

TRAMPOLINE

USER MANUAL



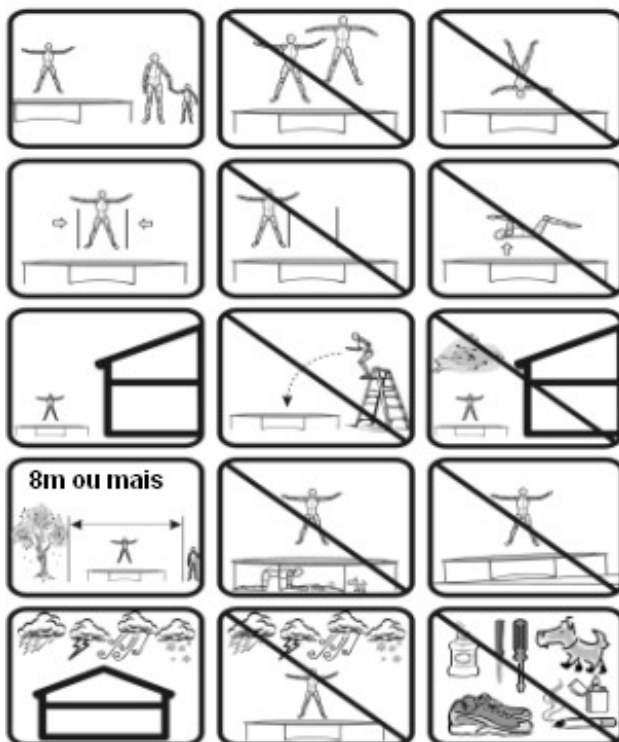
The use of the trampoline is at your own risk! Keep the trampoline in good condition!

INTRODUCTION

Before you begin to use this trampoline, you must read all the information in this manual. Like any other physical recreational activities, there is a risk for injury. Follow the safety instructions, to reduce the risk of injury.

- Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- Trampolines are rebounding devices which propel the user to unaccustomed heights through a variety of movements. Therefore, always use caution when jumping on a trampoline.
- Always inspect the trampoline before each use.
- Proper assembly, care and maintenance of product, safety instructions, warnings, and proper techniques in jumping and bouncing are included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations regarding performing various jumps and bounces with this trampoline.

Initially, you should get accustomed to the feel and bounce of the trampoline. Pay attention to the movements and position of the body. Practice basic bounces before moving on to more difficult and advanced bounces. Do not bounce recklessly on the trampoline. Pay attention to body management and bouncing techniques.



Only one person is allowed on the trampoline at a time! Multiple jumpers increase the risk of injury resulting from mid-air collisions.



Do not perform somersaults (flips) as this will increase the chances of landing on your head or neck. This may result in paralysis or even death.

TRAMPOLINE GUIDELINES

1. GENERAL INSTRUCTIONS

1.1 PURPOSE

- The product is intended for home/domestic use only and is not suitable for professional or medical uses.
- The maximum weight allowed is 150 kg. Overloading the trampoline above the recommended user weight will cause damage to the trampoline which is not covered by the warranty.

1.2 DANGER FOR CHILDREN

- Do not let unsupervised children near this product. Carry out the necessary safety precautions and supervise all trampoline activities. Be aware that the packaging material is not suitable for children. There is a danger of suffocation!
- Trampolines over 50 cm high are not recommended for children under 6 years of age. Children do not recognize potential dangers from this product. Keep children away from this product, it is not a toy. The product must be stored out of reach of children and pets.

1.3 PRODUCT DAMAGES

- Do not alter the product. Only use original spare parts. Repairs should only be carried out by qualified technicians. Improper repairs can compromise the safety of the trampoline. Use this product only as described in this manual.
- Protect the product against humidity and high temperatures.

1.4 ASSEMBLY INSTRUCTIONS

- The assembly requires two adults in good physical condition. If in any doubt, ask a technically qualified person.
- Before you start assembling the trampoline, read all the instructions in this manual.
- Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- Check the parts list and make sure no parts are missing. Dispose of the packaging material when the assembly is completed.
- Beware that when using tools or doing technical work, there is always a risk of injury. Therefore, it is important to assemble the product carefully.
- Make sure the working area is safe, do not let tools lie around the workspace.
- Make sure the packaging material isn't stored in a way that could cause danger. Plastic is dangerous for children as there is a risk of suffocation.
- After installing the product according to the instruction manual, make sure all screws, bolts and nuts are correctly installed and tightened securely.
- A clearance space of at least 7 m is necessary around the trampoline. The area must be kept clear of possible sources of danger, such as electric cables, tree branches, toys, swimming pools and fences.

