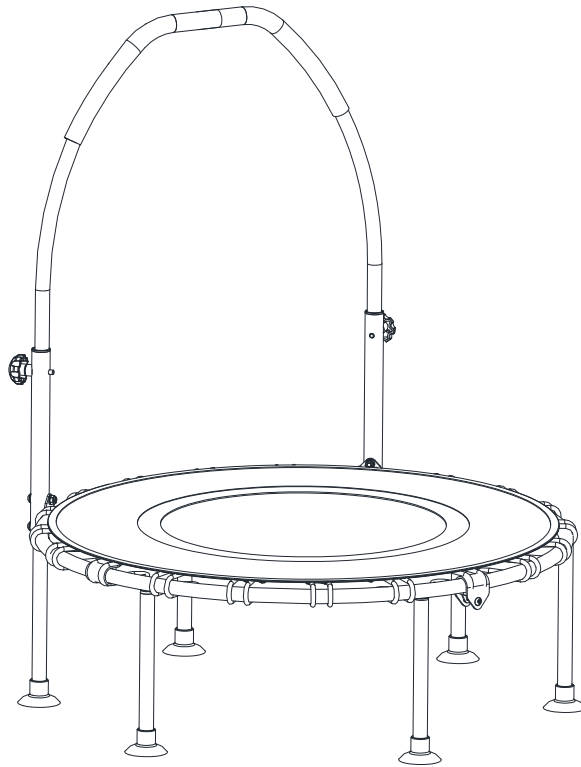




User Manual



Active 36'' Fitness Trampoline

SF-S025063

EN

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US.**

Important Safety Information

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children under six (6) years of age and pets away from the equipment.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 cm) of free space all around it. Provide clearance for wires, tree limbs, and other possible hazards.
5. Remove any objects or obstructions from beneath the trampoline.
6. Ensure that all nuts, bolts, and bungee cord are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. The maximum weight capacity of this unit is 300 lbs (135 kg).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extremely cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

Warning

1. Somersaults are prohibited. Head or neck landings can cause serious injury, paralysis, or death.
2. Single user only. Multiple users on the trampoline may cause serious injury.
3. Do not use the trampoline if you have a cast or any injury to your leg, arm, head, neck, or back.
4. Do not allow children under six (6) years of age to use the trampoline.
5. Remove all hard or sharp objects from your body before using the trampoline.
6. Pregnant individuals should not use the trampoline without a doctor's approval.
7. Do not use the trampoline while under the influence of alcohol or drugs.
8. Do not use or stand near the trampoline in windy conditions. Wind may cause the trampoline to become airborne, resulting in serious injury, death, or property damage. Disassemble and store the trampoline until conditions improve.
9. Inspect the trampoline before each use. Ensure all the parts are correctly and securely positioned. Replace any worn, damaged, or missing parts immediately.
10. Users may become entangled or strangled by bungee cord or gaps between the trampoline.
11. Do not attach any items to the trampoline that are not manufacturer approved accessories.
12. To stop bouncing, bend your knees as your feet contact the trampoline mat. Learn and master this skill before attempting other movements.
13. Learn fundamental bouncing and body positions thoroughly before trying more advanced skills.
14. Avoid bouncing too high. Remain low until you can maintain control and repeatedly land in the center of the trampoline. Control is more important than height.
15. Keep all objects that could interfere with the user away from the trampoline. Always maintain a clear area around the trampoline.
16. For information concerning skill training, contact a certified trampoline instructor.
17. Use the trampoline only when the trampoline mat is dry and wind conditions are calm to gentle. Do not use the trampoline in gusty or severe winds.

Caution



Jumpers

1. Do not use the trampoline if you have consumed alcohol or drugs.
2. Remove all hard or sharp objects from your body before using the trampoline.
3. Get on and off the trampoline slowly and safely, keeping control at all times.
4. Never jump onto or off the trampoline, and do not use it to bounce onto or into another object.
5. Learn and master basic bounces before attempting more advanced maneuvers.
6. Always remain in control while bouncing. A controlled jump means landing in the same spot from which you took off. If you feel out of control, stop bouncing immediately.
7. Avoid prolonged bouncing or excessive height during repeated jumps.
8. Keep your eyes on the trampoline mat to maintain balance and control.
9. Only one person may use the trampoline at a time.
10. Adult supervision is required at all times during trampoline use.

Supervisors

1. Learn the basic jumps and safety rules. To reduce the risk of injury, enforce all safety rules and ensure that new users master basic bounces before attempting advanced jumps.
2. All users must be supervised, regardless of age or skill level.
3. Do not use the trampoline if it is wet, damaged, dirty, or worn. Inspect the trampoline before each use.
4. Keep the area around the trampoline clear. Remove any objects that could interfere with the user, and check for hazards overhead, underneath, and around the trampoline.
5. Secure the trampoline when not in use to prevent unsupervised or unauthorized access.

Statement Of Purpose

The Active 36" Fitness Trampoline is designed to provide safe, low-impact exercise that improves balance, coordination, and cardiovascular fitness in a compact space.

