



40" Mini Trampoline #9005MTH

Owner's Manual

Please read all the instructions before using this product.
Consult a physician before beginning any exercise program.



WARNING!

WEIGHT LIMIT:
220 lbs.

WARNING!

This product is not suitable for children under 3 years of age. It contains small parts which may cause choking.

Do not allow more than one person on the trampoline at a time.
Do not allow young children to use unless supervised by an adult.
ADULT ASSEMBLY IS REQUIRED.

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OWNERS MANUAL
CUSTOMER SERVICE INFORMATION

Thank you for purchasing our Pure Fun™ 40" Mini-trampoline.

At Pure Global Brands, we want all of our customers to be completely satisfied with their purchase. Please take time to review the contents of the product you just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will happily provide replacement parts at no charge within 30 days of purchase.

To order these parts, or if you have any other questions or concerns about this Pure Global Brands product, please e-mail the Pure Global Brands customer service department at customerservice@puregbi.com or contact us at 1-866-498-5269. You can also visit our website at www.pureglobalbrands.com

If you request replacement parts, please be sure to include the following information in your correspondence:

- **YOUR NAME**
- **YOUR MAILING ADDRESS**
- **YOUR EMAIL ADDRESS**
- **RETAILER WHERE YOU PURCHASED PRODUCT**
- **PROOF OF PURCHASE (purchase date and item must be on paperwork)**
- **ORDER # IF AVAILABLE**
- **PRODUCT MODEL No. 9005MTH**
- **SERIAL No.**
- **NAME OF THE PRODUCT: 40" Mini Trampoline w/ Handrail**
- **PART NUMBER(s) (located in manual)**
- **QUANTITY NEEDED**
- **A PICTURE OF DAMAGED PART(s) – send by Email , Fax, or Mail**

Again, thank you for purchasing a Pure Global Brands product.

Sincerely,
Customer Service
Pure Global Brands
Phone: 1-866-498-5269
Email: customerservice@puregbi.com

LIMITED WARRANTY

Limited Warranty

Pure Global Brands warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **90 DAYS FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the Product. The Company's obligation under this warranty is limited to replacing or repairing the Product, at the discretion of the Company.

All warranty coverage extends only to the original retail purchaser from the date of purchase. Pure Fun's obligation under this Warranty is limited to replacing or repairing, at Pure Fun's option, the product at one of its authorized service centers. All products for which a warranty claim is made must be received by Pure Fun at one of its authorized service centers and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Pure Fun. All warranty claims must be preauthorized by Pure Fun. Preauthorization can be obtained by calling 866-498-5269. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a Pure Fun authorized service center or for products used for commercial or rental purposes. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance, or acts of Nature (such as damage caused by wind, lightning, snow, water, or ice). Weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other Warranty beyond that specifically set forth above is authorized by Pure Fun. PURE FUN IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND PURE FUN SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NO APPLY TO YOU.

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

READ THIS FIRST!!!



WARNING
CHOKING HAZARD – Small parts
NOT for children under 3 years.

! Warning!

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom of injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.



OWNERS MANUAL PRECAUTIONS/SAFETY INSTRUCTIONS/WARNINGS

Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of you product.

IMPORTANT SAFETY INSTRUCTIONS

- This manual is designed to help you assemble, adjust, maintain and use the product. Please read the instructions entirely before use and retain for future reference.
- Children must be supervised at all times when using this equipment. **DO NOT** leave children unattended at any time.
- This machine is intended for home use only and not designed for commercial use.
- Do **NOT** allow small children to use this product.
- Make sure to warm up at least 5-10 minutes before each workout and to cool down for at least 5-10 minutes afterwards.
- Rest adequately between workouts to allow your muscles to tone and develop.
- **DO NOT** wear glasses or helmets when using the trampoline.
- **DO NOT** use the Handrail as a climbing feature or for any other use than maintaining your balance while exercising.
- **DO NOT** wear loose fitting clothing or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous on products with moving parts.
- **DO NOT** allow more than one person on the trampoline at a time.
- **DO NOT** fall or bounce on your knees – this can cause injury.
- **DO NOT** somersault – this can cause serious injury.
- Before using this product, always inspect and replace any worn, defective or missing parts. It is important to check the trampoline periodically to ensure the frame is steady and all parts are in good condition.
- **ALWAYS** secure the trampoline against unauthorized and unsupervised use.
- **ALWAYS** jump in the middle of the trampoline bed.

