

BEFORE YOU BEGIN

Thank you for selecting the JUMPING[®] Mini-trampoline. The JUMPING Mini-trampoline is designed and crafted to provide years of enjoyment. With only 20 minutes of use each day, you can begin to feel such benefits as increased energy, decreased stress, and more restful sleep. **For your safety and benefit, carefully read these instructions before using the Mini-trampoline.** If you have additional questions, please call our Customer Service Department toll-free at **1-800-322-2211**, Monday-Friday, 8am-5pm Central Time (excluding holidays).

IMPORTANT SAFETY PRECAUTIONS

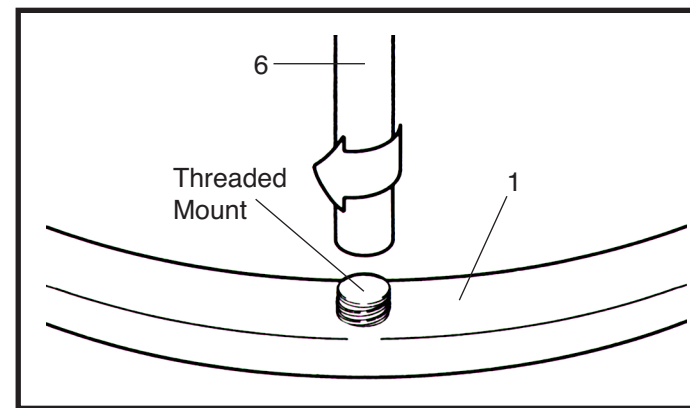
1. It is the responsibility of the owner to ensure that all users of the Mini-trampoline are adequately informed of all warnings and safety precautions.
2. Make sure that the legs are tightened and that all springs are securely attached to the frame and mat before each use.
3. Use the Mini-trampoline only on a level surface.
4. Never allow more than one (1) person on the Mini-trampoline at a time.
5. Step onto and off the Mini-trampoline—never jump on or off.
6. Never use the Mini-trampoline as a springboard to other objects.
7. Use the Mini-trampoline only as shown.
8. The Mini-trampoline is designed for home use only. Do not use the Mini-trampoline in a commercial, rental, or institutional setting.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing problems. Read all instructions before using. JUMPING assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

ASSEMBLY

Set all parts of the Mini-trampoline in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is complete.

Lay the Frame (1) upside-down on the floor. Tighten the Legs (6) onto the threaded mounts on the Frame. (Note: If any of the Legs cannot be tightened onto a threaded mount, remove the Rubber Foot [not shown] from the Leg and tighten the other end of the Leg onto the threaded mount.) Then, turn the Frame over and stand it on the Legs.



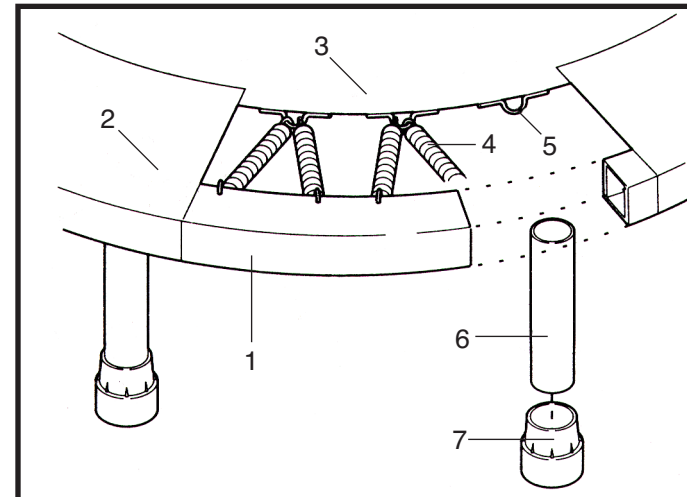
MAINTENANCE

If the safety pad becomes soiled, clean it with a mild solution of soap and water. Minor tears in the safety pad can be fixed with a vinyl upholstery repair kit.

Most repairs to the Mini-trampoline can be done by the owner using standard tools. If replacement parts are needed, please refer to the instructions at the right.

The Mini-trampoline carries a limited warranty on parts and workmanship. In the event that a repair is required under warranty, please refer to the instructions at the right.

EXPLODED DRAWING/PART LIST



No.	Description	Qty. (WL710110)	Qty. (WL710310)
1	Frame	1	1
2	Safety Pad	1	1
3	Polypropylene Mat	1	1
4	High-tension Spring	30	32
5	Spring Bar	15	16
6	Leg	5	6
7	Rubber Foot	5	6

ORDERING PARTS

To order replacement parts, simply call our Customer Service Department toll-free at **1-800-322-2211**, Monday-Friday, 8am-5pm Central Time (excluding holidays).