Waste Disposal



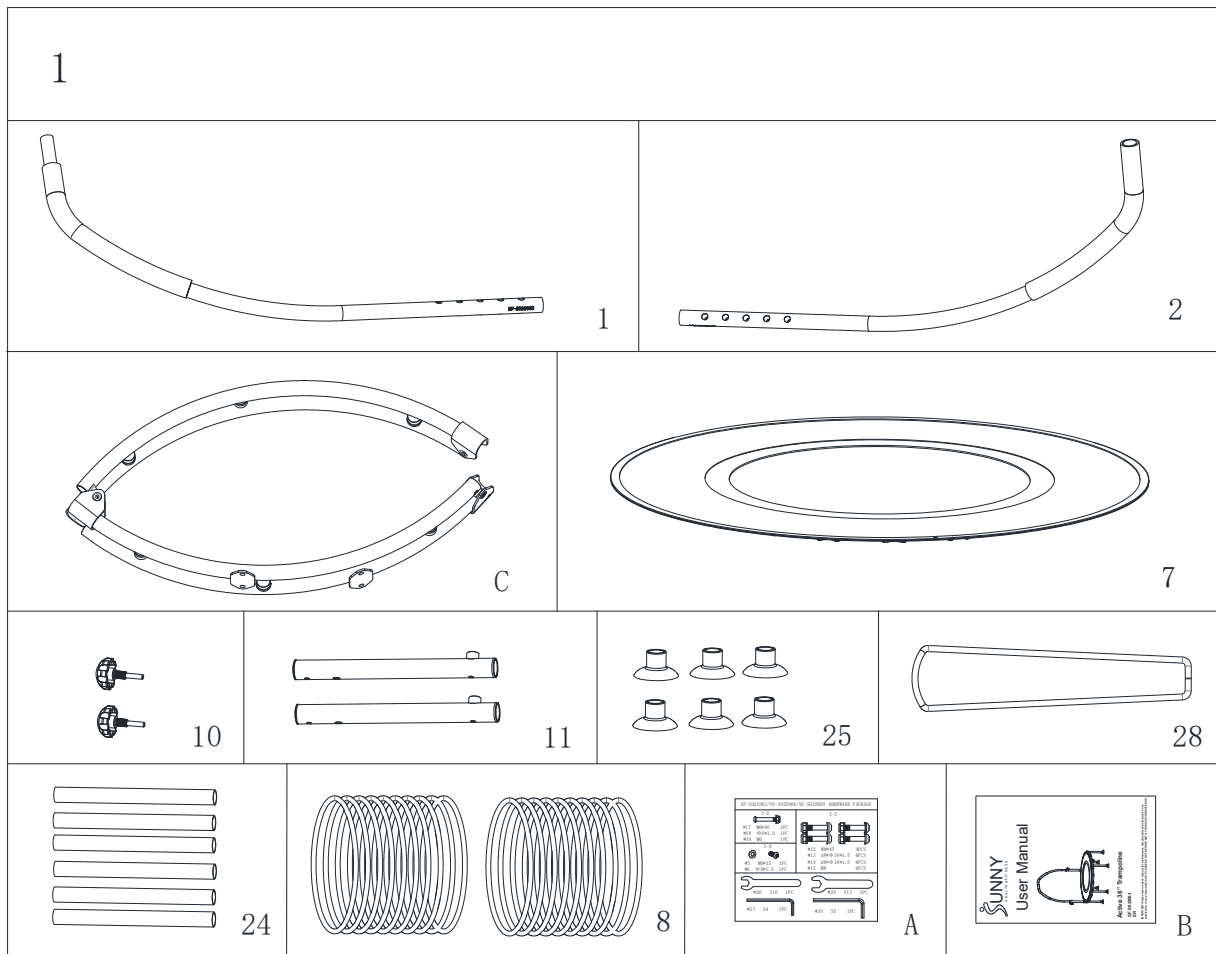
SUNNY HEALTH & FITNESS products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

EU Declaration Of Conformity

You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Pre-Assembly Check List

When you open the carton, you will find the following parts:



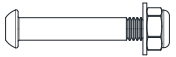
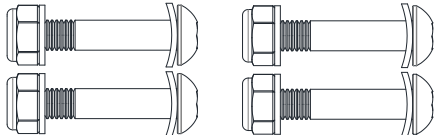

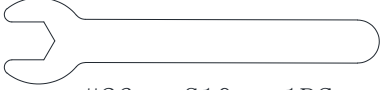

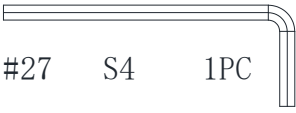
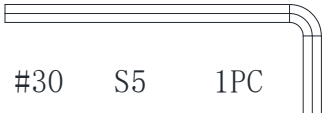
No.	Description	Spec.	Qty.
1	Left Handrail Tube		1
2	Right Handrail Tube		1
7	Trampoline Mat		1
8	Bungee Cord	Φ8*500	20
10	Knob	Φ52*56	2
11	Handrail Support Tube		2

No.	Description	Spec.	Qty.
24	Support Tube		6
25	Foot Pad	Φ25	6
28	Bungee Cord Installation Tool	Φ5*225*55	1
A	Hardware Package		1
B	Manual		1
C	Arc-shaped Tube Assembly		1

Hardware Package

2

SF-S025063/SF-S025064/SF-S025065 HARDWARE PACKAGE

3-2 	3-5 
#17 M6*40 1PC #18 $\Phi 6*1.0$ 1PC #19 M6 1PC	#12 M8*45 4PCS #13 d8* $\Phi 16*1.5$ 4PCS #14 d8* $\Phi 16*1.5$ 4PCS #15 M8 4PCS
3-6 	
#5 M6*15 1PC #6 $\Phi 6*1.5$ 1PC	
 #26 S10 1PC	 #29 S13 1PC
 #27 S4 1PC	 #30 S5 1PC

