport trampoline for storage. Failure to remove the safety pad before folding will result in damage to the safety pad.

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 bodily injury.

Before you begin: Thank you for choosing the SPARTAN SPORT trampoline. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest. Yes, 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 Spartan Sport trampoline provides a convenient and simple method to begin your assault on 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 SPARTAN SPORT trampoline. Although Stamina manufactures its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place. These things will happen occasionally. Please do not return the product. Contact us first!

PRODUCT PARTS DRAWING

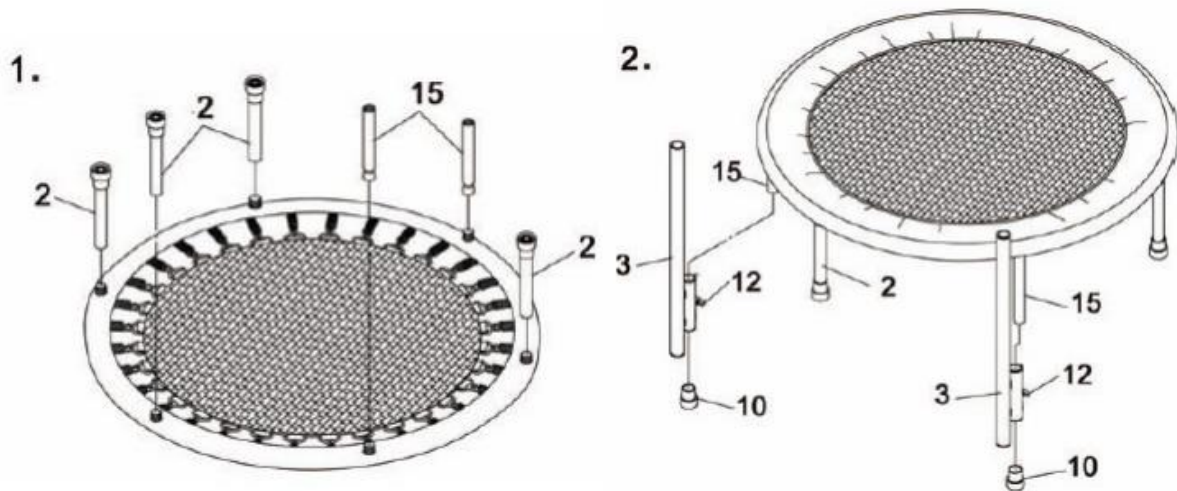


Part No.	Description	Qty
1	Rail	1
2	Leg	4
3	Handrail Support	2
4	Handrail	2
5	Spring	32
6	Hook	16
7	Mat	1
8	Safety Pad	1
9	Foam Grip	2
10	Leg Cap	6
11	Round Plug	2
12	Adjustment Knob	4
13	Button Pin	1
14	Bushing	4
15	Fluted Leg	2

ASSEMBLY INSTRUCTIONS

Step 1: Refer to illustration 1. Screw the two FLUTED LEGS(15) onto the threaded connectors on both sides of one of the threaded connectors. Screw the other four LEGS(2) onto the threaded connectors on both sides of one of the threaded connectors. Screw the other four LEGS(2) onto the threaded connectors on the rail frame.

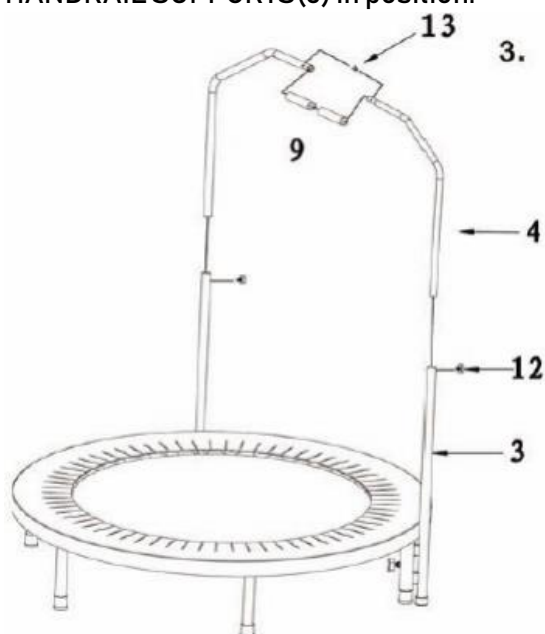
Step 2: Place the trampoline in the normal use position. Slide the HANDRAIL SUPPORTS (3) onto the two FLUTED LEGS (15) as shown in illustration 2. Press the LEG CAPS (10) on the FLUTED LEGS (15).



STEP 3: Insert RIGHT HANDRAILS INTO THE left HANDRAILS AND LOCK WITH THE BUTTON PINS(13).

Insert the LEFT and RIGHT HANDRAILS into the HANDRAIL SUPPORTS (3) and lock in position with the ADJUSTMENT KNOBS (12).

STEP 4: Stand on the trampoline to make all LEGS(2), FLUTED LEGS (15), and HANDRAIL SUPPORTS (3) set flat on the floor. Install and tighten all ADJUSTMENT KNOBS(12) to lock the HANDRAIL SUPPORTS(3) in position.



Warning: The safety pad (8) must be securely attached to the frame before using the trampoline. It must be properly positioned as shown in illustration 3.