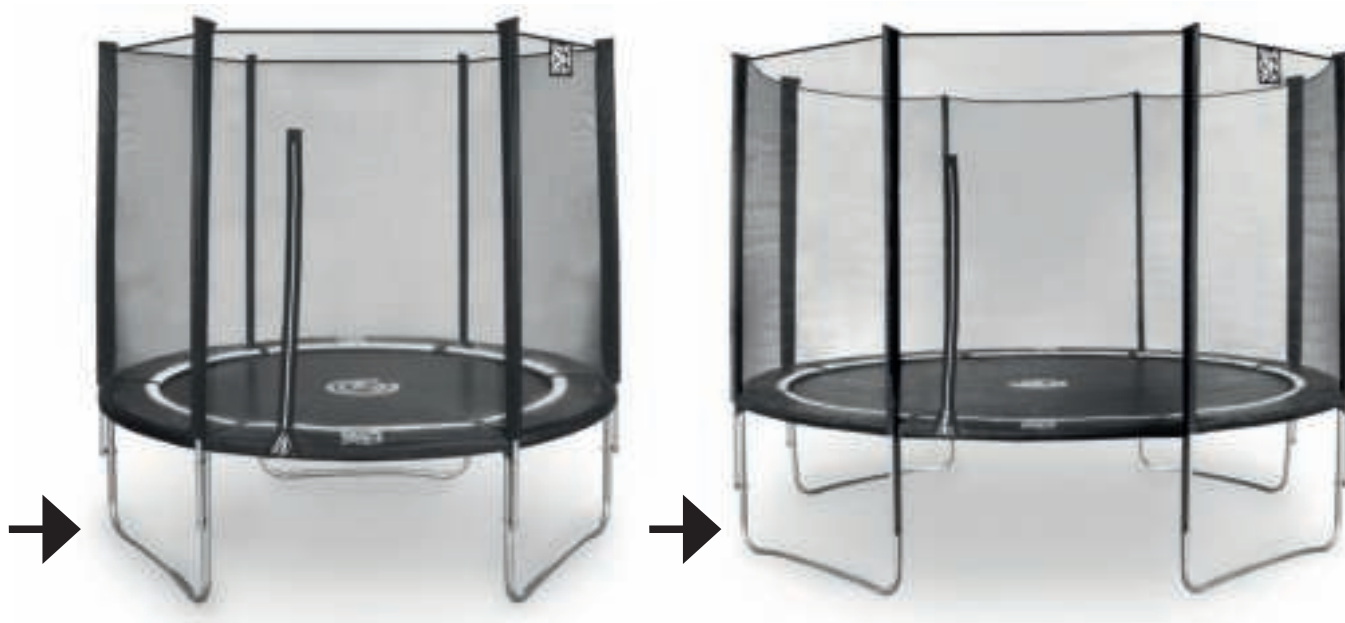


# USER MANUAL

## TRAMPOLINE



### TRAMPOLINE SIZE:

- $\varnothing$  183cm, frame height 46cm
- $\varnothing$  244cm, frame height 70cm
- $\varnothing$  305cm, frame height 70cm
- $\varnothing$  366cm, frame height 89m

### LEG QUANTITY:

- 3 legs
- 4 legs

### SPRING QUANTITY:

- 36
- 48
- 54
- 72

# IN CASE OF MISSING OR BROKEN PARTS, PLEASE CONTACT PLACE OF PURCHASE FOR ASSISTANCE

WARNING: We are not liable for any injuries that may occur when using the trampoline.

MAXIMUM USER WEIGHT 183cm /  
244cm:  
**50 KG.**

MAXIMUM USER WEIGHT 305cm /  
366cm:  
**120 KG.**

## GENERAL SAFETY INSTRUCTIONS

**Warning:** Max amount of weight as per schedule above. **Warning:** Only one user. Collision hazard! **Warning:** Always close the net opening correctly before practice! **Warning:** Jump without shoes! **Warning:** Outdoor use only! **Warning:** The trampoline shall be assembled by an adult, in accordance with the assembly instructions and thereafter checked before the 1st use. **Warning:** Replace the net every 6 months.