Ordering Replacement Parts

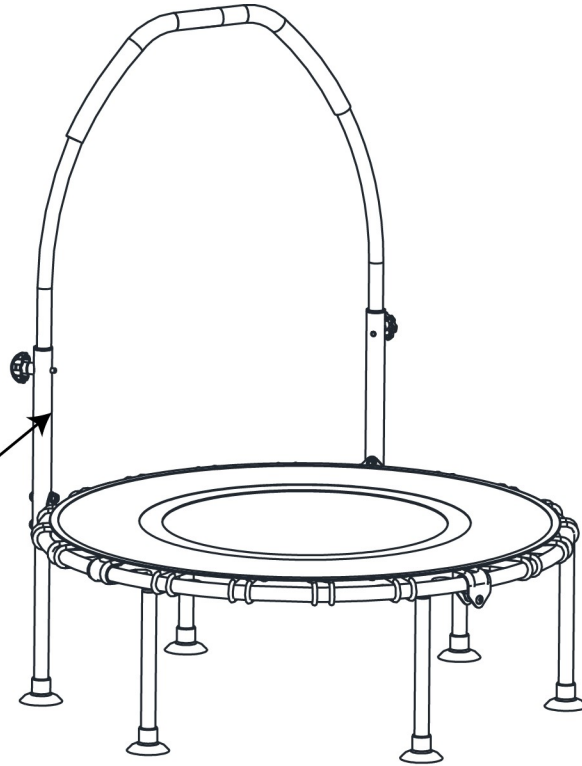
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number
- ✓ The product name
- ✓ The part number

Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



Warning Labels



WARNING

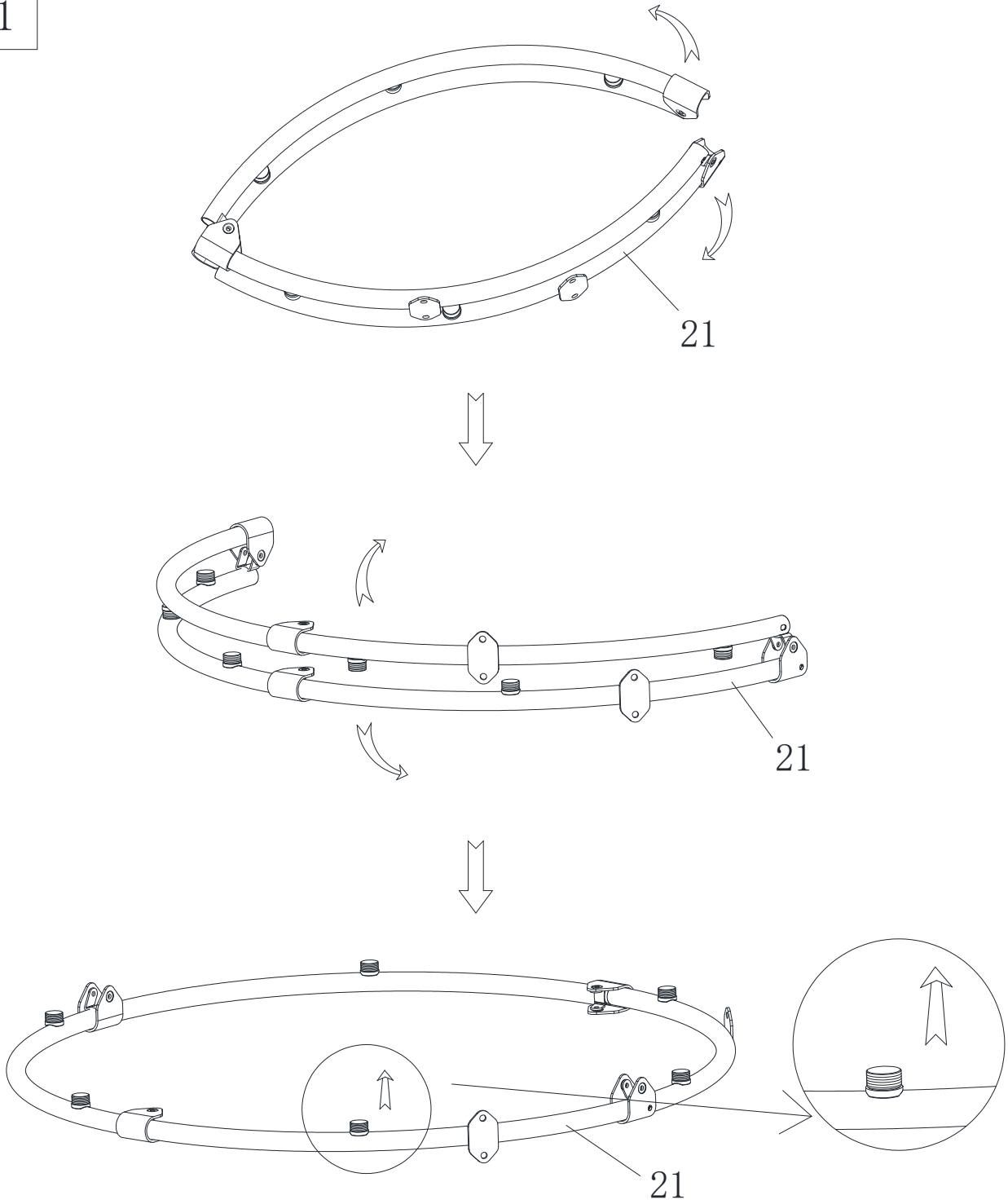
300 LBS / 135 KG Weight Capacity **Keep children and pets away from equipment when in use.**

