

USER MANUAL

(SAFETY NET)



READ THIS FIRST!!!

Congratulations, for purchasing a new product from our product. We are sure that you will be satisfied with this product.

To guarantee optimal function of this product, please follow the following instructions:

- Before using this product, please read the manual carefully.
- The product is equipped with safety appliances. Nevertheless, please read the following safety references carefully and use the product only as described in this manual to avoid injuries and hazards.
- This manual is part of the product; please store this manual for future reference.
- If you give this product to another person, make sure to include the manual as well.

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1. TECHNICAL DATA

Specifications of the product

Teile	Nr.	8'	10'	12'	13'	14'	15'
Frame cover	A	1	1	1	1	1	1
Jumping mat	B	1	1	1	1	1	1
Top rail	C	6	8	8	8	8	12
Spring	D	48	64	72	80	88	108
Leg extension	E	6	8	8	8	8	6
Screw	F	18	24	24	24	24	32
w-shaped leg	G	3	4	4	4	4	6
Tool	H	1	1	1	1	1	1

2. ⚠ GENERAL SAFETY INSTRUCTIONS

2.1. PURPOSE

- The product is intended for home/domestic use only and is not suitable for professional or medical use.

2.2. DANGER FOR CHILDREN

- **WARNING! Trampolines over 51cm (20 inch) height are not recommended for children under six 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 has to be stored out of reach of children and pets.
- Do not let children unsupervised near this product. Carry out the suitable settings in the product by yourself and supervise the activity.
- Be aware that the packaging material is not suitable for children. There is danger of suffocation!

2.3. ATTENTION – RISK OF INJURIES

- Do not use the product if it is damaged or defective. In this case, please consult a qualified technician or our service center.
- Check the product before every use. Defective parts must be changed immediately as they can impair the function and the safety of the product.
- Make sure that no more than one person is using the product at the same time.
- Use the product only on even and non-slipping surfaces. Never use it near water and keep sufficient space around it to increase security.
- Beware of moving parts, which could catch your arms and legs. Do not stick any objects in the product's openings.

2.4. ATTENTION – PRODUCT DAMAGES

- Please do not alter the product. Only use original spare parts. Qualified technicians should only carry out repairs – improper repairs can lead to danger for the user. Use this product only as described in this manual.
- Protect the product against splashes, humidity, high temperature and direct sunlight.