WARNING

Before starting an exercise program please consult your physician.

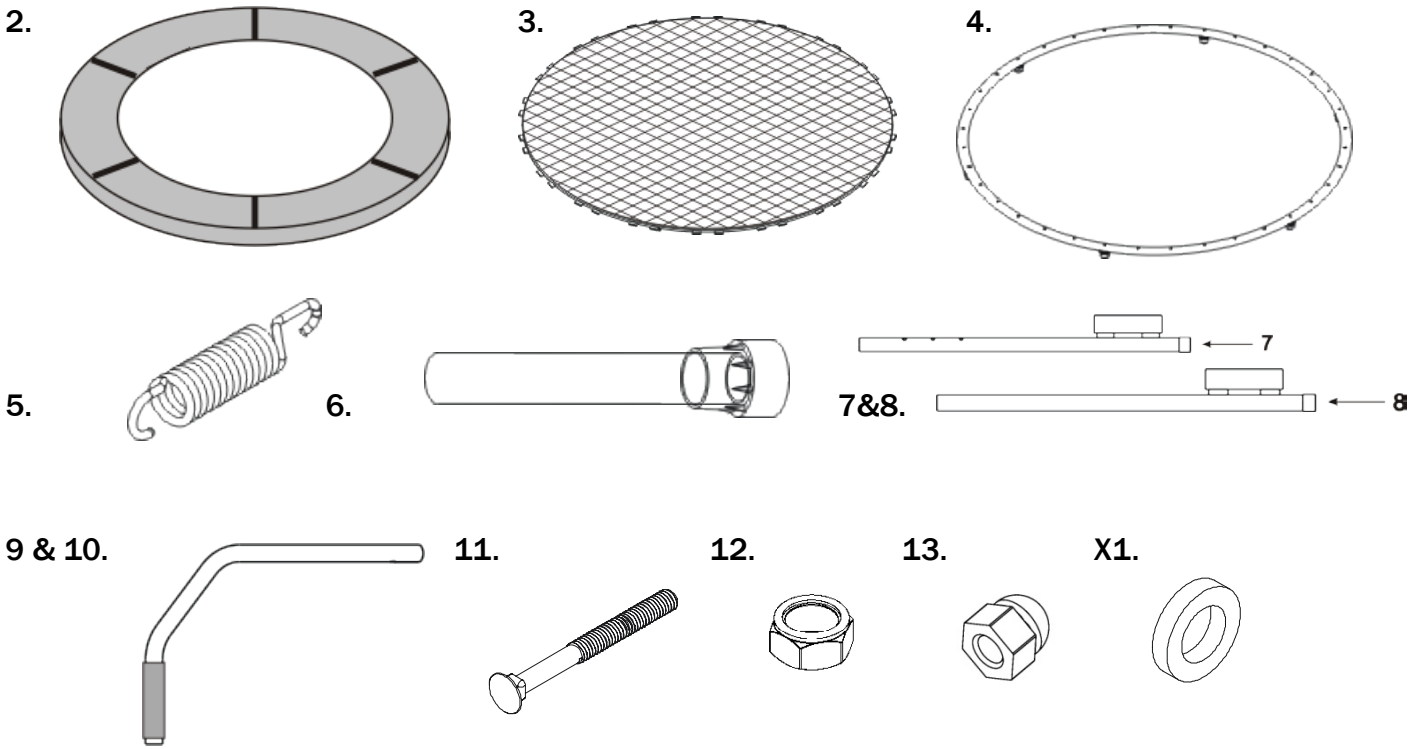
- Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.