Failure to comply with these warnings could result in serious injury or death. Please read all warnings and instructions before using the machine. Consult your physician prior to beginning any exercise program. Make sure all nuts and bolts are securely tightened before each use. Follow all the instructions in the manual. For Customer Service, please contact:
support@sunnyhealthfitness.com.





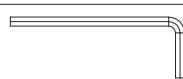
1. Step on and off the trampoline; do not jump on or off. Do not use the trampoline as a rebounding surface to or from any other object.
2. Only one jumper is allowed on the trampoline at a time.
3. Practice controlled jumping; stop exercising if you feel faint or dizzy.
4. Do not attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the trampoline mat.
5. Remove any obstructions from beneath the trampoline.
6. Do not kick the backside of **Arc-Shaped Tube Frame (No. 20-23)** after removing **Hexagon Bolt (No. 17)**, **Flat Washer (No. 18)**, and **Lock Nut (No. 19)**.

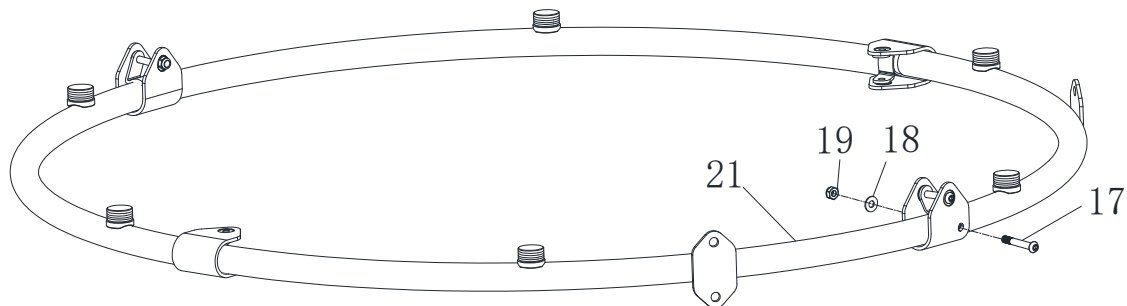
Assembly Instructions

3-1

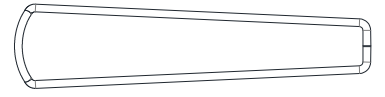
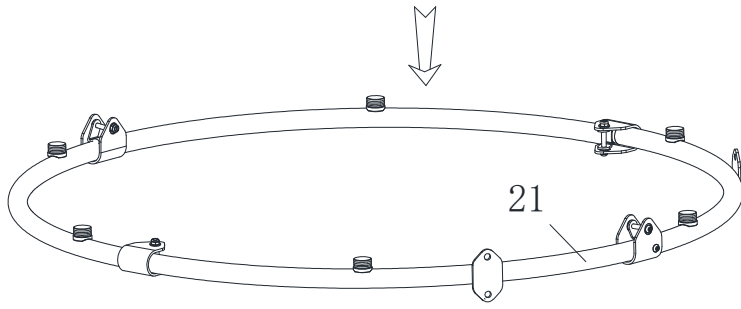