**Warning:** Empty pockets and hands before jumping. **Warning:** Always jump in the middle of the mat! **Warning:** Do not exit by jump. **Warning:** Limit the time of the continuous usage (make regular stops). Indication of product dimension, see page 1. **Warning:** Do not eat while jumping. **Warning:** Do not use strong wind conditions and secure the trampoline. **Warning:** Do not use the mat when it is wet.



Before you start using the trampoline: Read and understand all information provided to you in this manual. As with all physical sports and activities, there is the risk of participants receiving an injury. To ensure your future enjoyment and the prevention of injury, be sure to follow appropriate safety rules and tips.

- Always check your trampoline before use. Pay specific attention to all the bolts, jump mat and pads position. Do not use the trampoline if any parts are missing or if they show wear and tear.
- Always use the provided safety enclosure when using the trampoline.
- Always ensure that the trampoline is used by 1 user, under adult supervision (no matter what skill level).
- Stop exercising immediately should you feel unwell or if you feel pain in your joints and muscles. Dizziness is a sign of fatigue and you should stop bouncing and lay down on the ground, should you feel dizzy.
- When using this trampoline ensure that appropriate clothing is worn, preferably sports wear and socks. NEVER WEAR SHOES ON THE MAT!
- Please be warned that the trampoline is spring based and will allow the user to jump to a greater height than on the ground, so please bear this in mind and ensure that you are comfortable bouncing at low heights first.
- Proper assembly, care and maintenance of product, safety tips, warnings and proper techniques for jumping on your trampoline are included in this manual for safety and extended product life span. All users and supervisors therefore should familiarize themselves with these instructions. Anybody who chooses to use the trampoline must be aware of their own limitations with regards to performing skills of this trampoline.
- The safety enclosure is there to prevent the user falling off the trampoline, and is not to be jumped into unnecessarily.
- The trampoline should be assembled on grass or BSI approved safety matting.
- The trampoline is not meant to be dug in into the ground.
- The trampoline must be placed on a flat surface, at least 2 meters away from, for example, garages, houses, overhanging trees, clotheslines or electric wires.
- Do not place the trampoline on a hard surface like asphalt, concrete, etc.
- It is not allowed to modify the trampoline by yourself. It is only allowed to use the original safety net belonging to this trampoline and to replace it in accordance with the instructions.



## INFORMATION ON THE USE OF THE TRAMPOLINE:

INITIALLY, you should get accustomed to your trampoline and understand how much it bounces when you jump. The focus at this point should be body position and technique until each skill can be completed with ease and control.



**BEFORE YOU TRY TO JUMP TOO HIGH** the technique for stopping should be learnt as this will help prevent injury, should you feel you are jumping out of control. As the user lands on the bed, knees should be bent so that they can stop and absorb the bounce in the mat. The position is shown in the image on the left. Arms are held out for increased level of balance.

These skills are used when the trampoline user wishes to stop bouncing on the trampoline due to fatigue, loss of control etc.



**SALTO'S:** Do not perform somersaults of any type (backward or forwards) on this trampoline. If you make a mistake when trying to perform a somersault, you could land on your head or neck. This will increase your chances of your neck or back being broken, which can result in paralysis.



**FOREIGN OBJECTS:** Do not use the trampoline if there are pets, other people, or any other objects underneath the trampoline. This will increase the chance of an injury occurring. Do not hold any foreign objects in our hand and do not place any objects on the trampoline while being used. Do not place the trampoline under over-hanging objects like tree branches, wires, etc. as these will increase your chances of being injured.



**POOR MAINTENANCE OF TRAMPOLINE:** A trampoline in poor condition will increase your risk of being injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs and overall stability of the trampoline.



**WEATHER CONDITIONS:** Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the user could slip and injure himself / herself. If it is too windy, the user could lose control. In some countries in the winter season the trampoline can be damaged by snow and low temperatures. We recommend to remove the snow and store the mat and housing inside.



**RESTRICTED ACCESS:** When the trampoline is not in use, always store the access ladder in a secure place, so that the unsupervised children cannot play on the trampoline.