- The trampoline must be set up properly before use.
- Never set up the trampoline in rainy, windy or stormy conditions, especially during thunderstorms. It is recommended that the trampoline is taken down in bad weather.
- The metal frame of the trampoline will conduct electricity. Lightning, extension cords and other electrical equipment must never be allowed to come in contact with the trampoline.
- The trampoline should only be used in a well-lit area.
- Do not place any objects under the trampoline.
- The trampoline must not be used near other leisure devices or constructions.
- Use gloves when assembling or disassembling the trampoline.

WARNING

1. Please ensure that the safety net zipper is closed, and all three entrance hooks are re-hooked before jumping.
2. Do not intentionally jump into the safety net, it is only designed to stop persons from accidentally falling off the trampoline. Intentional jumping into the safety net may damage the safety net. The warranty does not apply if the net has been used in violation of the instructions.

2. SAFETY INSTRUCTIONS FOR TRAMPOLINES

- All user of the trampoline need a supervisor, regardless of the user's age and experience.
- The safety instructions of the trampoline should always be considered and obeyed.
- Somersaults must be avoided. Incorrect landings on the trampoline can lead to injuries, particularly to the back, neck or head. Injuries may include paralysis, or even death.
- Only one person should use the trampoline at a time. Multiple users on the trampoline will increase the risk of collision.
- The trampoline must be examined for damaged, wearing or defective part before each use, as it can impair the overall safety of the trampoline. The damaged, worn or defective parts should be replaced immediately. In the meantime, the trampoline must be restricted from access.
- No clothes with hooks or parts which could get caught should be used when jumping on the trampoline.
- The trampoline must be set up on a flat and non-slippery surface.
- Strong winds could blow the trampoline away. If strong winds are predicted, the trampoline must be moved to a protected place, and taken apart. It can also be secured to the ground with cords and fasteners. At least three fixing points are necessary. It is not enough to anchor the pennants in the ground, since they can detach from the ground.
- Avoid moving the assembled trampoline, because it could bend during transportation. Should it be necessary to move the trampoline, please consider the following: at least four people must be evenly spaced around the frame to lift the trampoline off the

ground. The trampoline must be carried horizontally, and if the frame shifts position use four people to pull the trampoline in shape.

- Trampolines are jumping devices, enabling the user to jump to unusual heights as well as into a multiplicity of body movements. Jumping into the trampoline, hitting the frame, cover pads or incorrect landing on the trampoline can lead to injury.
- Users should be familiar with the user manual. This manual contains assembly instructions, precautionary measures as well as recommendations for maintenance. This ensures the trampoline is used safely.
- The owner is responsible for supervising the users and making sure all safety instructions are followed.
- Never use the trampoline in water and make sure to keep enough space around it.
- Beware of moving parts, which could get caught in your arms and legs.
- Do not bring any foreign objects on the trampoline.
- Do not allow anyone to go under the trampoline when someone is jumping on the mat. The jumping mat is flexible and if someone is under the trampoline they could get injured.
- Implement all safety instructions and other instructions in the user manual.
- The trampoline can be only used, when the jumping mat is clean and dry. Worn or damaged jumping mats should be replaced immediately.
- Objects dangerous to the user must be kept away from the area.
- Avoid unauthorized and unsupervised use of the trampoline.
- Do not use the trampoline under the influence of alcohol, drugs or medication.
- Practice basic bounces before moving on to more difficult and advanced bounces. For more information, see section *Fundamental bounce techniques*.
- Climb on the trampoline. Do not jump on it directly. Do not use the trampoline as a jump board. For more information, see section *Trampoline assembly*.
- For further information or instructions, turn to experienced trampoline users.

TRAMPOLINE PARTS LIST

ITEM	PART	size 6	size 8	size 10	size 12	size 13
A	Top rail	6	6	6	8	8
B	Cover pads	1	1	1	1	1
C	Jumping mat	1	1	1	1	1
D	Springs	36	48	60	72	80
E	Leg extension	0	0	6	8	8
F	Leg base	3	3	3	4	4
G	Spring fixing tool	1	1	1	1	1
H	Square T-section	6	6	6	8	8
I	Screw	0	0	6	8	8



A



B



C



E

E

F



D



G



H



I

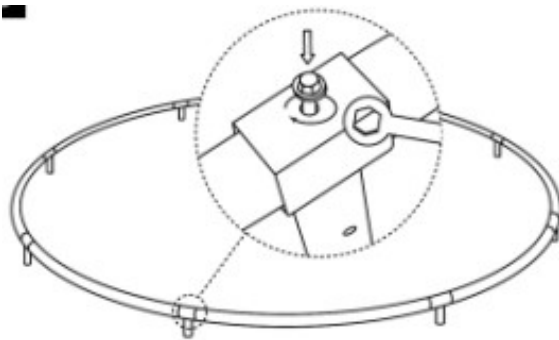
TRAMPOLINE ASSEMBLY

The parts are presented in the parts list.