3-2

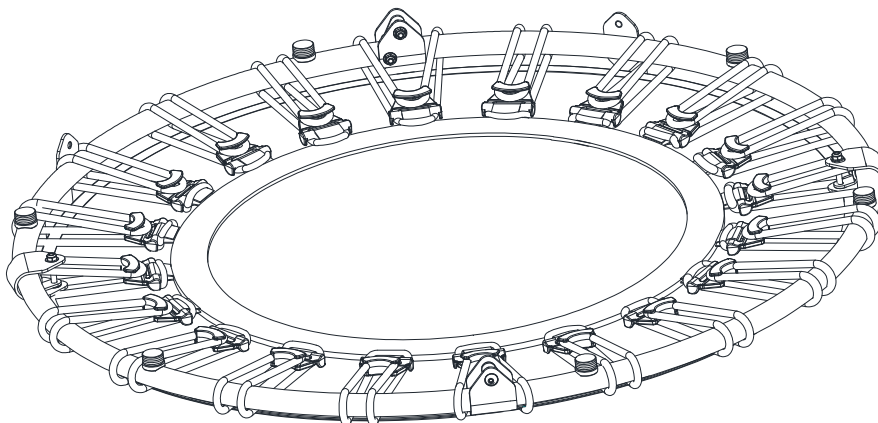
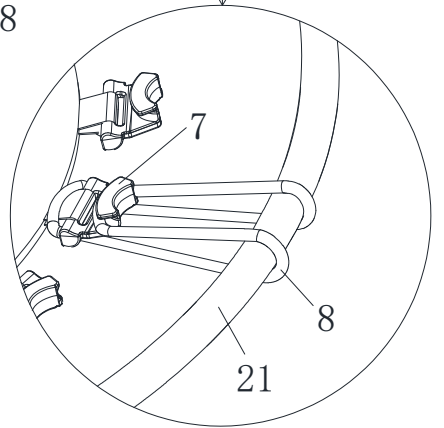
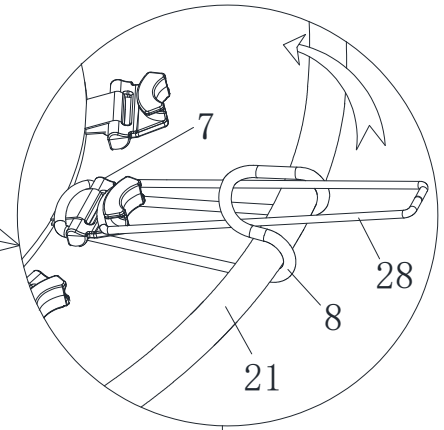
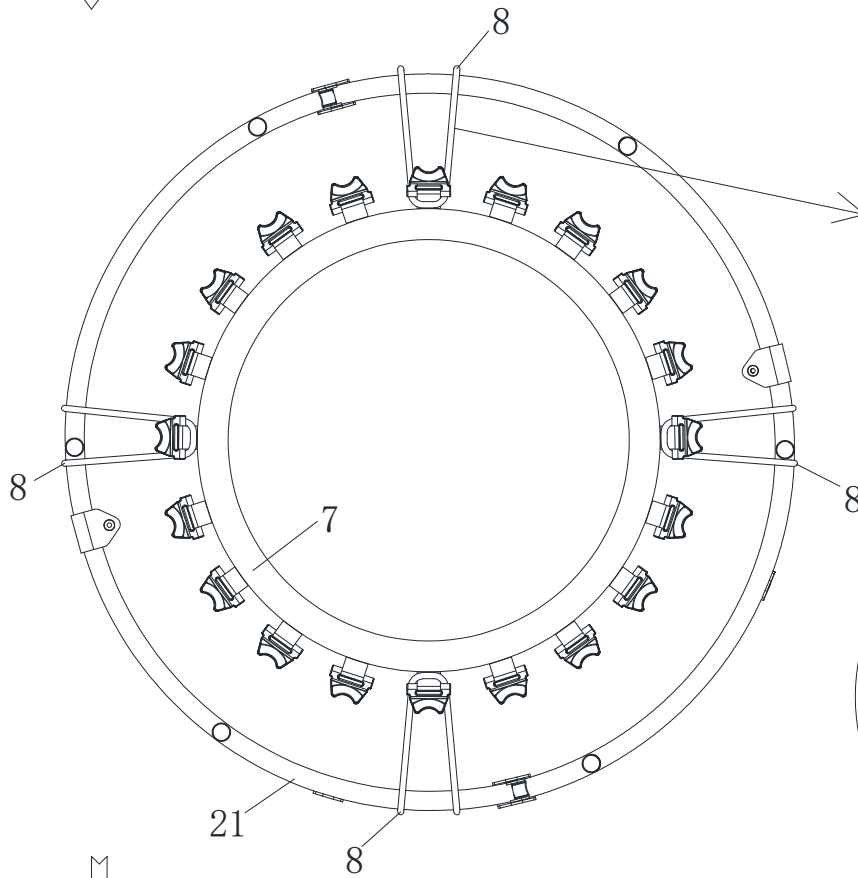
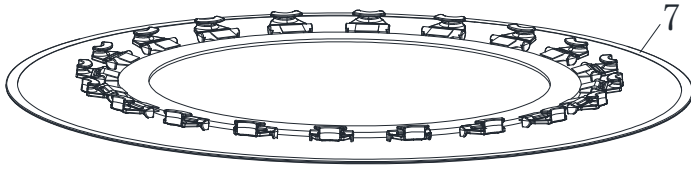
	
