



## **Action Sports Equipment Pty Ltd.**

72 Silverwater Rd, Silverwater, NSW, Australia, 2128

Parts & Service Enquiries: 1800 465 070 (Australia); 09 488 4750 (New Zealand)

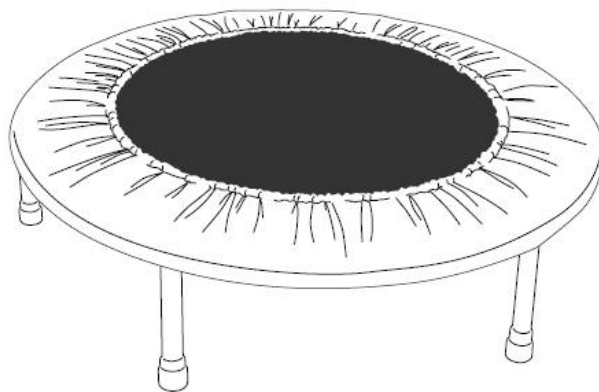
Sales Enquiries: 1800 777 137 (Australia); 09 488 4750 (New Zealand)

### **38" (96cm) Jogger Rebounder**

#### **Model KS0038**

Assembly, Installation, Care, Maintenance and Use Instructions

*Manual depicts typical installation – your model may differ from illustrations*



#### **IMPORTANT**

Please read and retain this manual as it will assist with identification for parts and service.

**Read these materials prior to assembling and using of this product**

#### **- Warning -**

**This trampoline is subject to 200lb (91kgs) weight limit.**

**Usage of this trampoline is limited to persons weighing less than weights specified above.**

**Do not allow more than one person on the trampoline at a time.**

**This trampoline is not a toy.**

**Do not allow young children to use unless supervised by an adult.**

**Thank you for purchasing our KS 0038 Jogger Rebounder. This rebounder type trampoline is a great addition to your exercise routine for improving coordination, balance & agility, trimming & toning, working out anywhere you have a small space and a few minutes. Please read the following information before using your KS 0038 Jogger Rebounder.**

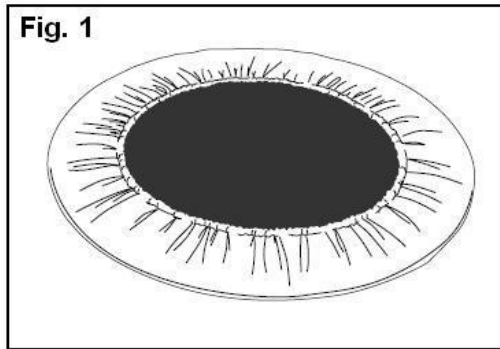
**- Safety Notice -**

- This product is not a toy. It is intended for use by adults or by persons under direct adult supervision. Children should use only with mature, knowledgeable supervision.
- Place trampoline on level surface for use. Make sure floor area around and under trampoline is clear of objects and there is adequate overhead and lateral clearance around trampoline. Do not use in areas with low ceilings. Do not place trampoline near walls, structures, play areas, furniture or other exercise equipment.
- Use in well lighted area with level surface. This trampoline is designed to be used by one person at a time.
- Inspect before each use. Make sure frame pad is in place and legs are firmly seated. Replace any worn, defective, damaged or missing parts.
- The weight limit for your KS 0038 Jogger Rebounder is 200 lbs (91kg). Do not allow persons exceeding this weight to use this trampoline.
- Wear correct footwear such as walking, running or cross-training shoes that fit well and provide adequate support. Insure footwear provides good traction. It is not recommended for jumper to be barefoot when using trampoline. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught in the trampoline.
- The surface of the bed should be dry when used. Do not stand, step or sit on the frame pad, the springs or the trampoline frame.
- Maintain balance when mounting and dismounting the trampoline. Stop exercise movement when mounting and dismounting. Loss of balance can result in a fall or serious injury. Bounce in the center of the trampoline bed.
- Do not attempt any gymnastics or acrobatic maneuvers. Do not jump from floor onto the trampoline or from trampoline bed to floor or other surface.
- Always use this trampoline in accordance with this manual.
- Store the trampoline indoors in a dry place. Secure the trampoline from unauthorized and unsupervised use. Do not use trampoline when under the influence of drugs or alcohol.

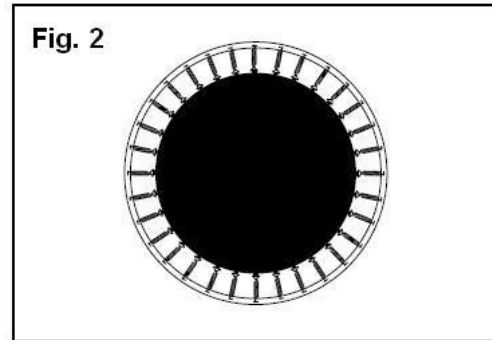
**ANY QUESTIONS OR CONCERNS  
PLEASE CALL CUSTOMER SERVICE**

**Freecall 1800 465 070 or Standard Call 09 488 4750 (New Zealand)**

## Assembly and Installation Instructions

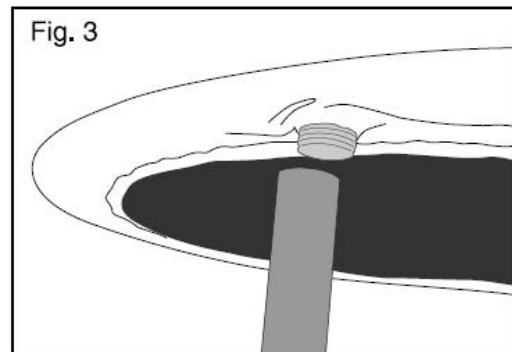


Top view of the pre-assembled frame and pad.