## TIPS TO REDUCE THE RISK OF ACCIDENTS:



### In order to use the risks of accidents the trampoline user should:

- ALWAYS remain in control of their jumps and body position at all times.
- NOT attempt to perform skills that are beyond their own level of competence.
- ALWAYS control their jump by taking off and landing in the middle of the trampoline.
- ALWAYS jump vertically and refrain from bouncing towards the springs in any direction.
- ALWAYS consult a professional certified trampoline instructor before attempting anything beyond basic techniques.

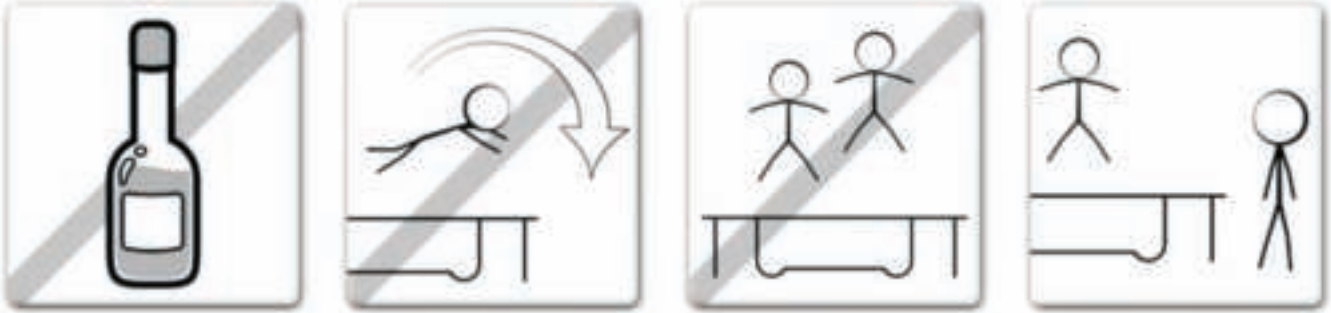
### In order to reduce the risk of accidents the supervisor should:

- Fully understand and enforce all the safety rules and guidelines.
- Advise the trampoline user and provide knowledge in what they are doing right and wrong to ensure the safety of the trampoline user.
- Be aware and advise the trampoline user of all safety warnings.

**IMPORTANT: If the trampoline can not be supervised, there should be a method for securing it and preventing anyone from using the product until supervision is available.**

## TRAMPOLINE SAFETY INSTRUCTIONS:

### ADVISORY PRECAUTIONS WHILST USING THE TRAMPOLINE



- Do not use the trampoline if you have consumed alcohol or narcotic substances.
- You should climb on and off the trampoline in a controlled and careful manner. Never jump onto or off the trampoline and never use the trampoline as a means to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces. Review the basic skills section to learn how to do the basics.
- To stop your bounce, flex your knees when you land on your feet.
- Always be in control when you are bouncing on the trampoline. A controlled jump is when you land at the same spot what you took off from. If at any time you feel out of control, stop bouncing immediately.
- Do not jump or bounce for prolonged periods of time or too high for a number of jumps. Keep your eyes on the mat to maintain control. If you do not, you could lose balance.
- Never have more than 1 person on the trampoline at any time.

### ADVISORY PRECAUTIONS WHILST SUPERVISING THE TRAMPOLINE

**IMPORTANT:** Familiarise yourself with the basic jump and safety rules. To prevent and reduce the risk of injuries, ensure that all safety rules are enforced and the new users learn the basic bounces before trying more advanced techniques.

- ALL USERS need to be supervised, regardless of skill level or age.
- NEVER use the trampoline when it is wet, dirty or worn out. The trampoline should be inspected before use.
- Keep all objects that could interfere during use away from the trampoline at all times. Be aware of what is above, underneath and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured at all time.

## ACCIDENT CLARIFICATION AND IDENTIFICATION:



### MOUNTING AND DISMOUNTING

Be very careful when getting on and off the trampoline. **DO NOT** mount the trampoline by grabbing the frame pad, stepping onto the springs or by jumping onto the mat of the trampoline from an object (roof, deck, ladder etc).

This is considered highly dangerous!



