



fitness

# User Guide

## 36" Jogging Trampoline



### AFTER SALES SUPPORT

 USA 1 866 498 5269  [customerservice@puregbi.com](mailto:customerservice@puregbi.com)

MODEL: 9065

**2**  
YEAR  
WARRANTY

Congratulations!

You have made an excellent choice with the purchase of this quality Crane® product. By doing so you now have the assurance and peace of mind which comes from purchasing a product that has been manufactured to the highest standards of performance and safety, supported by the high quality standards of ALDI.

We want you to be completely satisfied with your purchase so this Crane® product is backed by a comprehensive manufacturer's 3 year warranty and an outstanding after sales service through our dedicated Helpline.

We hope you will enjoy using your purchase for many years to come.

If you require technical support or in the unlikely event that your purchase is faulty please telephone our Helpline for immediate assistance. Faulty product claims made within the 2 year limited warranty period will be repaired or replaced free of charge provided that you have satisfactory proof of purchase (keep your receipt safe!). To ensure warranty coverage, please refer to the last page of your instruction manual, fill out, and return the enclosed warranty card. This does not affect your statutory rights. However, be aware that the warranty will become null and void if the product is found to have been deliberately damaged, misused or disassembled.



# General Information and Safety Instructions

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Please read these instructions in their entirety before use and retain for future reference. Ensure that this product has been assembled correctly per the instructions in the manual. This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and use of this equipment.

Before starting any exercise program, always consult your physician to 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 contact your doctor and/or obtain medical assistance.

**Do not exceed Maximum Weight of 220 LBS (100 KGS).**

This unit must be assembled and disassembled by adults only.

This unit is designed only for bounding exercises. Do not use this product for any other purpose.

Before each use, inspect this unit, and replace any worn, defective or missing parts before using. It is important to check the entire trampoline to ensure the frame and legs are secure and steady and all parts are in good condition. If any damaged parts are found, secure from use until replacement parts are obtained.

Before each use, make sure the frame padding is in place with the springs and frame fully covered.

This product is intended for individual use by persons over the age of 13 years.

Do not allow children to play on or near this product. It is not a toy.

This trampoline is only designed for normal residential use. It is NOT intended for commercial applications and/or in public areas such as schools, parks, day cares, commercial/communal gyms, etc.

Your trampoline must be placed at a safe distance from any vertical or horizontal obstructions, such as stairways/stairwells, power lines, ceiling fans, pools, walls, overhead or wall light fixtures, windows, furniture, appliances, etc. Keep on a level surface.

Never place trampoline for use on or near hard surfaces such as patios, driveways or gravel paths, or place near power lines, bodies of water, buildings, walls, roadways, uneven flooring/ground or other hazards.

Read the Safe Use of Your Trampoline section on Page 6 before using your Mini Trampoline.



## Safety Instructions (continued)

Do not store trampoline outdoors or where exposed to moisture or extreme temperatures.

Never jump onto or from this trampoline onto or from other objects, structures or surfaces.

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

Do not wear glasses or helmets when using the trampoline.

Do not fall or bounce on your knees -- this can cause injury.

Do not somersault – this can cause serious injury resulting in paralysis or death.

Do not allow other persons to sit, or stand on or near the frame pads or mat while the trampoline is in use.

Do not use this mini trampoline in any manner other than its intended use.

Do not use or allow use of the trampoline under the influence of any substance or medication which may impair the supervisor's or jumper's judgement and/or coordination.

Do not store items, playthings, or place any obstructions underneath the trampoline.

Do not allow infants or animals to crawl underneath the trampoline mat.

Avoid bouncing too high. Maintain safe control at all times.

Mount and dismount the trampoline with care as injury may result.

Always make sure to store your trampoline safely, where it will not present a tripping or obstacle hazard.

Always remove jewelry, belt buckles, or any other sharp objects before using the trampoline.

Always jump in the middle of the trampoline bed.