WARNING: The assembly requires two adults in good physical condition. For your safety, you should wear proper shoes and clothing. Failure to follow these instructions may result in injury.



1. Mount the extension bar to the leg base. Make sure the screw holes are aligned. The narrow end of the extension bars should be pointing upwards.



2. Screw all T-sections into place so that they form a circle. Joining the last section may require two people. The second person should hold the opposite side, while you bring both ends of the circle together.



3. Push the extension bars into the short tubes.



4. Put the jumping mat in the center of the frame with stitches down and attach one of the springs to the mat triangle ring. Then attach the other end of the spring to the frame. Repeat process for the remaining springs. Use the spring tool.

Warning: Be careful not to hurt yourself when attaching the springs



5. When all springs are attached to the frame, lay the cover pad on the outer edge so the springs are covered. Tie all the cover pad strings to the springs.



Make sure that all springs and ties are securely fastened before use!

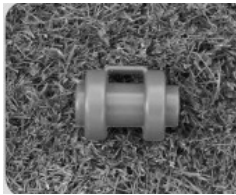
Make sure that all parts are properly fastened!

SAFETY NET PARTS

ITEM	PART	size 6	size 8	size 10	size 12	size 13
A	Quick clamp	12	12	12	16	16
B	Top fitting	6	6	6	8	8
C	Upper pole	6	6	6	8	8
D	Lower pole	6	6	6	8	8
E	Safety net	1	1	1	1	1
F	Assembly tool	1	1	1	1	1



A



B



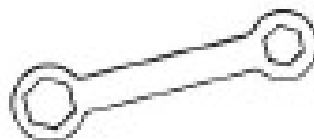
C



D



E



F

SAFETY NET ASSEMBLY

The parts are presented in the parts list.

WARNING: The assembly requires two adults in good physical condition. For your safety, you should wear proper shoes and clothing. Failure to follow these instructions may result in injury.



1. Fit the lower poles to the trampoline legs. Insert the bolts into the pre-drilled holes from the outer side of the trampoline legs. Place the washer on the inner side and secure the nut with a spanner. Repeat this with all lower poles.



2. Mount the top fittings onto the upper pole. Fit the upper poles by pushing them down to the readily assembled lower poles.



3. Place the net on the inner side of the fitted poles. The zipper must be at the bottom and facing outwards.



4. Tie the net to the rings on the mat.



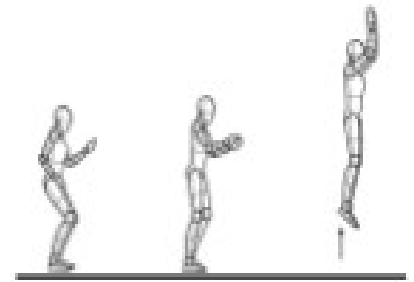
Make sure you keep the zipper on the net closed when the trampoline is in use. Remember that the net is not designed for jumping into or jump on to gain more speed! Check regularly that the net is fastened correctly. Tighten the assembled parts.

FUNDAMENTAL BOUNCE TECHNIQUES

All trampoline users are recommended to understand and master these basic bounces.

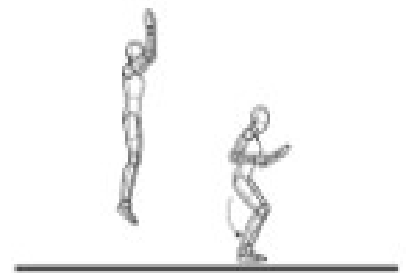
BASIC BOUNCE

- Start from standing position.
- Swing your arms forward and up in a circular motion.
- Keep feet together while in mid-air and point toes downward.
- Land softly on the mat.



STOP BOUNCE

- Occasionally you may lose control of the jump and bounce wildly. Performing the braking maneuver will allow the user to regain control of the jump and their balance.
- Start with a basic bounce.
- As you land, bend your knees sharply, which will allow you to stop your jump.



HAND AND KNEE BOUNCE

- Start with a low controlled basic bounce.
- Land on your hands and knees keeping your back straight.
- Land evenly on all four (hands and knees). Do not jump too high.



KNEE BOUNCE

- Start with a low controlled basic bounce.
- Land on your knees keeping your back straight. Lift your body straight up. Use your arms to maintain the balance.
- Bounce back to basic bounce position by swinging your arms up.



SEAT BOUNCE

- Land in a flat sitting position.
- Place hands on the mat beside your hips.
- Return to standing position by pushing with your hands.