#18 $\Phi 6*1.0$ 1PC	#19 M6 1PC
	#17 M6*40 1PC
	#26 S10 1PC
	#27 S4 1PC



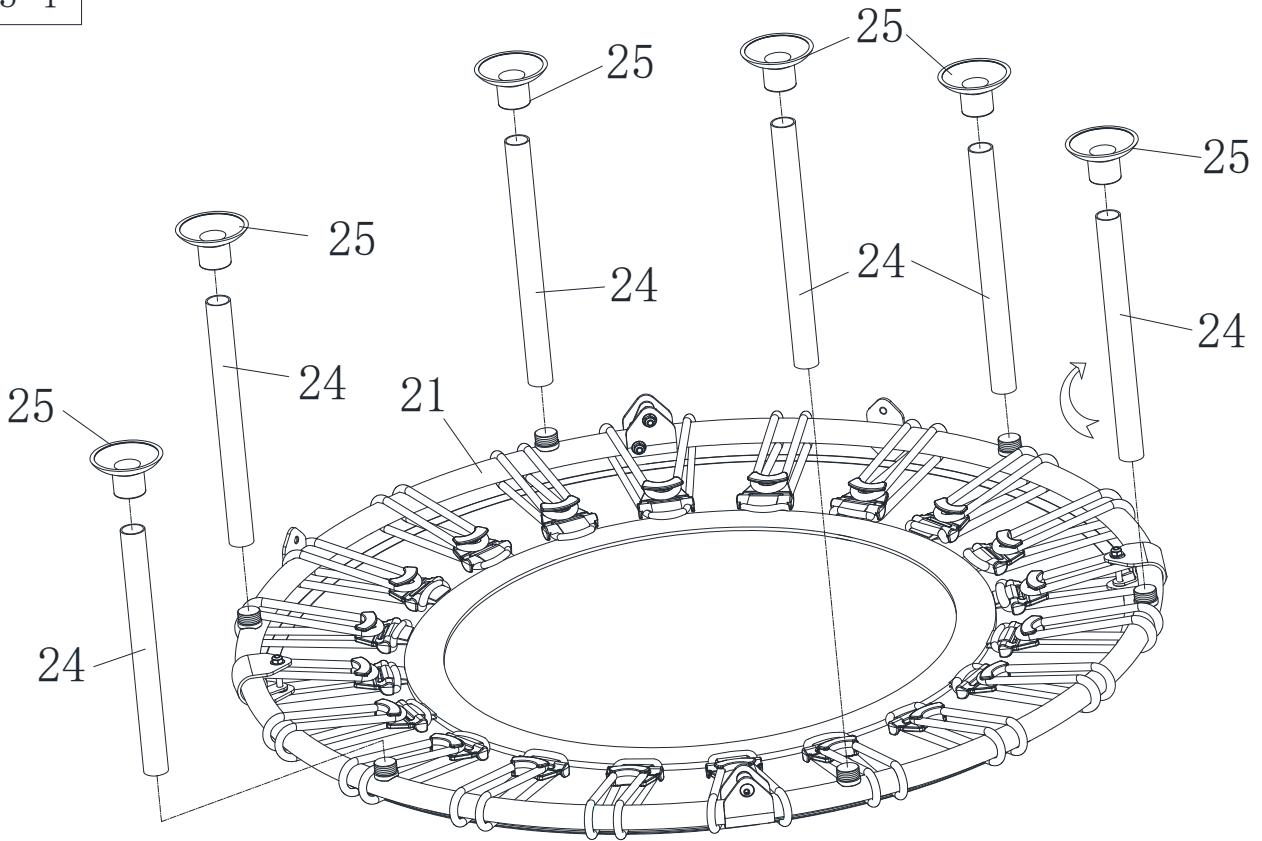
3-3









#28 $\Phi 5*225*55$ 1PC

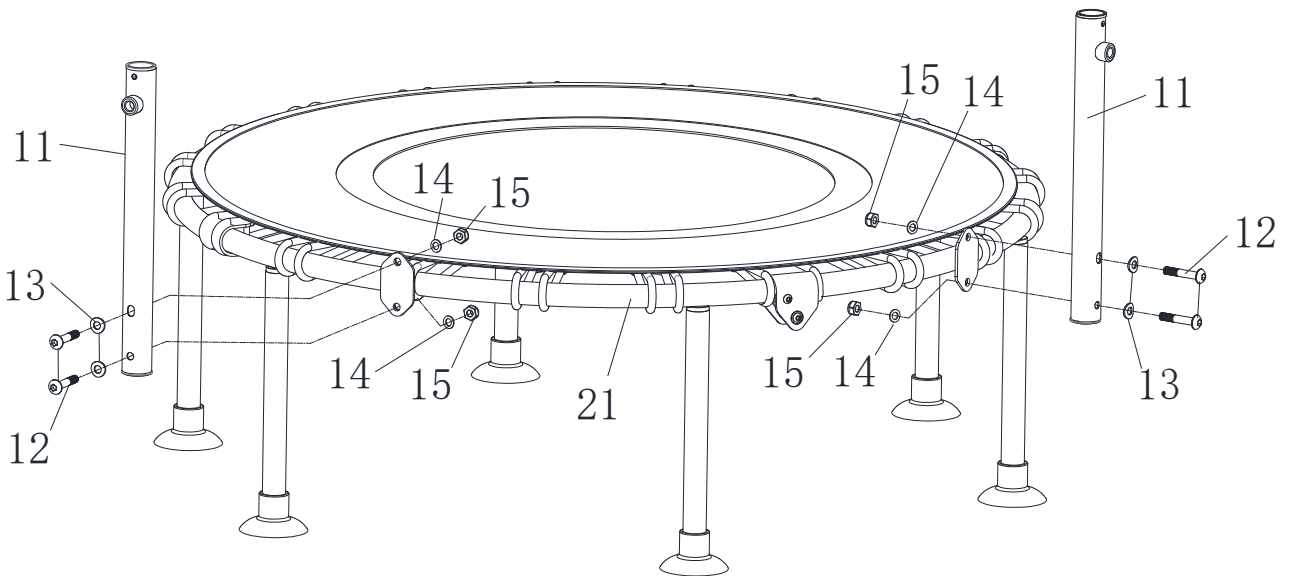


3-4



3-5

	#12 M8*45 4PCS		#13 d8*Φ16*1.5 4PCS
	#15 M8 4PCS		#14 d8*Φ16*1.5 4PCS
	#30 S5 1PC		
	#29 S13 1PC		



3-6



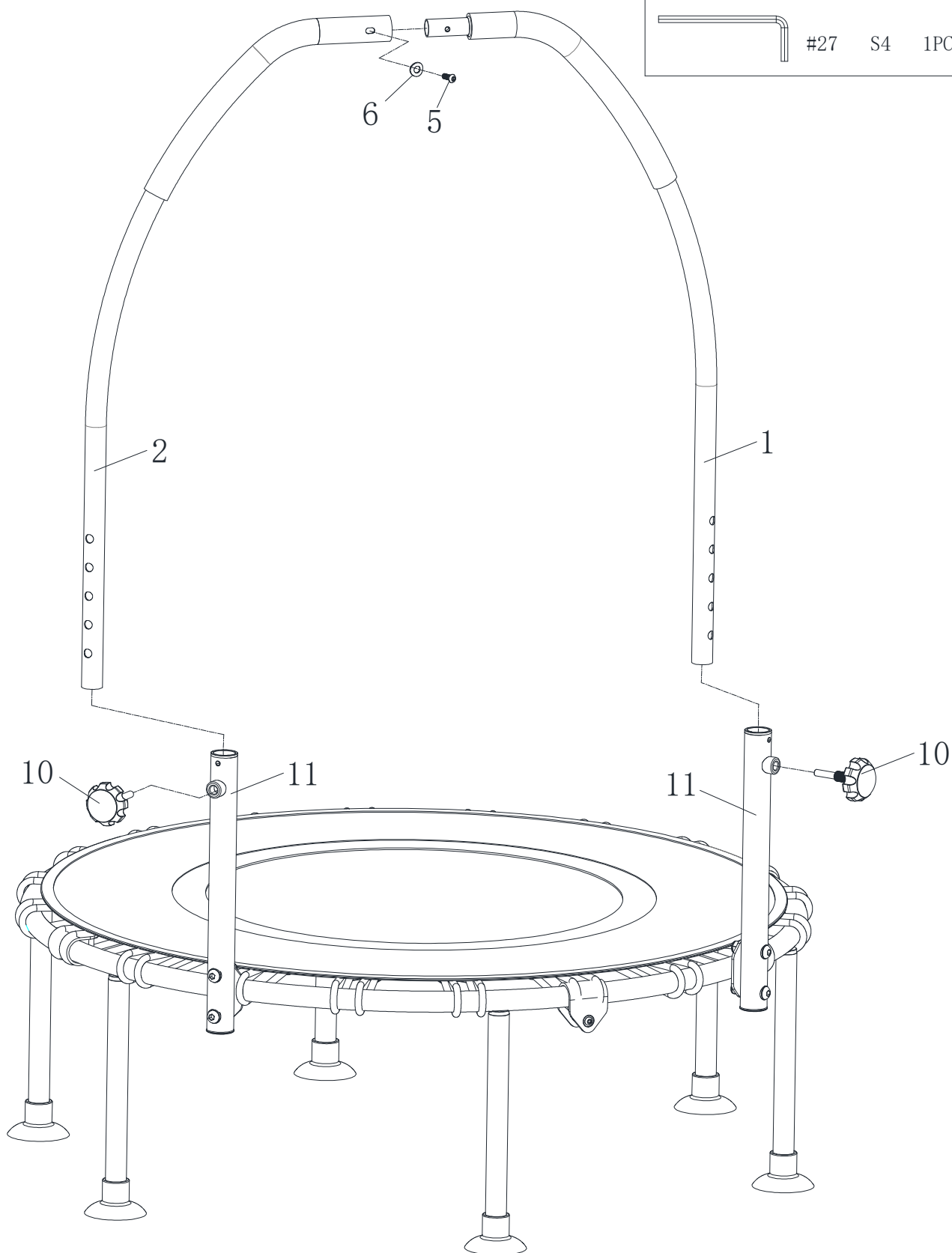
#6 $\Phi 6*1.5$ 1PC



#5 M6*15 1PC



#27 S4 1PC



Maintenance

Inspect the trampoline before each use. Replace any worn, damaged, or missing parts immediately. The following conditions may present potential hazards:

1. Missing or improperly positioned parts; missing caps; or damaged bungee cord or trampoline mat.
2. Punctures, frays, tears, or holes on the trampoline mat.
3. Deterioration of stitching or fabric on the trampoline mat, tube padding, or any other parts.
4. Broken or ruptured bungee cords.
5. A bent or broken tubes or any parts.
6. A sagging barrier or trampoline mat.
7. Sharp protrusions on the tubes or any parts.

Folding & Storage Instructions

1. Do not fold the product till the following parts are removed.
2. Please remove **Left and Right Handrail Tubes (No. 1 and No. 2)** and **Handrail Support Tube (No. 11)**.
3. Please remove all the **Support Tubes (No. 24)**.
4. Please remove all the **Bungee Cords (No. 8)** and **Trampoline Mat (No. 7)**.
5. Please remove **Hexagon Bolt (No. 17)**, **Flat Washer (No. 18)**, **Lock Nut (No. 19)** from **Arc-shaped Tube (No. 21)**.
6. Please fold **Arc-Shaped Tube Frame (No. 20-23)**.