Before calling, please refer to the EXPLODED DRAWING/PART LIST above and find the number and description of the needed part(s).

LIMITED WARRANTY

Jumping, Inc. (warrantor) warrants the JUMPING Rebounder steel frame, legs, and jumping mat to be free from defects in material and workmanship for a period of one year from the date of sale to the original purchaser. The protective vinyl pad and springs are warranted to be free from defects in materials and workmanship for a period of 90 days from the date of sale to the original purchaser. This warranty does not include any damage that may occur through misuse, improper operation, normal wear, shipping, or unauthorized repair made or attempted. The manufacturer will remedy any defects in material and workmanship during the limited warranty period by repair or replacement. The manufacturer reserves the option to determine whether the remedy shall be made by repair or replacement.

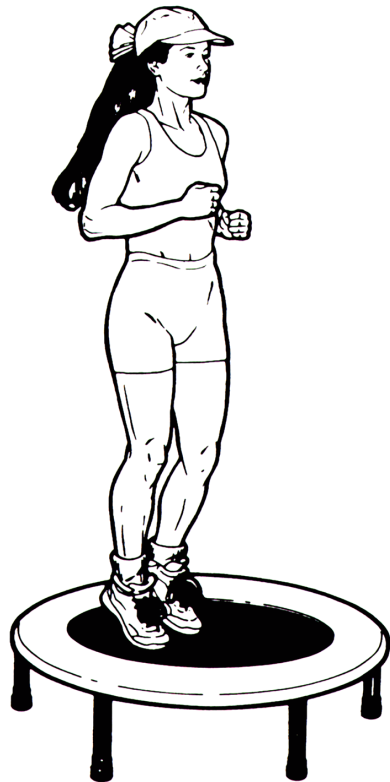
To make a claim on this warranty, contact the dealer from whom the JUMPING Rebounder was purchased, or if for some reason the dealer cannot be reached, contact our company headquarters whose address is listed below. You will be required to pay for shipping costs involved in repair or replacement and/or transportation costs for inspection. Incidental or consequential damages such as phone calls, loss of time, transportation, inconvenience, or commercial loss are not covered within this limited warranty.

There are no warranties that extend beyond the face hereof. There is no implied warranty of merchantability except as stated herein. Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state. This is the only express warranty authorized by Jumping, Inc.

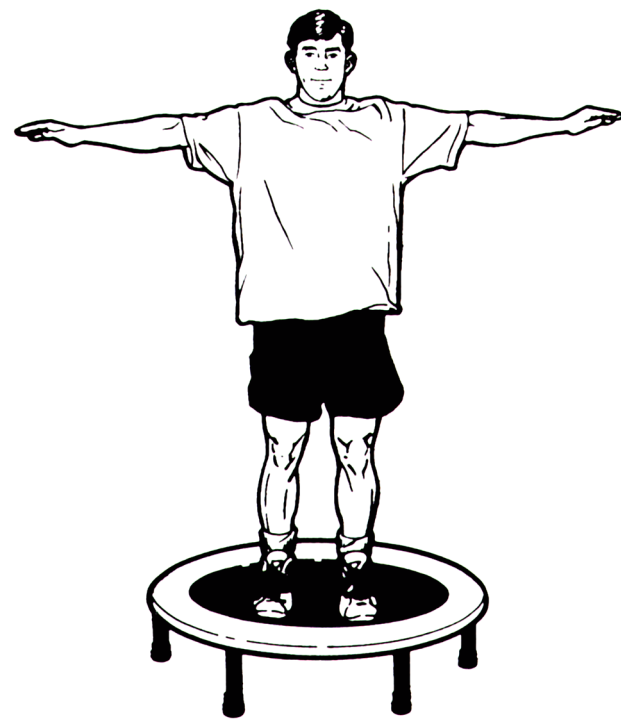
Warrantor: Jumping, Inc., 901 W. Miller Rd., Garland, TX 75041

WARM-UP (Easy)



Begin with a slow jog on the mat. Lift each foot only one or two inches off the mat. Breathe through your nose and relax.

ARM CIRCLES (Easy)



Extend your arms to the sides at shoulder level. While bouncing on the mat, rotate your arms in small circles, gradually increasing the size of the circles. Reverse the direction of the circles periodically. This exercise develops the arms, upper back, shoulders, and neck.