MAXIMUM WEIGHT CAPACITY

The maximum recommended weight capacity for your product is:

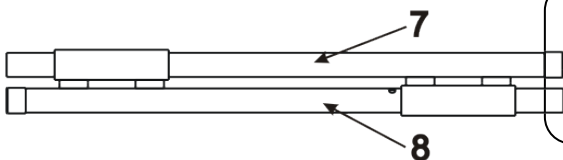
220 lbs (100 Kg)

HARDWARE IDENTIFIER



PARTS LIST

PART NUMBER	DESCRIPTION	QTY
2	PVC Cover	1
3	Jumping Mesh	1
4	Frame	1
5	Spring	36
6	Legs (W/cap)	6
7	Handrail Supports A	1
8	Handrail Supports B	1
9	Top Handrail (Female)	1
10	Top Handrail (Male)	1
11	Screw	2
12	Nut	2
13	Safety Cap Nut	2
X1	Washer	2



Part #7 & #8 ships as one piece. To separate into two, please push in the pin and pull apart.

PUSH THE PIN



WARNING

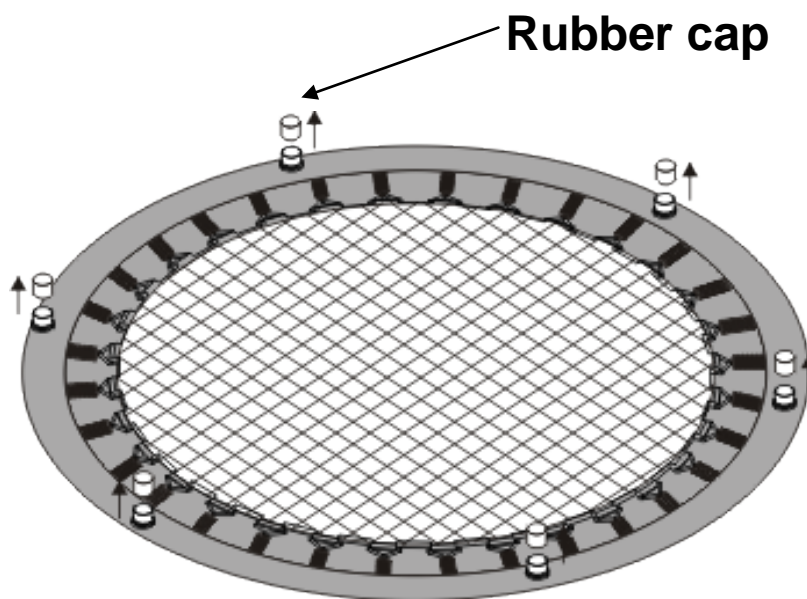
CHOKING HAZARD – Small parts

NOT for children under 3 years.

HOW TO ASSEMBLE

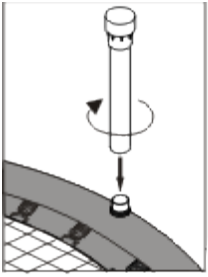
1. Assemble The Leg Base.

Please remove rubber caps from leg base before placing legs onto trampoline.