Always secure the trampoline against unauthorized and unsupervised use.

Always wear socks when using the trampoline

It is not recommended that you wear footwear (e.g. shoes) when using the trampoline.

Dispose of all packaging materials safely and per local ordinance.

Failure to exercise caution may result in serious injury or death, or both.

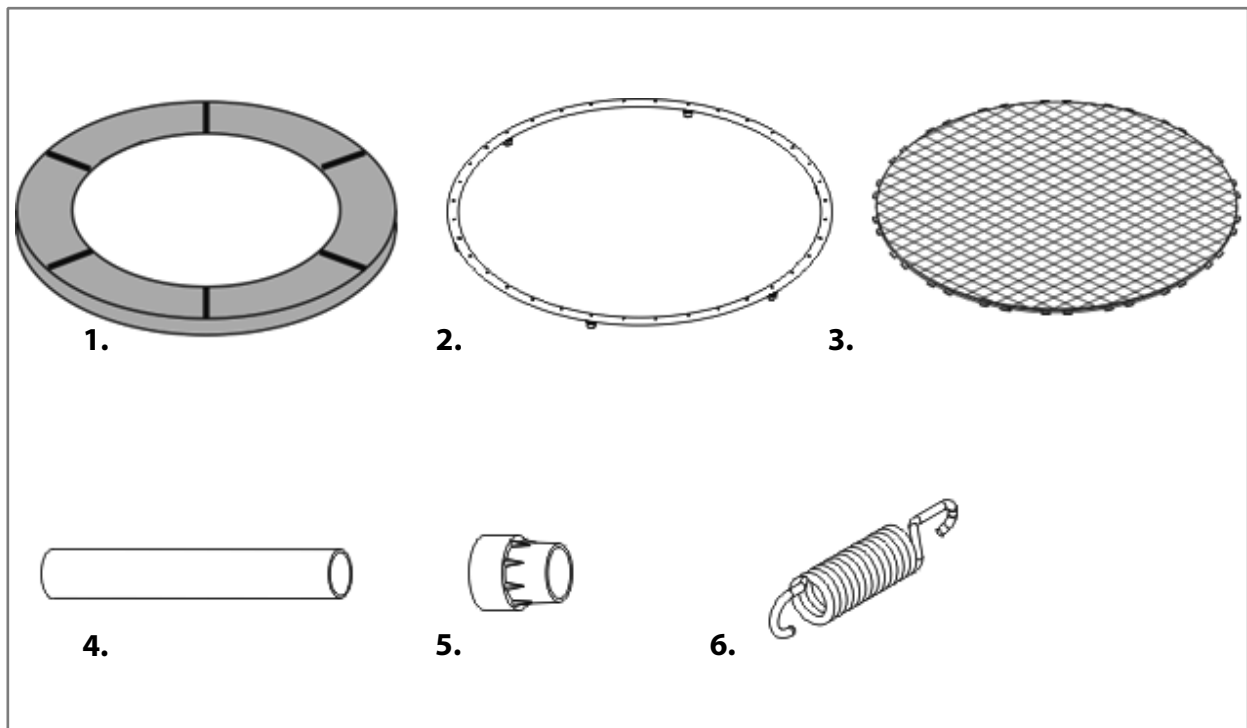
Do not use this trampoline if the mat is wet or slippery.

Do not use this trampoline without the Frame Pad securely in place or with broken springs.