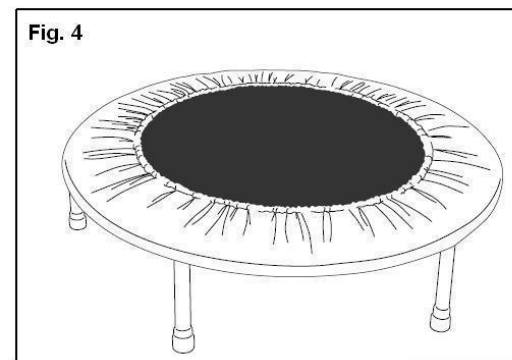


Underside view of the pre-assembled frame and pad.

1. Remove all materials from carton, inspect all parts. Remove plastic protective wrapping from trampoline frame and springs, if present.
2. Lay trampoline flat so jumping surface is down.
3. Unscrew thread protectors, if present.
4. Screw on all legs. Ensure all legs are securely seated. Inspect to ensure end caps are in place and pad is evenly distributed around the frame and covers the springs. Do not pinch pad when installing legs on trampoline. See Figure 3.



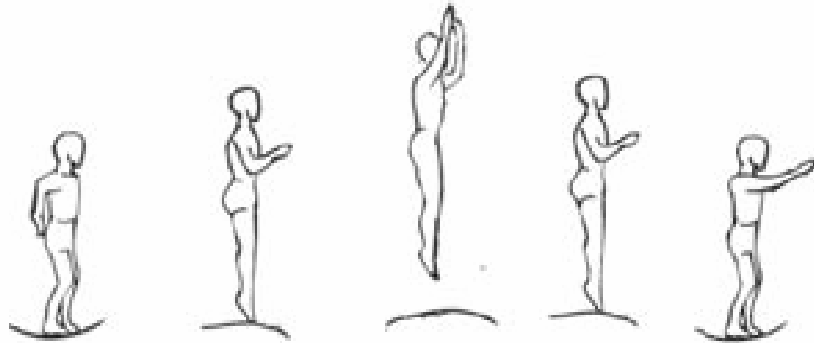
5. Turn trampoline over and get ready to jump. When it's done correctly, the trampoline should look as Figure 4.



6. Save this manual for future reference. Keep receipt for warranty coverage.

## Getting Started

- Check with your physician before starting any exercise program, especially if you have any condition that might affect your balance or ability to exercise.
- Before mounting your **KS 0038 Jogger Rebounder**, always warm up for at least 5 minutes, stretching all major muscle groups. Finish session with gentle stretching to cool down.
- Begin by using your KS 0038 every other day, working up to 5 days a week over several weeks.
- Start with a minimum of 1 minute per exercise. Increase time as you get stronger.



## WHY REBOUND?

- **Use Anywhere – home or office – Take it with you when you travel.**
- **Burn Calories while improving your cardiovascular and aerobic fitness – Excellent way to work back into a fitness routine**
- **Easy on the knees and hips – low impact - efficient and effective way to trim and tone**
- **Total body workout in 15 minutes a day**
- **BOUNCING IS FUN !**

## BASIC BOUNCE

Place feet shoulder width apart, bend at the knees. Place hands on waist or extend out from waist. Gently start bouncing without feet leaving the mat. Get comfortable with being on the trampoline.

For questions regarding this product, assembly, service or warranty - Please call:

**1800 465 070 (Australia)**

**09 488 4750 (New Zealand)**

Our Customer Service Department will be happy to help you. For questions on exercise, rebounding, specific exercises: Please contact a certified physical trainer.

## CHALLENGE YOURSELF

**Vary your workout on your KS 0038 Jogger Rebounder.**

*Jumping Jacks*

*Jumping Rope*

*Twist and Bounce*

*Upright Row*

*Knee Raises*

*Bounce Side to*

*Side on the mat*

*Hamstring Curls*

*(raise heel up*

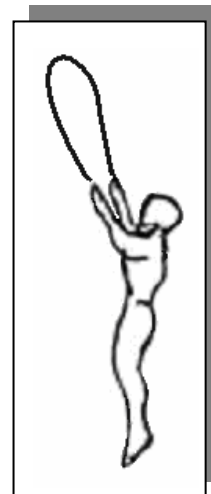
*behind as you*

*gently bounce)*

*Alternate sides*

*Add wrist or ankle*

*weights as you get stronger.*



## **Trampoline Limited Warranty**

ACTION SPORTS warrants its trampoline products to be free from defects in material and workmanship under normal use and service conditions.

The various components of the trampoline are warranted against defects and workmanship for the time periods specified as follows:

Steel Frame	2 years
All Other Materials	6 months

All warranty coverage extends only to the original retail purchaser from the date of purchase. ACTION SPORTS' obligation under this Warranty is limited to replacing or repairing, at ACTION's option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to our **Freecall 1800 465 070 or Standard call 09 488 4750 (New Zealand)**. For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by ACTION. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by ACTION.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

**Freecall 1800 465 070 (Australia)**  
**Standard Call 09 488 4750 (New Zealand).**

**8:30am – 5:00pm Monday to Friday (excluding Public Holidays)**