



# Wurf™ Board Platform User's Manual

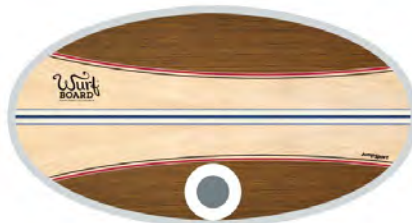
Care and Use Information (All Models)

	<b>⚠ WARNING ⚠</b>	
<ul style="list-style-type: none"> <li>• Using this product could result in risk of serious injury or death.</li> <li>• Trip, slip and fall hazard. Watch your step. Do not jump/bounce.</li> <li>• Read the warnings on the bottom of this board and in the user manual.</li> </ul>		



## SMALL

27.6" x 13.8" x 2.0"



## MEDIUM

29.5" x 16.2" x 2.0"



## LARGE

31.5" x 17.2" x 2.0"

### **⚠ WARNING: Carefully read, understand, and follow all of the warnings and instructions provided with your Wurf™ Board.**

- The Wurf Board is not a toy. It is intended for use by adults, or for children ages 6 and older only when supervised by an adult.
- Consult with a physician before beginning any exercise or conditioning program.
- Standing for long periods of time may not be suitable for everyone.
- If you feel faint, dizzy, or continuous discomfort while using the Wurf, immediately stop using the product.
- Your Wurf Board is a raised surface that may present a trip hazard.
- Carefully step onto and off of the Wurf Board directly to or from the floor, especially before moving to or from a chair or stool. If needed, steady yourself by holding a stationary object (like your desk).
- Intended for indoors use only. Use on clean, dry, level surfaces.
- Wear footwear that will not puncture or damage the surface. Stiletto heels, ice skates, cleats, etc. are not acceptable footwear!
- While standing on the Wurf Board, vary your position often. At regular intervals, take a break from standing to do Wurf-approved movement patterns or to walk around. Many experts advise alternating between sitting, standing, and moving frequently throughout the day. Develop a routine that fits your schedule, your work habits, and your comfort level.
- When moving on the Wurf Board, keep away from objects that could interfere with safe use. Clear obstructions underneath, above, or around the board. Check for adequate vertical clearance (avoid low ceilings, ceiling fans, light fixtures, etc.) and lateral clearance (avoid furniture, lamps, walls, etc.)
- Recommended inflation range: 2.5 to 5.0 PSI. Do not inflate to more than 7.0 PSI. Inflate using a manual pump.
- Inspect before each use and adjust to your desired level of inflation.
- For additional information, contact us at [JumpSport.com](http://JumpSport.com) or 1-408-886-6036.

**It is the responsibility of the purchaser to become familiar with all of the information in this booklet, to convey the warnings to all users, and to enforce JumpSport's rules for safe use.**

Max. User Weight: **200lb/90kg** (small); **250lb/113g** (medium); **300lb/136kg** (large)

**⚠ California Prop. 65 Warning:** This product contains chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

Retain address information for future use.



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[www.JumpSport.com](http://www.JumpSport.com)

Patent info at: [Patents.JumpSport.com](http://Patents.JumpSport.com)  
 Instruction Manual P/N: INS-P-21240-00(A)

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## Care and Use Instructions

### What's Included:

1. Wurf Board
2. Pump and Adapter
3. Instruction Manual

### Inflation—Tuning Your Wurf™ Standing Platform

1. Open and remove the valve cover by turning it counterclockwise. (Fig.1)
2. Connect the Pump Hose to the pump, then connect the fill adapter to the pump (Fig.2) by screwing it onto the red pump hose. (Fig.3)
3. Ensure the valve is in the closed position by examining the position of the valve stem. If it is in the open ("down") position, push down on the valve stem and turn it counterclockwise. The valve stem should now be in the "up" or closed position.
4. Insert the fill adapter into the valve and twist it clockwise until the adapter locks in place. (Fig.4)
5. Inflate the board to your preferred firmness.
6. Remove the pump by twisting the fill adapter counterclockwise. The valve should remain sealed. If not, return to step 3 and check the valve again.
7. Replace the valve cover by turning it clockwise. The valve cover will prevent accidental deflation and the introduction of foreign particles or liquid into the Wurf Board.

**⚠ Caution:** Use hand pump only. Do not inflate to more than 7.0 PSI. The supplied pumps have a built-in limiter to prevent you from exceeding 7 PSI. Recommended Inflation Range: 2.5 PSI (soft) to 5.0 PSI (very firm).

### Adjusting Wurf Firmness

1. Remove the valve cover as described above.
2. Gently press downward on the valve stem. The valves allow for rapid deflation, so proceed carefully. Depress the valve stem carefully until the desired firmness is reached.
3. Replace the valve cover by turning clockwise.

### Deflating the Wurf Board

1. Remove the valve cover by turning it counterclockwise.
2. Push down on the valve stem, and air should escape rapidly.
3. Replace the valve cover by turning it clockwise.
4. After deflating the Wurf Board, loosely roll it up and place it back in the original box. Do not fold the board when deflated.

**NOTE:** Changes in air temperature may cause the pressure of the Wurf Board to fluctuate over time. This is normal. However, if the board is consistently losing air pressure, refer to page 4 of this manual for leak detection and repair procedures.

### Storage

Your Wurf Board is light-weight and easy to move when not in use. To prevent trip hazards, please move the board out of walking paths when it is not being used.

### Cleaning

Periodically clean your Wurf Board using a non-abrasive cloth or sponge with mild soap and warm water. Dry it completely before using.



Do not use abrasives, harsh chemical cleaners, or other solvents to clean the Wurf Board. Doing so may damage the protective coating.