## Parts List

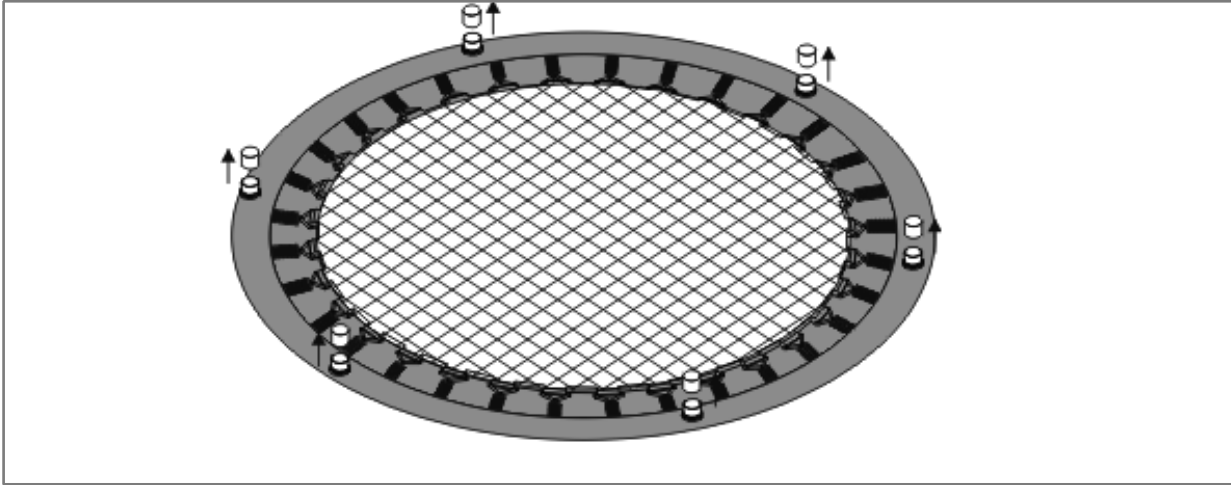
Part #	Description	Quantity
1	Frame Pad	1
2	Top Rail with Rubber Caps	1
3	Trampoline Mat	1
4	Legs	6
5	Leg Caps	6
6	Springs	32



## Assembly Instructions

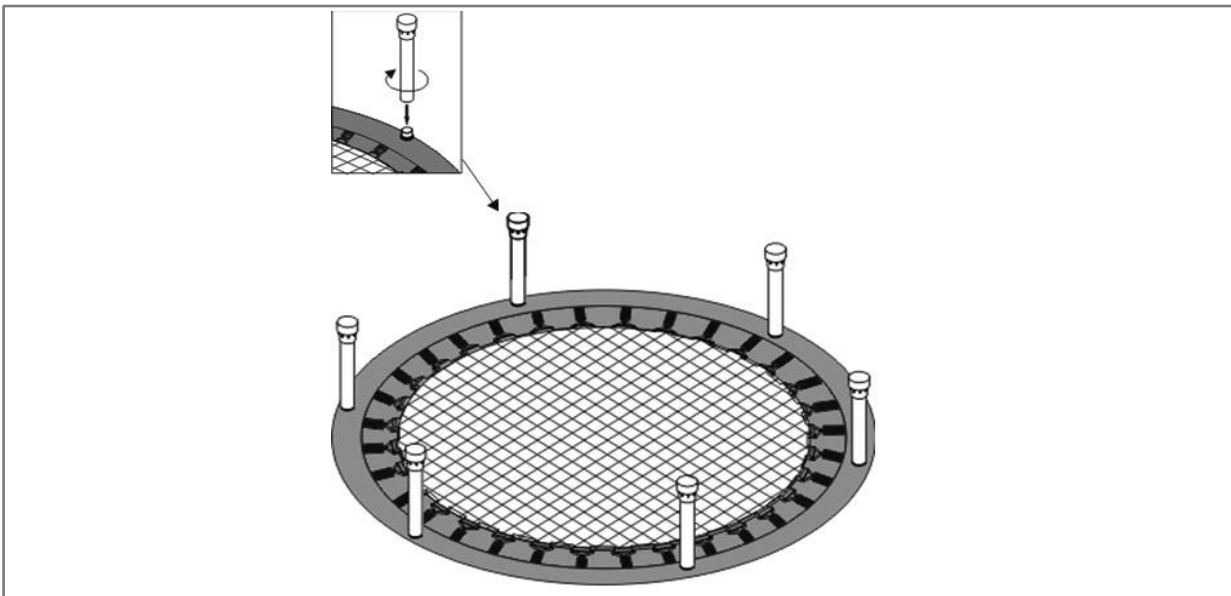
Follow the instructions on this page to assemble your trampoline. If you have any questions regarding the assembly of your unit, or in the unlikely event you are missing an assembly component, please contact our Customer Service Department using the information at the bottom of this page.