Step 2: Place Legs on Trampoline

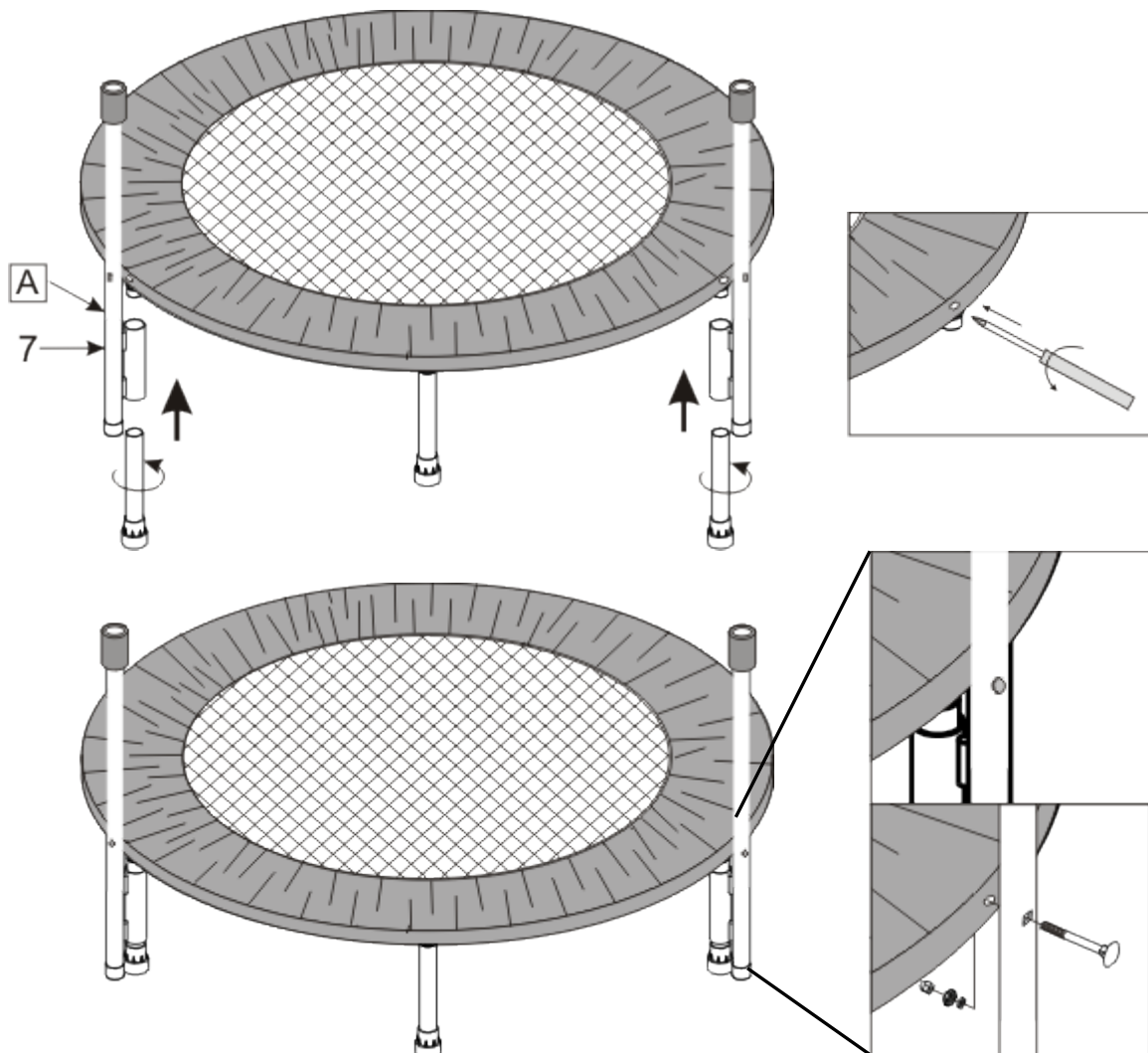
Twist 4x Legs into the threaded grooves on trampoline, until secure. Make sure to leave two spaces empty as shown below.