Fig. 1

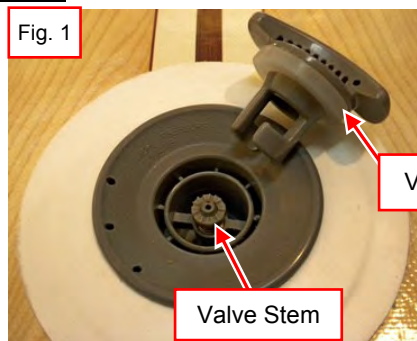


Fig. 2



Fig. 3

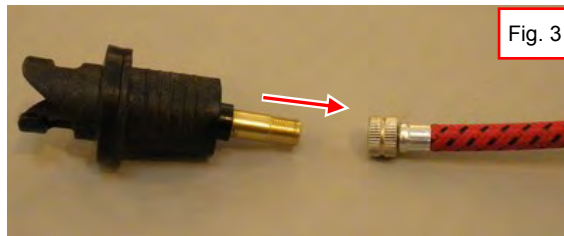
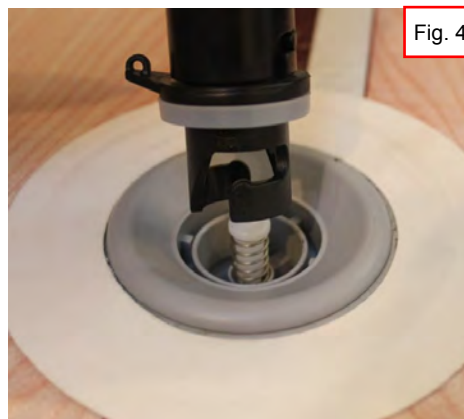


Fig. 4



### Maintenance

**Patches:** In case you ignored our warnings and wore your stiletto heels, you can patch holes or small cuts in your board using the available patch kit. Order a kit and see the instructions on our site at [www.wurf.com/](http://www.wurf.com/) parts.

**Valves:** The valve on your Wurf Board is replaceable. Order a replacement valve online and follow the instructions found at [www.wurf.com/](http://www.wurf.com/) parts

**Choice of Footwear:** Flat, no-skid footwear, socks, or bare feet are recommended when standing on the Wurf Board. Do not wear shoes that could puncture or damage the surface of the Wurf Board. JumpSport offers non-slip socks that are great on your Wurf. Buy them here: [www.jumpsport.com](http://www.jumpsport.com)

# JumpSport®

## Limited Warranty

**What is covered by this warranty?** This warranty covers any defects in materials or workmanship on all of the components of a new JumpSport® Wurf™ Board Exercise Platform, and is extended exclusively to the original retail purchaser.

**How long does this coverage last?** Warranty coverage for each component of a new JumpSport® Wurf Board begins from the original date of purchase and lasts for 2 years.

**What will JumpSport do?** If you return the defective product to JumpSport, as instructed below, JumpSport will either repair or replace such product, at JumpSport's discretion, and return it to you.

**What is not covered by this warranty?** This warranty covers new products purchased as a complete system; it does not cover replacement parts. This warranty also does not cover expenses of on-site labor, shipping costs, travel, assembly or disassembly, or other charges associated with the repair or replacement of covered components. Further, this warranty does not cover any problem that is caused by abuse, misuse, commercial or public use, ordinary wear and tear, outdoor use, weathering, acts of God (such as cuts or punctures), failure to follow directions, improper installation, improper maintenance, or any silk screened or printed graphics or finishes.

JUMPSPORT 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 LOSS, INCLUDING BUT NOT LIMITED TO 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 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 LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

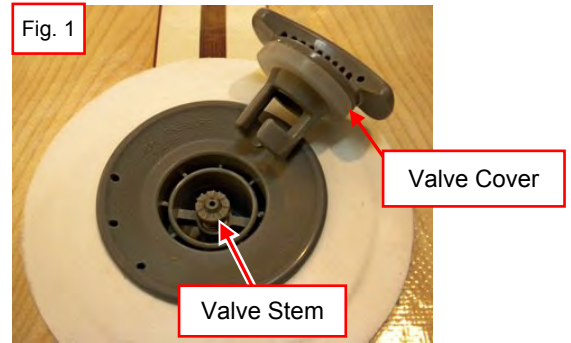
**How to get a defective part replaced:**

- 1) Call the JumpSport Customer Service department at 1-408-886-6036 to obtain a Return Authorization number. All returns must be pre-authorized.
- 2) Send the part(s) to the designated Service Center, along with a copy of your original sales receipt and a brief written description of the problem, including how it occurred. You must pay freight and insurance to return the part to JumpSport. At JumpSport's sole discretion, we may ask you to send photographs in addition to or in lieu of returning the part.
- 3) After inspecting the returned part(s), JumpSport will make a final determination whether the part is covered by this warranty. We reserve the right to examine photographs or physical evidence concerning parts claimed to be defective prior to making a final determination concerning the claim. A repaired or replacement part will be returned to you. (Shipping charges may apply.) Please allow 3 to 4 weeks for delivery."

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

**Troubleshooting:**

All Wurf boards are checked for leaks at the factory. However, if your Wurf board is losing air pressure shortly after inflation, open the valve cover and spray around the valve with soapy water. If bubbles form, the valve is leaking. Open the valve stem as described in the **Inflation** section above. Use compressed air or a cotton swab to clean the surface of the rubber seal and remove grit, dirt, or other foreign material. Close the valve stem and re-inflate the board. If the board is still leaking, contact JumpSport customer service.



**NOTE:** It is normal for the area behind the valve (on the back side of the Wurf board) to bulge when the board is inflated.