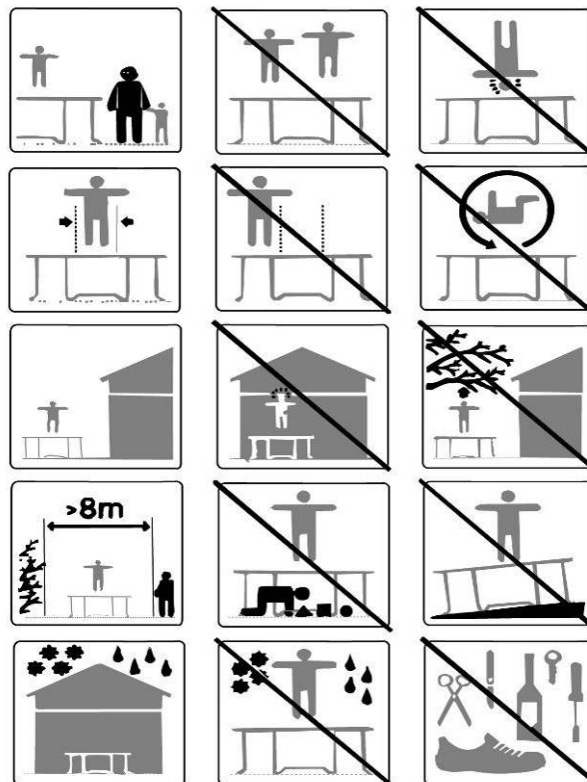
2.5. ADVICE FOR THE ASSEMBLY

- The assembly of the product must be done carefully and by **three** able-bodied adults. If in any doubt, ask a technically qualified person.
- Before you start with the assembly, read the instructions carefully and take a look at the assembly instructions.
- Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- Now, check with the parts list that no part is 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 injuries. Therefore assemble the product carefully.
- Create a danger free environment; for example, do not let tools lay around the workspace. Store the packaging material in a way that cannot cause any danger. Foils and plastic bags are dangerous for children (danger of suffocation)!
- After installing product according to the instruction manual, please make sure that all screws, bolts and nuts are correctly installed and tightened and that all joints are tightly fixed.
- A free space of at least 9.5 m is necessary above the trampoline. An appropriate free space must be kept between the trampoline and possible sources of danger, such as electric cables, Tree branches, Playing devices, Swimming pools and fences,
- The Trampoline must be set up properly before use.
- Never set up the trampoline in heavy rain, wind or storm conditions, especially lightning conditions. It is recommended that the trampoline be taken apart and stored in bad weather.
- The metal frame of the trampoline will conduct electricity. Lightning, extension cords and all electrical equipment must never be allowed to come in contact with the trampoline.
- The Trampoline must always be used in a well-lit area.
- Nothing must be placed under the trampoline.

- The Trampoline in the vicinity of other leisure devices and constructions must not be used.
- When assembling or disassembly, please use gloves to protect your hands.

3. SAFETY INSTRUCTIONS FOR TRAMPOLINES

WARNING			
	Do not land on the head or neck. There is the danger of paralysis or death, even if landing in the center of the trampoline.		One person only at a time may use the trampoline. Children under 6 years may use the trampoline only under special supervision. Several persons jumping at the same time on the trampoline will increase the danger of control loss, collision or falling down. It can lead to serious injuries
	No somersaults tries should be attempted, in order to avoid danger of a head or neck landing.		



- Do not use the trampoline without supervision, regardless of age and experience.
- The safety instructions of the trampoline should always be considered and obeyed. During the use of the trampoline, there is a heavy danger of injury including permanent injuries such as paralysis, or even death.

- Even landings on the trampoline can lead to injuries, particularly to the back, neck or head. Somersaults must be avoided. In any case, only one person should use the Trampoline at a time.
- Neither the company nor our manufacturers and suppliers will be responsible or liable in any form for direct, indirect or special damages caused during the use or in connection with it.
- This also applies to financial losses by theft, property loss, loss of earnings/services and profit, loss of satisfaction in the device, costs of the installation, disposal, damage by influences of the weather and environment as well as any other kinds of damages.
- Recognizable production defects are announced immediately by the dealer or manufacturer/ importer and shall be adjusted immediately for further use. The buyer/Operator of the trampoline has to examine the device regularly on wears or damage.
- No clothes with hooks or parts may be carried when jumping on the trampoline, in order to avoid hooks getting caught.
- The trampoline may be set up only on a flat ground.
- Strong winds can blow the Trampoline away. If strong winds are predicted, the Trampoline must be moved to a protected place, and taken apart, or fastened to the ground with cords and herrings. At least three anchorages are necessary. It is not enough to anchor the pennants in the ground since they can tear out of the patch cords.
- Try to avoid the moving the assembled trampoline, because it could bend during transportation. Should it be necessary to move the trampoline, please consider the following:
 - 1.) At least four people must be evenly spaced around the frame to lift the trampoline off the ground
 - 2.) The trampoline must be carried horizontally
 - 3.) Be carefull while moving, because the frame could bend. If this happened, use four people to draw the trampoline in shape.
- Trampolines are jumping devices, enabling the user to jump into unusual heights as well as into a multiplicity of body movements. Jumping in the Trampoline, hitting the frame, cushioning or incorrect landing on the Trampoline can lead to injuries.
- All users must read the recommendations of the manufacturer themselves to ensure they use the device correctly.

- Users should be familiar with the assembly manual. This manual contains assembly guidance; selected precautionary measures as well as recommendations for servicing and maintenance of the trampoline, in order to ensure a secured and fun use of the Trampoline.
- It is the responsibility of the owner or the supervisor to guarantee that all users of the trampoline are informed sufficiently of all warning references and safety instructions.

For the supervisor:

- Implement all safety rules and make yourselves familiar with the information in the user manual.

All users of the trampoline need a supervisor, regardless of the age and the experience of the user.

