

INSTRUCTION MANUAL



WARNING

Always install the trampoline with at least two people. Take care to keep your head and face away from the frame during installation to avoid injuries. Assembling and exercising done at your own risk. We are not liable for any injuries that may occur while assembling or using the trampoline. Please keep children and animals away from trampoline while exercising.

Only one person on the trampoline at a time.

Max weight on Trampoline 330LB

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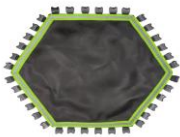
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Parts list

Ref. Number	Part Number	Description	Unit
1	TR01	Trampoline frame	3
2	TR02	Trampoline legs	6
3	TR03	Jump mat	1
4	TR04	Bungee cords	36
5	TR05	Top handle T bar	1
6	TR06	Handle bar (top)	1
7	TR07	Handle bar(bottom)	1
8	TR08	Handle bar(connector)	1
 TR01 x 3pcs  TR02 x 6pcs  TR03 x 1pcs			
 TR04 x 36pcs  TR05 x 1 pcs  TR06 x 1pcs			
 TR07 x 1pcs  TR08 x 1pcs  TR09 x 1 pcs			

Notes & Warnings

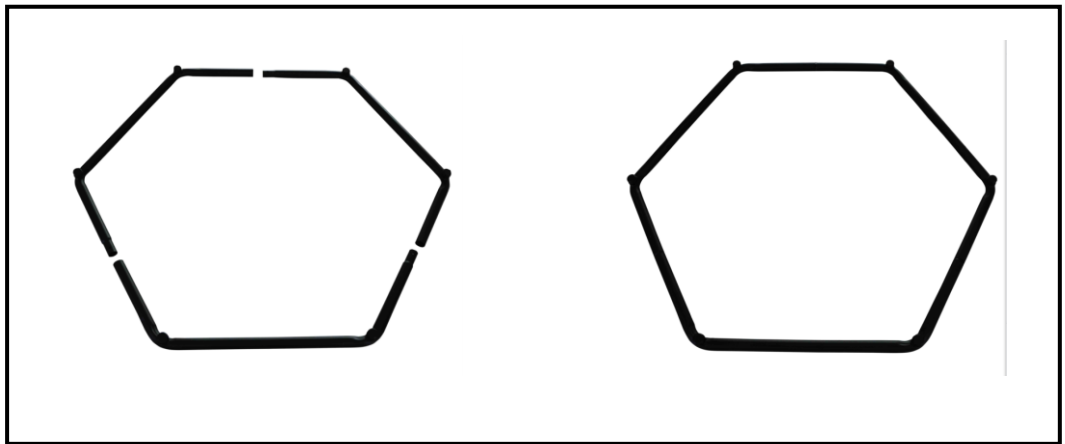
1. The maximum body weight of the user should not exceed 330LB.
2. The equipment is not intended as a child's toy. To be used by persons aged 14 years and above. Children should be under supervision when allowed to jump on the trampoline.
3. Please be careful while installing the bungee cords that it does not flick out of your hands or the tool used to install to your face or body.
4. The handle bar when attached to the trampoline will have some movement, and is designed for aiding your balance only. It is not designed to support your entire weight.
5. Use trampoline on wall-to-wall carpeted floor or a floor that is not slippery so unit does not slide when used.

WARNING

As with any fitness exercise program if you have any health or orthopedic issues or if you are pregnant consult first with your doctor or physiotherapist before use.

Assembly Instructions

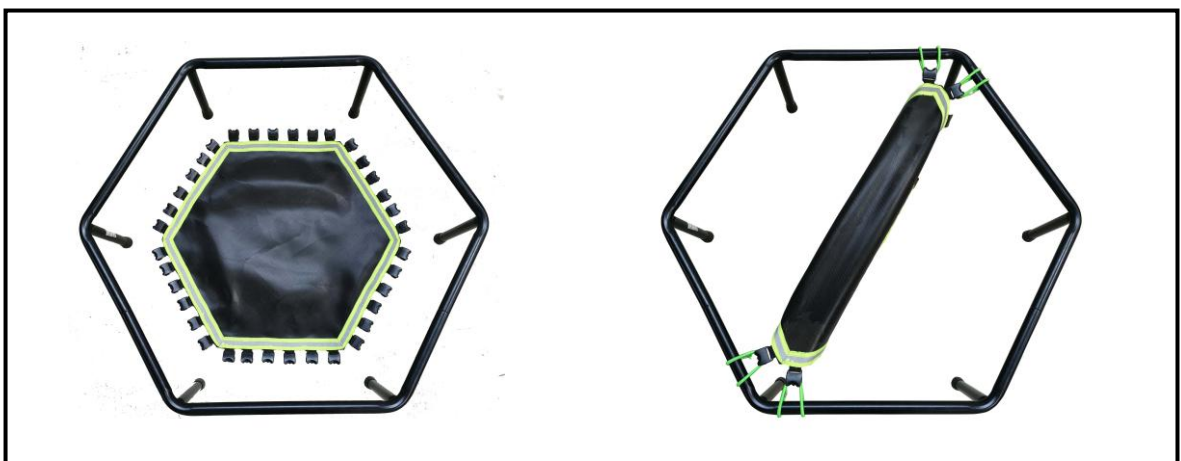
1. Lay 3pce frame sections TRO1 on the floor and connect frames as shown.