### Step 1: Remove Leg Caps



Place the trampoline face down on the ground and remove the black rubber caps from each of the Leg Base posts.

### Step 2: Attach Legs to the Trampoline



Locate the small cardboard box with the six Trampoline Legs. Twist a leg onto the threaded grooves on each Leg Base post. Do not overtighten.

## Trampoline Placement

The recommended overhead clearance is a minimum of 12 feet (3.7m) from any and all ceilings, overhead cables, ceiling fixtures or hard surfaces. In terms of horizontal clearance, ensure that potentially hazardous objects and conditions are located at a recommended minimum of 15 feet away from the trampoline (including but not limited to: electric cables, roadways, 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, any bodies of water, 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 stable and level surface.

The area is well lit and 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.

Ensure the Legs are firmly secured and the Frame Pad covers the springs before each use.

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 position trampoline close to buildings, walls or roadways.

Indoor use – position so that there is sufficient overhead height. Never position trampoline underneath a hanging light fixture or ceiling fan or near shelving and furniture.

## Safe Use of Your Trampoline

Caution and care must be taken in unpacking and assembly of this product. The contents are not suitable for children under 3 years. This product contains small parts, which may cause choking.

Recommended age for this trampoline is 13 +. **Maximum weight Limit: 220 LBS (100 KGS).**

This trampoline is designed for one user only. Do not let more than one person use this product at the same time.

Users should not wear clothing, jewelry, or anything that that could catch or snag on the product (e.g. loose clothing, cords, shoulder bags).

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.

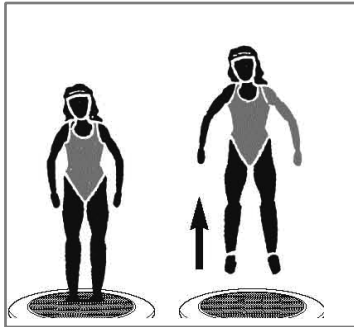
Do not allow small children or pets to crawl or hide under the trampoline.

Inspect your trampoline prior to each use. Immediately discontinue use if any breakage to the frame assembly, Legs or springs are found. Failure to do so may result injury and/or further damage to the product.



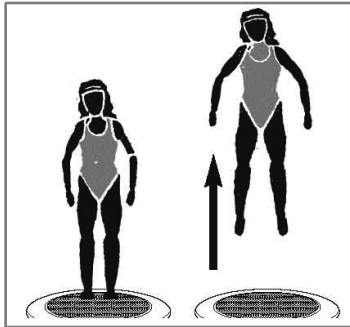
Please see below for some common rebounding exercises you can perform on your mini trampoline.

### Low Bounce



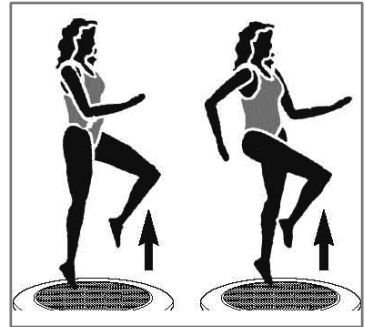
Bounce upwards only a few inches. Keep your feet 12-18 inches apart and bend the knees slightly on take-off and landing.