Step 3: Attach Handrail Supports to Trampoline

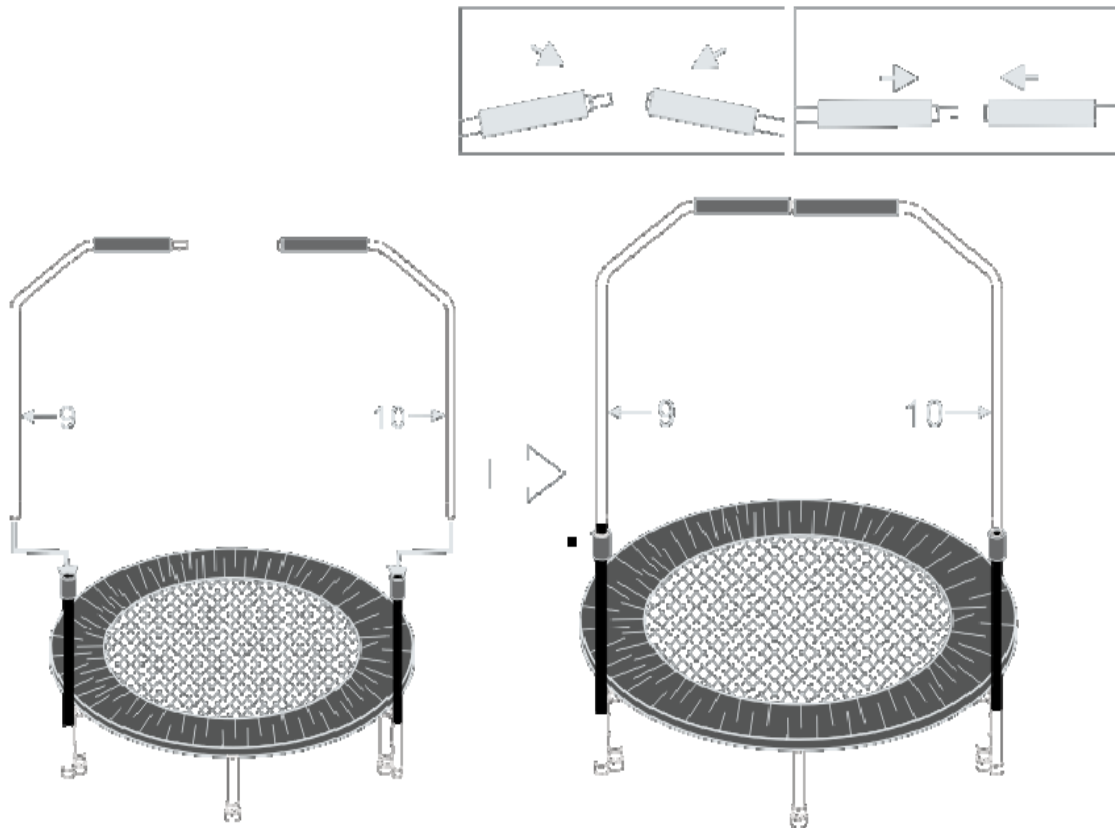
Flip the trampoline over. Use a screwdriver to punch two holes on the padding where the handrail will assemble as shown below.

Locate the remaining 2x Legs and place them through Handrail Supports A (7) and B (8). Secure the Handrail Supports onto the remaining 2x legs using the 2x Screws (11), Nuts (12), Safety Cap Nuts (13) and Washers (X1), as shown below. Secure the legs to the frame as described in Step 2.



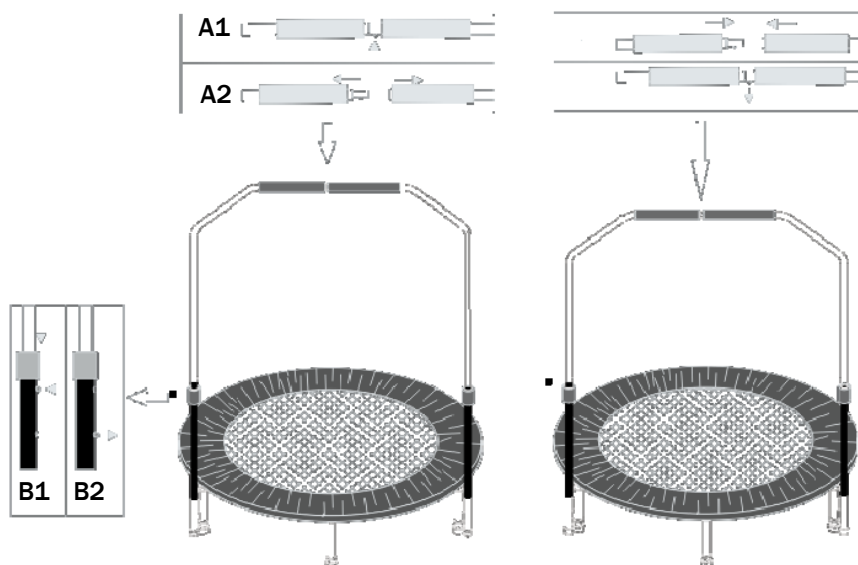
4. Attach Top Handrail to Handrail Supports.

Insert both ends of the Top Handrail sections (9,10) into the Right and Left Handrail Supports. Once secure, join the center of the Handrail by pushing the pin on the “Male” Top Handrail section, and allowing the two pieces to slide together. Make sure you hear a “clicking” sound and that the joined sections are secure before continuing.