### USE OF DRUGS AND ALCOHOL:

**DO NOT** consume any alcohol or take any drugs (this includes medication that could affect users coordination) when using this trampoline. This is considered highly dangerous since these foreign substances impair your judgements, reaction time and overall physical coordination.



### ONLY ON USER:

If you have multiple users (more than 1 person on the trampoline at any time), you increase the chance of being injured. **Only allow 1 user on the trampoline!**



### STRIKING THE SPRING FRAME:

When playing on the trampoline, **STAY** in the centre of the trampoline mat.

This will reduce the risk of being injured by landing on the spring frame. Always keep the framepads covering the frame of the trampoline. **DO NOT** jump or step onto the frame pad directly, since it is not intended to support the weight of a person.



### LOSS OF CONTROL:

**DO NOT** try difficult manoeuvres until you have mastered the basics. If you do not follow these guidelines, you increase the risk of someone being injured.



# TRAMPOLINE TECHNIQUES:

## BASIC SKILLS

### BASIC SKILL 1: The basic bounce



Start from a standing position, with feet placed shoulder wide, head up and eyes on the trampoline.

Swing arms forward and up above the head in a circular motion.

Bring legs and feet together in “mid-air” position and point toes.

Land back on the mat with your feet shoulder wide.

### BASIC SKILL 2: The knee drop

Start with a low basic bounce

(as detailed in BASIC SKILLS 1).

Land with your knees shoulder wide apart, keeping back straight and a strong body position using arms out to the side or in front to maintain balance.

Bounce back to basic bounce position by using bounce momentum and swing your arms above your head.

Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.



### BASIC SKILL 3: The seat drop

Start with a low basic bounce (as detailed in BASIC SKILLS 1).



Land with legs out straight in front of you, with hands on either side of your hips and back straight in a strong body position.

Use the bounce momentum aided with a push from your hands to return to a standing position.

Once mastered at this height, try bouncing a little higher, but remember to always stay in control of your height.

**IMPORTANT:** Please consult a trained trampoline instructor, before attempting any more advanced skills to ensure highest possible safety levels are maintained.

# TRAMPOLINE TECHNIQUES:

## ADVANCED SKILLS

### ADVANCED SKILL 1: The basic bounce



Start with a low basic bounce (BASIC SKILL 1) in the normal position.

Land on your hands and knees at the same time, ensure that your back is horizontal when bouncing the mat and hands & legs are shoulder width apart.

Use the momentum of bounce and push off hands to regain the standing position.

Once mastered at this height, try bouncing a little higher, but remember to always stay in control of your height.

Try moving onto the next skill once comfortable and proficient.

### ADVANCED SKILL 2: Hands and knees to front drop

Land on your hands and knees at the same time, ensure the back is horizontal to the bounce mat and hands & legs are shoulder width apart.

Maintain a strong body position with your back horizontally to the mat and straighten legs behind and fold arms in front of the face in mid-air ready to land onto the mat in lying position.

Ensure the landing is done with your whole body touching the mat at the same time.

Push off with your hands and recover the standing position.

Once mastered at this height try bouncing a little higher, but remember to always stay in control of height. Try moving onto the next skill once comfortable and proficient.



### ADVANCED SKILL 3: The front drop



Start with a low back bounce (BASIC SKILL 1) in the normal position.

Maintain a strong body position with back horizontal to mat and straighten legs behind and fold arms in front of your face in mid-air, ready to land on the mat in lying position.

Ensure the landing is done with your whole body touching the mat at the same time.

Push off hands and recover the standing position.

Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height. Try moving onto the next skill once comfortable and proficient.

**IMPORTANT:** Please consult a trained trampoline instructor, before attempting any more advanced skills to ensure highest possible safety levels are maintained.



# TRAMPOLINE ASSEMBLY:

## STEP BY STEP INSTRUCTIONS:

### ASSEMBLY BY ADULTS ONLY!

All you need to assemble this trampoline is our special spring loading tool provided with this product.

During periods of non-use this trampoline can be easily disassembled and stored.

Please read the assembly instructions before beginning to assemble this product.

Please refer to the table for part descriptions and numbers. Use these description and numbers as reference.

Make sure that all parts listed are present. If you are missing any parts, please contact the place of purchase.

