



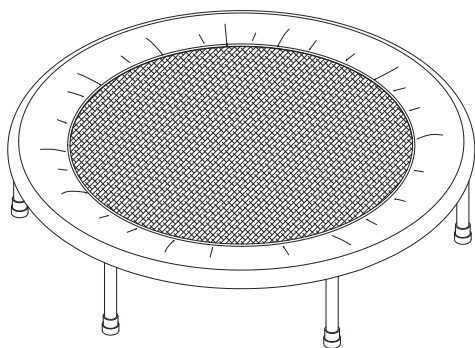
GOLD'S GYM®

36" Trampoline

Owner's Manual

Assembly, Installation, Care, Maintenance, and Use Instructions.

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



Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 250 lbs.

This Product is Distributed Exclusively by



2040 N. ALLIANCE, SPRINGFIELD, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

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2011, 09

⚠ 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. Use trampoline only with mature knowledgeable supervision.
4. Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment.
5. If you feel faint or dizzy, immediately discontinue use of this equipment.
6. Keep others and pets away from equipment when in use.
7. Always make sure all parts are securely tightened prior to each use.
8. Weight on this trampoline should not exceed 250 lbs.
9. 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 -1628GGS / 35-1629GGS

STAMINA PRODUCTS
MADE IN CHINA

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 **GOLD'S GYM 36" 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 GOLD'S GYM 36" 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 **GOLD'S GYM 36" Trampoline** must become familiar with the manufacturer's recommendations for proper assembly, use and care of the **GOLD'S GYM 36" 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 **GOLD'S GYM 36" 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 **GOLD'S GYM 36" Trampoline** on a level surface before use.
7. Use the **GOLD'S GYM 36" Trampoline** in a well lighted area. Artificial illumination may be required for indoor or shady areas.
8. Do not place the **GOLD'S GYM 36" Trampoline** on an elevated surface. The **GOLD'S GYM 36" Trampoline** should be at floor level or ground level.
9. Inspect your **GOLD'S GYM 36" Trampoline** before each use. Make sure the safety pad is correctly and securely positioned. Replace any worn, defective, or missing parts.
10. Make sure the floor or ground around the **GOLD'S GYM 36" 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 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.
12. Do not allow children to use the **GOLD'S GYM 36" Trampoline**. The **GOLD'S GYM 36" Trampoline** is not a toy, it is for use by adults only. Use the trampoline only with mature knowledgeable supervision.
NOTE: The **TRAMPOLINE USE INSTRUCTIONS** sign is a standard sign that is supplied to comply with **ASTM F381**. This sign indicates that trampolines are suitable for use by children over six years of age. However, the **GOLD'S GYM 36" Trampoline** is not recommended for children of any age.
13. Lateral clearance is essential. Place the **GOLD'S GYM 36" Trampoline** away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
14. Keep small children and pets away from the **GOLD'S GYM 36" Trampoline** at all times including use and assembly of the **GOLD'S GYM 36" Trampoline**.
15. The weight limit on the **GOLD'S GYM 36" Trampoline** is 250 pounds.
16. Do not use the **GOLD'S GYM 36" Trampoline** with socks only. Good traction is very important when mounting, using, and dismounting the **GOLD'S GYM 36" Trampoline**. Bare feet are acceptable but we recommend good footwear with rubber non-skid soles such as walking, running or cross-training shoes.
17. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **GOLD'S GYM 36" Trampoline**.
18. The **GOLD'S GYM 36" Trampoline** should be used by only one person at a time.
19. Remove any obstructions from beneath the **GOLD'S GYM 36" Trampoline**.
20. The surface of the bed should be dry.
21. Be careful to maintain your balance when mounting, using, dismounting, or assembling the **GOLD'S GYM 36" Trampoline**. Loss of balance may result in a fall and serious bodily injury.
22. Do not step on the safety pad when mounting, using or dismounting the **GOLD'S GYM 36" Trampoline**.
23. Do not attempt any gymnastic or acrobatic maneuvers on the **GOLD'S GYM 36" Trampoline**.
24. Stop exercising before attempting to dismount the **GOLD'S GYM 36" Trampoline**. To avoid sprains and broken bones, come to a complete stop before dismounting.
25. Use the **GOLD'S GYM 36" Trampoline** only as described in this manual.
26. Always store the **GOLD'S GYM 36" Trampoline** indoors in a dry place.
27. Secure the **GOLD'S GYM 36" Trampoline** against unauthorized and unsupervised use.