Step 5. Adjusting the Handlebar Height

To adjust the height, first separate the top handrail like in picture A1 and A2. Next press the push pin on leg support tubes as shown in diagram B1 and B2. Move the handrail sections so that they are *level* and ensure that the push pins snap securely back into their corresponding housings. Lastly, reconnect the handlebars at the center.



HOW TO USE

TRAMPOLINE PLACEMENT

The minimum overhead clearance recommended is 15 feet (4.5m) from any and all ceilings, obstacles or hard surfaces. In terms of horizontal clearance, ensure that potentially hazardous objects are located at a minimum of 10 feet away from the trampoline (including but not limited to: outdoor equipment, furniture, appliances, vehicles, lighting, walls, tree limbs, shelving, any overhangs, etc.) and no potentially hazardous conditions exist nearby (including but not limited to: stairwells, pools/hot tubs, uneven or drop-off ground levels, etc.)

For safe use of the trampoline, please be aware of the following when selecting a workout location for your trampoline:

- *Make sure the trampoline is placed on a level surface.
- *The area is well lit
- *There are no obstructions above, beneath, or around the trampoline.

If you do not follow these guidelines, the user acknowledges responsibility for the increased risk of serious injury.

IMPORTANT:

- In the interest of your child's safety, it is important that you read both the safety notice and the assembly instructions below carefully before allowing your child to use this product.
- Ensure the feet are firmly secured and the fabric pad covers the springs securely before use.

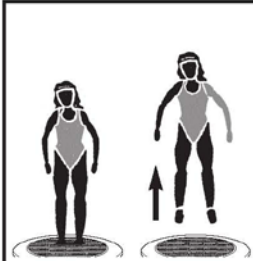
SAFETY NOTICES FOR USING THE TRAMPOLINE

- 1) Caution and care must be taken in the unpacking and assembly of this product. Due to small parts and packaging materials, adult assembly is required. This product contains small parts, which may cause choking
- 2) Adult supervision of children using this product is required at all times. Do not leave a child unattended.
- 3) Outdoor use – position well away from water on flat, firm ground; ideally grass. Never position on or near hard surfaces such as patios or driveways, or locate trampoline close to buildings or walls.
- 4) Ensure area under and around trampoline is clear of any toys/obstacles that may cause injury.
- 5) Indoor use – position so that there is sufficient ceiling height. Never position trampoline underneath a light fixture.
- 6) Recommended age for this trampoline is **8 years +**. **Maximum weight limit: 220lbs.**
- 7) This trampoline is designed for one user only. Do not let more than one person use this product at the same time.
- 8) Users should not wear clothing, jewelry, or anything that that could catch or snag on the product (e.g. loose clothing, cords shoulder bags)
- 9) Users should stand or bounce as near to the center of the mat as possible. Bouncing or standing near the edge of the trampoline could cause the frame to tip over or damage the mat/springs.
- 10) Do not allow small children to wander into the play area where the trampoline is in use.
- 11) Do not allow small children to crawl or hide under the trampoline.
- 12) Discontinue use if any breakage is found. Failure to do this may result injury.
- 13) Not suitable for children under 3 years. This product contains small parts, which may cause choking.

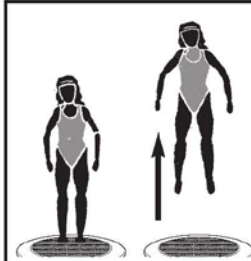
Exercises

IMPORTANT

Always warm up thoroughly before starting your workout.
Do at least five minutes of stretching to help prevent muscle pulls and strains.