### PARTS LIST:

#### TRAMPOLINES WITH 3 OR 4 LEGS:

Ref nr	Description	Unit	183cm	244cm	305cm	366cm
1	Trampoline mat	Pcs	1	1	1	1
2	Frame pad	Pcs	1	1	1	1
3	Top rail with leg socket	Pcs	6	6	6	8
4	Leg base (M shape)	Pcs	3	3	3	4
5	Vertical leg extension	Pcs	0	6	6	8
6	Springs	Pcs	Please check the instruction cover			
7	Safety instruction card	Pcs	1	1	1	1
8	Spring loading tool	Pcs	1	1	1	1

The above specifications, product features and equipment might be changed without further notice due to availability of parts due to changes in specifications.



6

5

3

4



8

7

## FRAME LAY-OUT:

Use the parts list to identify each part and to make sure that all parts are present. Check which trampoline size you have purchased and lay all parts on the floor according to one of the below pictures which matches your trampoline size.

All the "top rails with leg sockets" are universal parts and can only be connected together in one way. To connect the parts, simply slide the thinner end of the tubing into adjacent section with the larger opening. These joints are called "connector points".

183cm / 244cm / 305cm Trampoline (3 legs)



366cm Trampoline (4 legs)



### STEP 1: Support assembly

Slide vertical leg extension (5) into the leg base (4) as shown.



### STEP 2: Top rail assembly

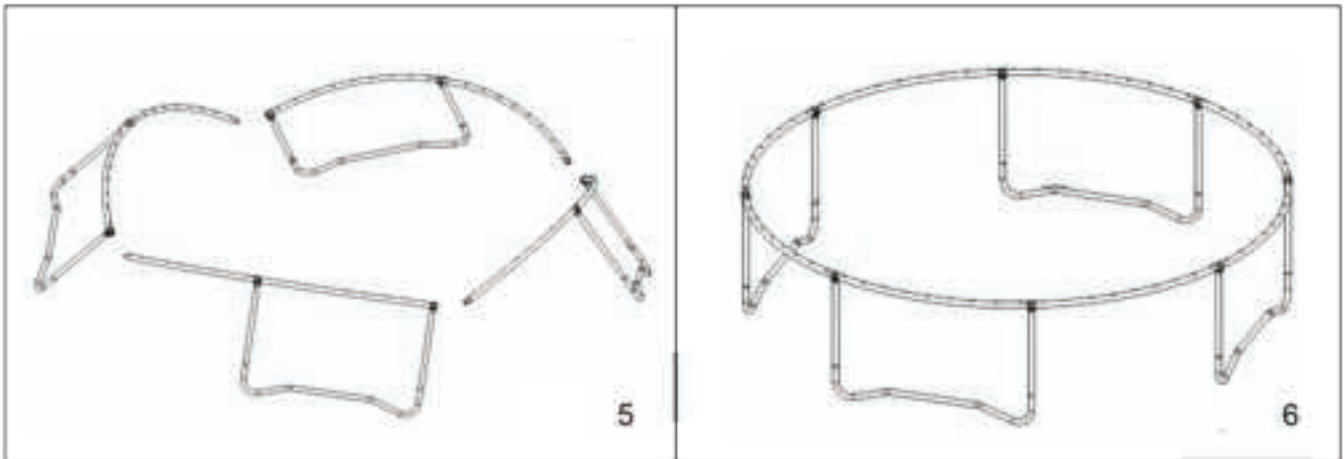
Two people will be needed at this point to assemble the trampoline. One person lifts the support assembly from step 1 to a standing (vertical) position and inserts one of the sockets of the top rail with sockets (3) into the vertical leg extension portion of the support assembly. The other person holds the end and inserts that portion into the other support assembly as shown. You should now have 2 support assemblies held together by 2 top rails with sockets.

Take note! Make sure the holes of the vertical leg extension are placed straight in front of the holes of the legs. This way it is easier to assemble.



### STEP 3: Frame assembly

After STEP 2 has been finished all tubes will be like figure 5. Now the complete frame can be built according to figure 6. (Two adults are required for this step).