### High Bounce



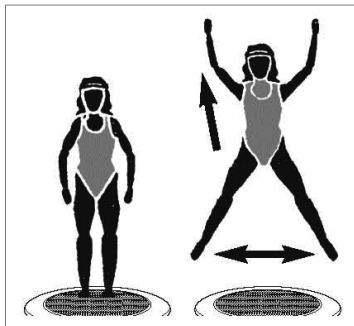
Bounce upwards about 12 to 18 inches. Start with the feet together with toes pointed downward at the top of each bound. Spread your feet as you land off of each bounce.

### Jogging



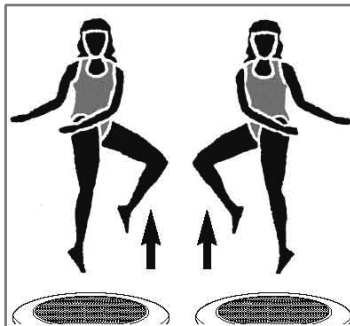
Jog in place. Lift your knees high and swing your arms vigorously. The higher your knees are lifted, the more exercise your abs will get.

### Straddle Hop



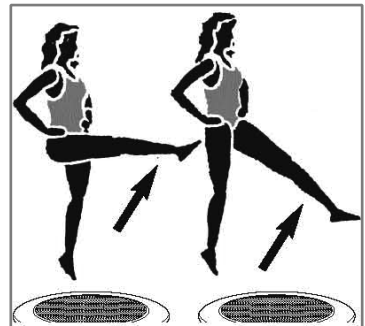
Start with your feet together and arms at your sides. Leap upwards, bringing both arms over your head while spreading your feet about 24 inches apart. On landing, bring your arms back down and feet together.

### Twister



Leap upward while twisting your arms and upper body to the left and your hips and knees to the right. On each bounce change the direction of the twist.

### High Kick / Low Kick



Leap slightly and kick high with one leg while keeping your hands on your hips. One the rebound do a low kick (about half as high) with the other leg. Continue to alternate high and low kicks.



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“What are the black caps on the frame of my trampoline?”

These caps are to prevent damage to the trampoline during transport, and are not used as part of the assembled product. Please refer to page 5 of this instruction booklet for instructions on how to remove these.

“My trampoline is under warranty and I have a claim for a missing/damaged part. How do I proceed?”

Please contact Customer Service (information at the bottom of this page). Be sure you have filled out and returned the warranty card on page 9, or have your proof of purchase before contacting our Customer Service Department. Please refer to the Parts List on page 4 to obtain the correct part number. Please note that the hours of operation for the Customer Service Department is 9am-5pm (EST), Monday through Friday.

“I have a missing/broken spring, can I continue using the trampoline while awaiting my replacement?”

No. Each missing spring places additional stress on the surrounding springs and can weaken the stitching in the mat. Even one missing spring can result in additional damage to the trampoline and presents a safety hazard. You should secure your trampoline against further use until authorized replacement springs have been sent to you.

## Other Useful Information

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Your trampoline is designed primarily as an indoor product. While outdoor, fair weather use is acceptable, this trampoline should never be stored outdoors or exposed to long durations of extreme temperatures or moisture levels.

Please inspect your trampoline prior to each use. Ensure that the Frame Pad is completely covering the springs, the Legs are securely fastened, the mat is not frayed or damaged, and there are no missing or damaged springs. If any of the above conditions are found, this trampoline should not be used until these issues have been resolved.

In order to ensure your limited warranty coverage, please fill out and return the warranty card on the following page.



Please fill out the below sheet and return it to the address contained on the warranty card. Returning this card is required to be covered under our Limited Warranty.



## 36" Fitness Trampoline Warranty Card

Your details:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 \_\_\_\_\_ E mail \_\_\_\_\_

Date of purchase\* \_\_\_\_\_

\* We recommend you keep the receipt with this warranty card

Location of purchase \_\_\_\_\_

Description of malfunction:

Return your completed warranty card to:

Pure Global Brands, Inc.  
8040 Belvedere Road  
West Palm Beach, FL  
33411

customerservice@puregbi.com

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**2**  
YEAR  
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