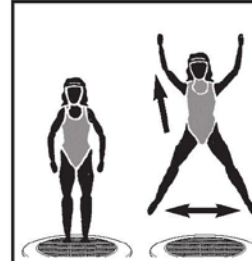
1. Low Bounce
Bounce upwards only a few inches. Keep the feet 12 to 18 inches apart and bend the knees slightly on take-off and landing.
Perform 1 to 3 minutes



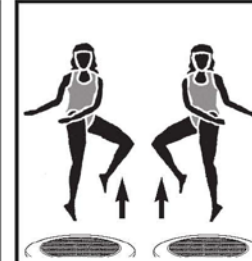
2. High Bounce
Bounce upward from 12 to 18 inches. Start with the feet together with toes pointed downward at the top of each bounce. Spread the feet as you land off each bounce.
Perform 1 to 3 minutes



3. Jogging
Jog in place. Lift the knees high and swing arms vigorously. The higher you lift your knees, the better the exercise is for the abdomen.
Perform 1 to 10 minutes



4. Straddle Hops
Start with feet together and arms at the sides. Leap upwards, bringing both arms overhead and spread the feet sideward about 24 inches. On the return bounce, bring the arms to the side and feet together.
Perform 10 to 50 repetitions



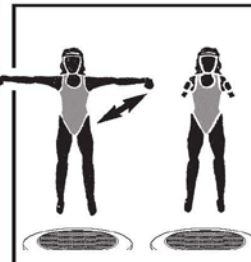
5. Twister
Leap upward while twisting the arms, hips and upper body turning right and the knees twisting left. On the rebound, twist the opposite way.
Perform 10 to 50 repetitions



6. High Kick Low Kick
Leap slightly and kick high with one leg while keeping the hands on the hips. On the rebound do a low kick (about half as high) with the other leg. Continue to alternate high and low kicks.
Perform 1 to 5 minutes



7. Jog with Dumbbells
Hold a light pair of dumbbells (3.3 to 5.5 lbs) in your hands. Jog in place lifting the knees high and moving the arms in rhythm as you jog.
Perform 30 secs to 3 minutes



8. Side & Forward Laterals
Hold the dumbbells with both arms straight down by the side. Bounce on both feet and raise the dumbbells sideways. On the next bounce, raise the dumbbells forward.
Perform 10 to 25 repetitions

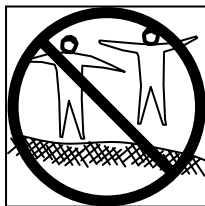


9. Ankle & Wrist Weights
For a more strenuous workout, try using ankle and wrist weights on the exercises shown here.

Time or count your exercises and don't over extend yourself. Start with the minimum times or repetitions and gradually increase to the maximum recommended.

If you combine various exercises and perform them to music, you will enjoy your workouts even more!

**NO MORE THAN ONE PERSON AT A TIME ON THE TRAMPOLINE!
MULTIPLE JUMPERS INCREASE THE RISK OF INJURY SUCH AS BROKEN NECK, LEG, BACK OR HEAD INJURY**



DO NOT PERFORM SOMERSAULTS (FLIPS) AS THIS WILL INCREASE RISK OF LANDING ON HEAD OR NECK AND RESULTING IN INCREASED RISK OF SERIOUS INJURY OR DEATH



FREQUENTLY ASKED QUESTIONS

Question: “One of my trampoline legs has broken” or “The foam padding or mat is damaged, how do I replace it?”

Answer: IF YOU ARE STILL WITHIN YOUR WARRANTY PERIOD (90-DAYS FROM INITIAL PURCHASE) YOU SHOULD CONTACT CUSTOMER SERVICE (info below). YOU CAN ALSO PURCHASE SELECT REPLACEMENT MINI-TRAMPOLINE PARTS AT: www.pureglobalbrands.com

Question: “I had a part missing from my box” or “something was damaged in shipping, can you send it to me?”

Answer: IF IT HAS BEEN 30 DAYS OR LESS FROM THE DATE OF YOUR INITIAL PURCHASE, YOU CAN CONTACT CUSTOMER SERVICE (info below) FOR A REPLACEMENT PART TO BE ISSUED.

Question: “How do I separate the Handrail Support pieces? They are stuck together.”

Answer: PARTS 7 & 8: THE HANDRAIL SUPPORTS SHIP AS ONE PIECE. TO SEPARATE THEM, PRESS THE PINS ON EACH OF THE HANDRAIL SUPPORT PIECES AND PULL THEM APART.