### STEP 4: Trampoline mat assembly

**WARNING:** Attach the springs by using the spring loading tool. The connector points can become pinch points since the trampoline is tightening up. With this in mind please be careful attaching springs to the trampoline mat. Please be careful! Again, two adults are required.



Spread the trampoline mat out on the floor inside the frame as the picture above.

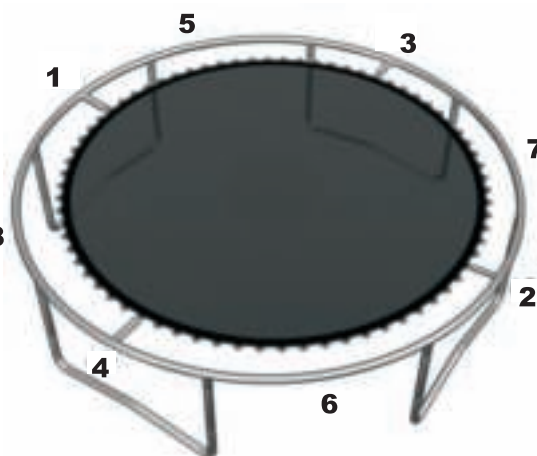
## STEP 5: Attaching the springs to the trampoline mat.

The springs need to be placed in the position shown in the diagram to the right, in order to pull the trampoline mat in all four directions.

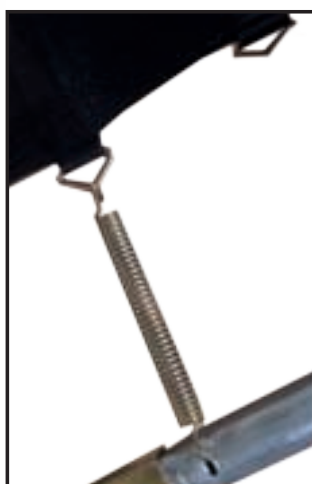
The image to the right specifies and details the spring positions to hold the trampoline mat in place. Please see the table for the positions of the springs for the different sizes of the trampolines.

### How to use the spring loading tool:

Firmly hang one side of the spring on the triangle attached to the trampoline mat and use the spring loading tool to hook the other side of the spring to the frame (As shown in the image to below). Use the part of the spring that has more of a curl to the end.



Pull the spring loading tool until the spring hook inserts the hole on the trampoline frame and disengage the spring loading tool leaving the spring in place. Repeat this for all springs.



**WARNING!** : Please be careful where your hands and other parts of the body are placed at, the connector points and spring attachments can create body traps.

## STEP 6: Frame pad assembly

Lay the frame pad over the trampoline so that the springs and the steel frame are covered (A). Please ensure that the frame pad covers all metal parts.

Attach the straps that you find at the bottom of the edge cushion to the triangle of the jumping mat (B) and attach the strap with the hook also to it (see figure C).



B



C



**USER MANUAL:  
SAFETY NET**



# **READ FIRST!!!!**

**Adult supervision:**

Adult assembly required.  
Adult supervision required for children using safety net.

**Protect children:**

Prevent falls and strangulations. Exit through the door only and use caution.  
Assist children in and out the safety net.



# IN CASE OF MISSING OR BROKEN PARTS PLEASE CONTACT PLACE OF PURCHASE FOR ASSISTANCE

**Warning:** We are not liable for any injuries that may occur when using the safety net.

## TRAMPOLINES WITH 3 OR 4 LEGS:

Ref.nr.	Description	Unit	183cm	244 cm	305cm	366 cm
1	Steel tubes (foam protection)	pcs	6	6	6	8
2	Steel tubes (foam protection)	pcs	6	6	6	8
3	Key	pcs	1	1	1	1
4	Net	pcs	1	1	1	1
5	Screws	pcs	12	12	12	12
6	Washers	pcs	12	12	12	12
7	Nuts	pcs	12	12	12	12
8	Spacers	pcs	6	6	6	6
9	Cap	pcs	6	6	6	6



1



2



3



4



5



6



7



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9

**STEP 1:**

Connect 2 parts steel tubes with foam protection to each other as shown in figure 1 and place the cover cap on the upper part of the stand.