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **GOLD'S GYM 36" Trampoline**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

W1

WARNING LABEL(9)



ASSEMBLY INSTRUCTIONS

! WARNING

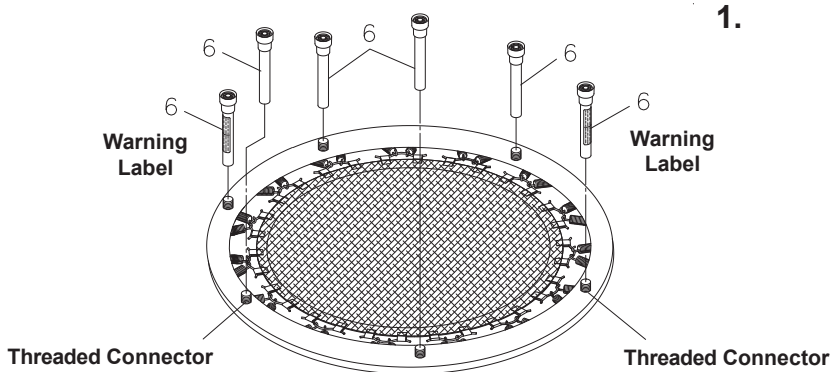
1. Keep children away from the **GOLD'S GYM 36" Trampoline** during assembly.
2. The **SAFETY PAD(5)** must be installed before using the **GOLD'S GYM 36" Trampoline**.

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 to the Services section and order the part needed, e-mail us at 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.

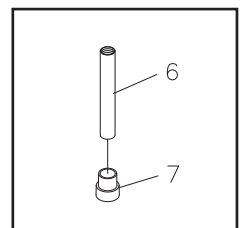
STEP 1

Place the trampoline on the floor with the threaded connectors pointing up. Refer to illustration 1. The two **LEGS(6)** with a **WARNING LABEL(9)** must be on opposite sides of the **GOLD'S GYM 36" Trampoline**. Screw one of the **LEGS(6)** with a **WARNING LABEL(9)** onto a threaded connector on the **RAIL FRAME(1)**. Attach the other **LEG(6)** with a **WARNING LABEL(9)** to the threaded connector directly opposite the other **LEG(6)** with a **WARNING LABEL(9)**. Screw the other four **LEGS(6)** onto the threaded connectors on the **RAIL FRAME(1)**.



NOTICE: It is possible that the **GOLD'S GYM 36" Trampoline LEGS(6)** will not have the inside threads needed to screw it onto the **RAIL FRAME(1)** as described in this manual. If this is the case, it could be due to one of two reasons: **(1.)** the **LEG CAP(7)** was placed on the wrong end of the leg, or **(2.)** the **LEG(6)** doesn't have the threads on either end.

If this is the case with any of your **GOLD'S GYM 36" Trampoline LEGS(6)**, please remove the **LEG CAP(7)** and check to see if this end is threaded. If so, simply place the **LEG CAP(7)** on the other end and screw into the **RAIL FRAME(1)** as described in **STEP 1**. If not, please call our toll free number for assistance 1-800-375-7520 or email us at customerservice@staminaproducts.com.



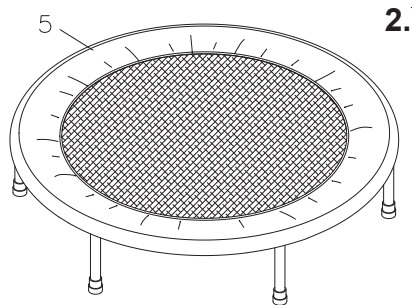
ASSEMBLY INSTRUCTIONS

STEP 2

Place the trampoline in the normal use position. Make sure that the **SAFETY PAD(5)** covers the springs on the **GOLD'S GYM 36" Trampoline**. Stand on the trampoline to make all six **LEGS(6)** sit flat on the floor. Refer to illustration 2.