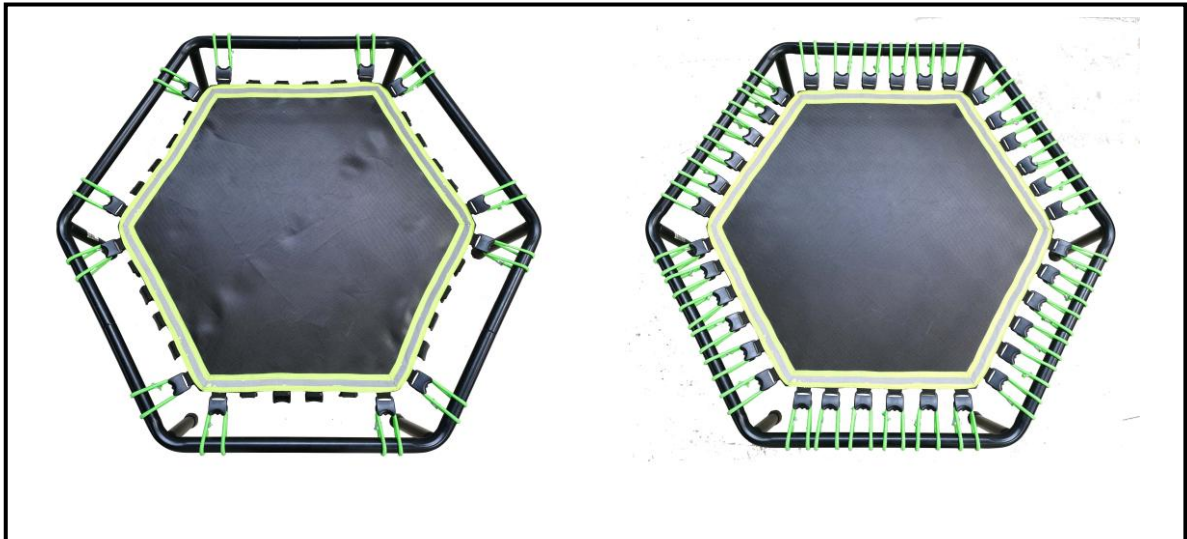
2. Install 6pcs legs one by one.



3. Now place the jump mat in the middle of the frame with the logo facing towards section TRO1 with hole for upright handle bar. Install bungee cords to opposite sides of frame as shown.



4. Initially use your hands while cords are still loose. Keep on installing other cords as shown. Start using tool TRO9 when mat tenses up tight. You can now position the frame to make it more comfortable for you to continue.



Important: Once bungee cords are installed check that the sliver clips of the cords are not touching the plastic black hooks or the steel frame.
This is very important. You can adjust cords afterwards with your hands.



Stabilizing Bar Assembly Instructions

1. Look for frame section TRO1 with hole in the frame (see picture) and take off two feet caps, one on the left and one the right.



2. Install connector bar (TRO8) into each side of the legs. Don't fit two short screws as yet.

Two feet cap again.

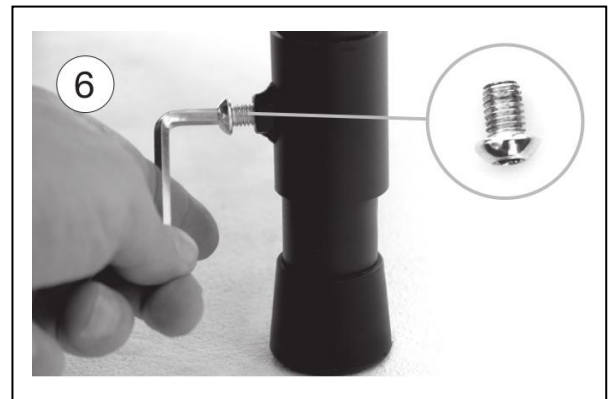


3. Now connect upright bar (TRO7) to connector bar bottom (TRO8) and to frame section (TRO1) with two long bolts with spacer and washer.



4. Install the two short screws on two sides of connector bar. NB: Only gently tighten short screws.

See picture



5. Attach handle T bar (TRO5) to the adjusting height bar (TRO6).

Install as shown.



6. Now slide height adjusting bar (TRO6) into the top of the upright bottom bar (TRO7). Now secure into preferred height position with round black knob metal screw as shown in picture.