AB BOUNCE (Easy)



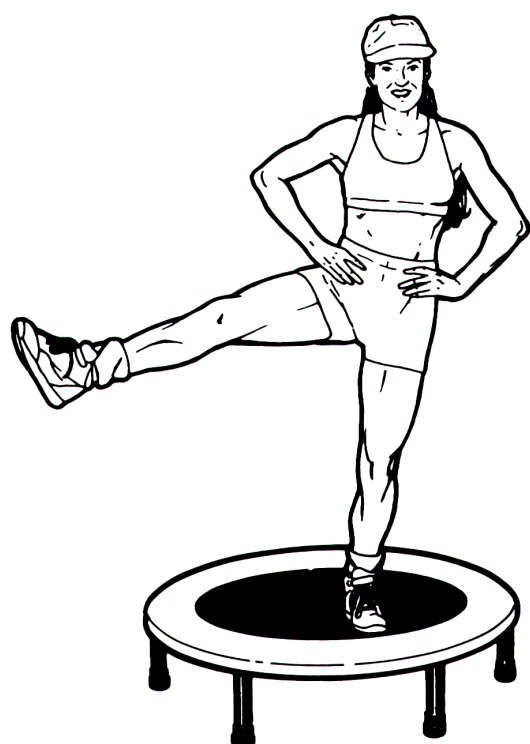
Sit in the center of the mat with your hands on your hips and your feet flat on the floor. Bounce up and down with a rhythmic motion. This exercise focuses on the abdominal muscles.

JOG (Moderate)



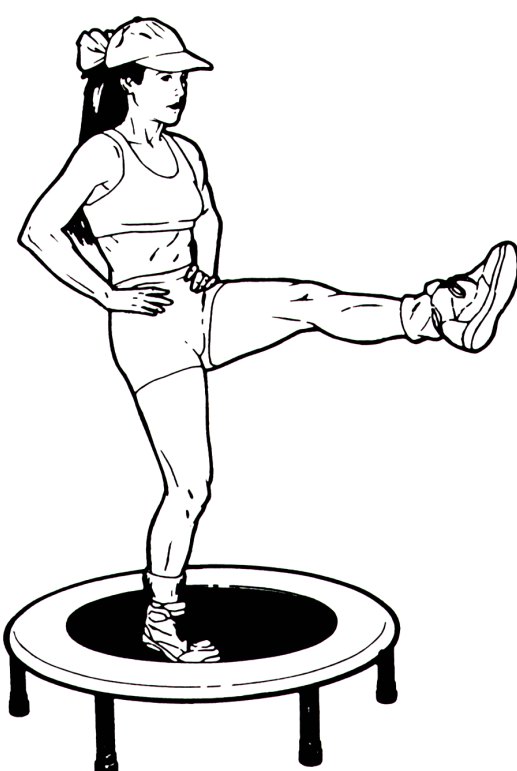
Begin with a slow jog on the mat. Lift your legs increasingly higher with each step until you are slightly short of breath. Gradually decrease the height of your steps until your pulse decreases. Repeat as many times as desired. This is an excellent cardiovascular exercise.

SIDE KICK (Moderate)



Put your hands on your hips or stretch your arms above your head. Bounce on the mat, kicking your legs to the side one at a time as shown. Begin with low kicks, gradually increasing the height of your kicks. This will strengthen the lateral trunk muscles and trim the thighs.

FRONT KICK (Advanced)



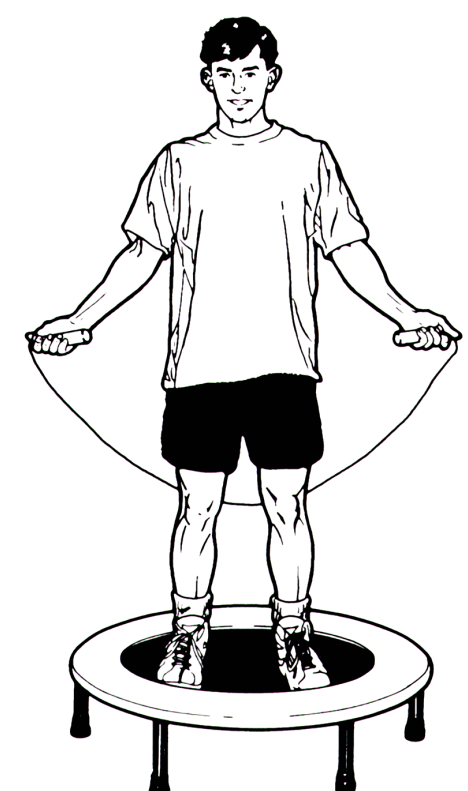
Place your hands on your hips. Bounce on the mat, kicking your legs forward one at a time as shown. Begin with low kicks, gradually increasing the height of your kicks. This exercise will strengthen the lower back, thighs, and abdomen.

"V" BOUNCE (Advanced)



Sit in the center of the mat and hold your legs as shown, with your legs and upper body forming a "V." Begin bouncing by moving your arms up and down with a jabbing motion. This exercise is designed to tone the abdominal muscles.

JUMP ROPE (Advanced)



Use a jump rope (not included) while bouncing on the mat. This exercise will help you to develop balance and coordination as it strengthens your cardiovascular system.