WARNING:

The **SAFETY PAD(5)** must be securely attached to the frame before using the trampoline. It must be properly positioned as shown in illustration 2.



**CORRECT PLACEMENT OF
SAFETY PAD**

STEP 3

Post the **USE INSTRUCTIONS SIGN(11)** in a highly visible and safe location. The **USE INSTRUCTIONS SIGN(11)** 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 **GOLD'S GYM 36" Trampoline**, be sure to provide clearance for ceiling height, ceiling lights, ceiling fans, wires, tree limbs, and other possible hazards.
2. Lateral clearance is essential. Place the trampoline away from walls, structures, fences, play areas, furniture, and other exercise equipment. Maintain a clear space on all sides of the trampoline.
3. Place the trampoline on a level surface.
4. Use the trampoline in a well lighted area. Artificial illumination may be required for indoor or shady areas.
5. Secure the trampoline against unauthorized and unsupervised use.
6. Remove any obstructions from beneath the trampoline.
7. The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions.

USE INSTRUCTIONS

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. 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. Bounce in the center of the bed.
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.

CARE AND MAINTENANCE

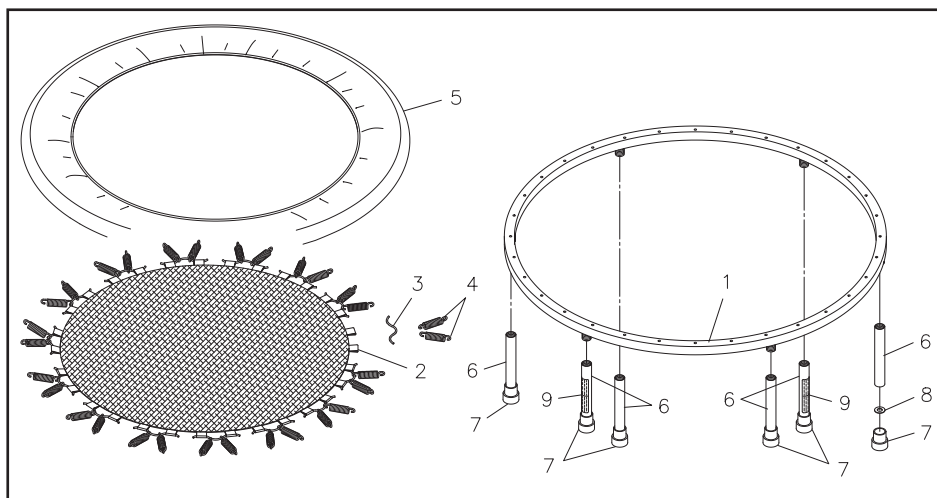
Inspect the **GOLD'S GYM 36" Trampoline** before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards:

1. Missing, improperly positioned, or insecurely attached Safety Pad(5).
2. Punctures, frays, tears, or holes worn in the Mat(2) or Safety Pad(5).
3. Deterioration in the stitching or fabric of the Mat(2) or Safety Pad(5).
4. Ruptured Springs(4).
5. A bent or broken Rail Frame(1).
6. A sagging Mat(2).
7. Sharp protrusions on the frame or suspension system.

STORAGE

To store the **GOLD'S GYM 36" Trampoline** simply keep it in a clean dry place.

PRODUCT PARTS DRAWING AND PARTS LIST



Part No. and Description	Qty	Part No. and Description	Qty
1 Rail Frame	1	7 Leg Cap	6
2 Mat	1	8 Cap Washer	6
3 Yoke Hook	15	9 Warning Label	2
4 Spring	30	10 Manual	1
5 Safety Pad	1	11 Use Instructions Sign (Not Shown)	1
6 Leg	6		

LIMITED WARRANTY

MODEL 35-1628GGS / 35-1629GGS

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.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.