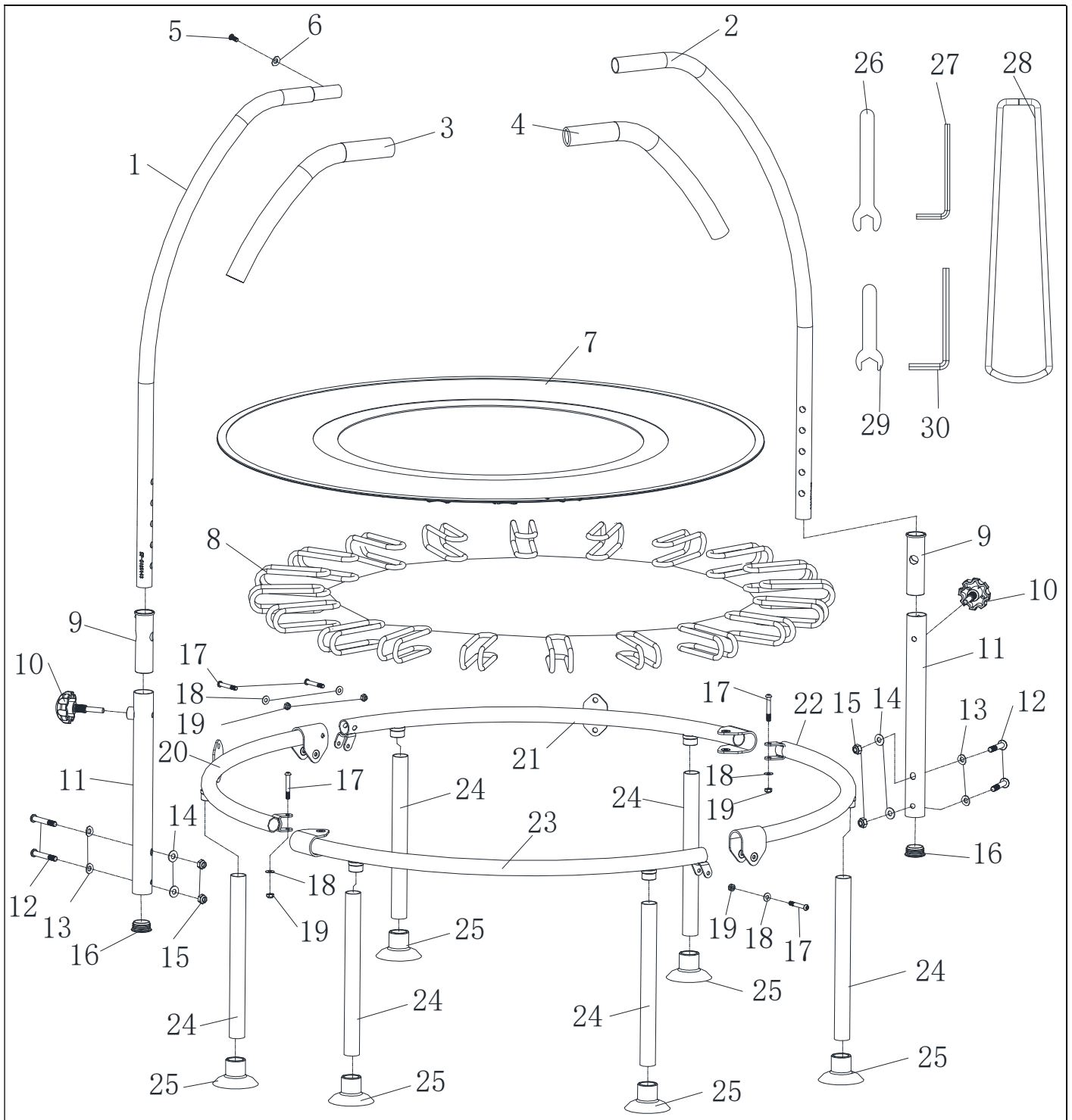
Warning: Do not kick the backside of **Arc-Shaped Tube Frame (No. 20-23)** after removing **Hexagon Bolt (No. 17)**, **Flat Washer (No. 18)**, and **Lock Nut (No. 19)**.

Parts List

No.	Description	Spec.	Qty.
1	Left Handrail Tube		1
2	Right Handrail Tube		1
3	Foam Grip	φ25*350	1
4	Foam Grip	φ25*350(with hole)	1
5	Hexagon Bolt	M6*15	1
6	Curved Gasket	φ6*1.5	1
7	Trampoline Mat	φ890	1
8	Bungee Cord	φ8*500	20
9	Bushing	φ32*100	2
10	Knob	φ52*56	2
11	Handrail Support Tube		2
12	Hexagon Bolt	M8*45	4
13	Curved Gasket	d8*φ16*1.5	4
14	Flat Washer	d8*φ16*1.5	4
15	Lock Nut	M8	4

No.	Description	Spec.	Qty.
16	End Cap	φ32*1.5	2
17	Hexagon Bolt	M6*40	5
18	Flat Washer	φ6*1.0	5
19	Lock Nut	M6	5
20	Arc-Shaped Tube Frame (1)		1
21	Arc-Shaped Tube Frame (2)		1
22	Arc-Shaped Tube Frame (3)		1
23	Arc-Shaped Tube Frame (4)		1
24	Support Tube		6
25	Foot Pad	φ25	6
26	Open End Wrench	S10	1
27	Allen Wrench	S4	1
28	Bungee Cord Installation Tool	φ5*225*55	1
29	Open End Wrench	S13	1
30	Allen Wrench	S5	1

Exploded Diagram



Version: 1.1



Register

Register your product and verify warranty terms:



Download

Track your fitness progress & join **FREE** workout courses!

Download SunnyFit App today!



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Contact

Get in touch with us for any questions

 1-877-90SUNNY (877-907-8669)

 support@sunnyhealthfitness.com

www.sunnyhealthfitness.com