fig.1

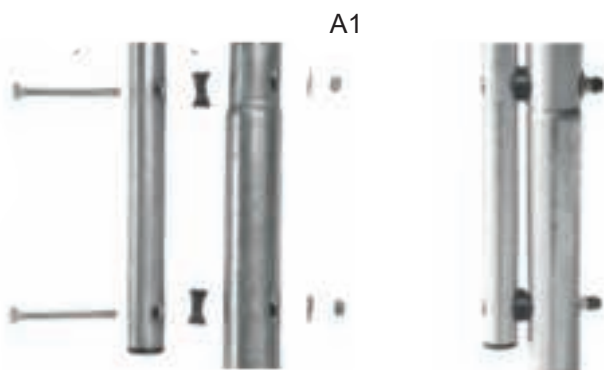
**STEP 2:**

Place the stands of the net into the appropriate covers, which are attached to the net, repeat this for all stands.

**STEP 2:**

Fix the steel tubes from step 1 onto the trampoline base (See A1 and A2).

The steel bottom poles must be fixed to the base of the trampoline with the angle facing outwards, away from the trampoline.



A1

A2

Fixing the bottom tubes onto the trampoline legs with two screw sets for each bottom tube (2 bolts, spacers, washers and nuts). Tighten bolts firmly.

**STEP 4:**

Once the assembly has been completed correctly, the tubes should look like shown in figure 4A. You attach the elastics with brackets tot the triangles of the trampoline mate, see 4B.

Fig. 4A



Fig. 4B



## Care and maintenance:

### Maintenance instructions:

Regular maintenance is required. Neglecting regular maintenance can lead to risks for users;

Check all nuts and bolts for tightness and tighten when required.

Check that all spring loaded (pit pin) joints are still intact and cannot become dislodged during play.

Check all coverings for bolts and sharp edges and replace when required.

Retain the maintenance instruction manual.

Inform about the hazard for outdoor trampolines in strong wind conditions and that outdoor trampolines shall be equipped with a device to avoid displacement due to wind (e.g loads like sand bags or waterbags).

Check if the mat, padding and enclosure are without defects.

Make sure that the hook - and -loopfasteners are closed correctly during use of trampoline.

This trampoline was designed and manufactured with quality materials and craftsmanship. If proper care and maintenance is provided, it will provide all jumpers with years of exercise, fun, and enjoyment as well as reduce the risk of injury. Please follow the guidelines listed below:

This trampoline is designed to withhold a certain amount of weight and use. Please make sure that only one person at any one time uses the trampoline. Also, the person should weigh less than 120kgs (305 + 366cm) and 183 + 244cm 50kg. Jumpers should either wear socks, gymnastics shoes, or be barefoot when using the trampoline. Please be aware that street shoes or tennis shoes should NOT be worn while using the trampoline. In order to prevent the trampoline mat from getting cut or damaged please do not allow any pets onto the mat. Also, jumpers should remove all sharp objects from their pockets prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, abused or missing parts. A number of conditions could arise that may increase your chances of getting injured. Please be aware of:

- Punctures, holes, or tears in the trampoline mat
  - Sagging trampoline mat
  - Loose stitching or any kind of deterioration of the mat
  - Bent or broken frame parts, such as the legs
  - Broken, missing, or damaged springs
  - Damaged, missing, or insecurely attached frame pad
- 
- Protrusions of any type (especially sharp) on the frame, springs, or mat

IF YOU FIND ANY OF THE PREVIOUS CONDITIONS, OR ANYTHING ELSE THAT YOU FEEL COULD CAUSE HARM TO ANY USER, THE TRAMPOLINE SHOULD BE DISASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAS BEEN RESOLVED.

### WINDY CONDITIONS:

In severe wind situations, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area or disassembled. Another option is to tie the round, outside portion (top frame) of the trampoline to the ground using ropes and stakes. To ensure security, at least three tie downs should be used. Do not just secure the legs of the trampoline to the ground because they can pull out the frame sockets.

### MOVING THE TRAMPOLINE:

If you need to move the trampoline, two people should be used. All connector points should be wrapped secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connector points from dislocating and separating. When moving, lift the trampoline slightly off the ground and keep it horizontal to the ground. For any type of other move, you should disassemble the trampoline.