- Children do not recommend this trampoline for use under 6 years of age.
- The trampoline can be only used, if the jump mat is clean and dry. Worn or damaged jump mats should immediately be replaced.
- Objects, which could be dangerous to the user, should be vacated from the way.
- Avoid unauthorized and unsupervised use of the trampoline.
- Do not use the Trampoline under influence of alcohol or drugs (incl. medicines).
- Learn the fundamental jump and body positions carefully, before trying difficult jumps.
- Stop jumping by bending your knees when your feet come to contact with the Trampoline. This technique should practice while you are learning each of the basic bounces. The skill of braking should be used whenever you lose balance or control of previous manoeuvre. Or if you are just learning how to jump on a trampoline .If you do, you will increase your risk of getting injured by landing on the frame, springs. Or off the trampoline completely because you might lose control of your jump .A controlled jump is considered landing on the same spot that you took off from .If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump.
- Climb on the Trampoline. Do not jump on it directly. Do not use the Trampoline as jump board for other articles.
- For further information or exercise documents, you can turn to a trained Trampoline teacher.

Using of the Trampoline can, as in all active leisure kinds of sports, lead to injuries. There are ways to reduce the risk of injury. On the next parts, the basic causes of accident are emphasized and tips are given regarding the responsibility of supervisors and ways of avoiding accident for users.

3.1. ACCIDENT CATEGORIES

Somersaults: A landing on the head or neck, even if it happens in the center of the Trampoline, increases the risk of neck and back injuries, which can lead to paralysis and sometimes death. This can occur if the user makes an error and falls forward or backward. No somersaults should be attempted on the Trampoline!

The probability of an injury increases if more than one person jump on the Trampoline and lose control of their jump. Users can collide, fall down from the Trampoline and land wrongly on the jump mat and on each other. Smaller users will more easily be hurt in that case.

Climbing on or off the Trampoline: The trampoline's mat is approx. a meter above the floor. Jumping off the Trampoline onto the floor or another surface can lead to an injury. Jumping on the Trampoline from a building roof, a terrace or other objects can lead to injury. Small children need assistance when climbing on or off the Trampoline. Be careful when climbing on and off the Trampoline. Do not step on the cushioning or the framework. Do not use the framework for Climbing on or off the Trampoline.

Hitting the framework or the springs: When playing on the trampoline, STAY in the center of the mat. This will reduce your risk of getting injured by landing on the frame of springs. Always keep the frame pad covering the frame of the trampoline. DO NOT jump or step onto the frame pad directly since it was not intended to support the weight of a person?

Loss of control: when users lose control of their jump, they can land wrongly on the jump mat, land on the framework or the cushioning or fall down from the Trampoline. A controlled jump is one where the jumper lands and jumps from the same spot. Before a more difficult jump maneuver is practiced, the basic controlled jump should be mastered perfectly and continuously. If a jump manoeuvres is tried, which exceeds the abilities of the jumper; there is a danger of losing control. In order to regain control of the jump and land correctly, knees should be completely bent upon landing.

Under influence of drugs or alcohol: The probability of an injury rises, if the user is under the influence of alcohol or drugs. These substances weaken the response, the faculty of judgment, the space awareness, the co-ordination and the motor functions of the concerned user.

Collision with objects: while using the trampoline, person, animals or articles under it will increase the probability of an injury. Jumping on the Trampoline while carrying an article, above all sharp or fragile, increases the probability of an injury. Placing the trampoline too close to electric wires, tree branches or other obstacles will increase the probability of an injury.

Bad maintenance of the Trampoline: Users can hurt themselves if the trampoline is in bad condition. A torn jump mat, a bent framework, missing cushioning or a missing framework must be replaced before using the trampoline again. The trampoline should be examined before each

use.

Weather conditions: A wet jump mat is too slippery for safe jumping. Gusty or strong winds can lead to a loss of jump control when jumping. In order to lower the probability of an injury, the Trampoline should be used under suitable weather conditions only.

3.2. METHODS OF ACCIDENT PREVENTION

Role of the user in preventing accidents:

A basic knowledge of the trampoline by the user is a must for security. All users of the trampoline must learn first how to accomplish a low controlled jump as well as the fundamental landing positions and combinations, before turning to advance jump exercises. Users must know why they must control their jump, before they may practice other movements. A controlled jump is when you land and take off from the same location. The first lesson is the understanding of the correct order in developing jumping skills on a Trampoline. For further information or exercise materials, please turn to a trained Trampoline teacher.

Role of the supervisor in preventing accidents:

It lies in the responsibility of the supervisors to guarantee a reasonable and experienced supervision of the users of trampoline. Rules and warnings in this manual must be applied, and known to the users of the trampoline in order to reduce the probability of accidents and injuries. In times, when the supervision is not possible or insufficient, the trampoline should be dismantled and stored in a secured place against unauthorized use.

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4. PARTS LIST & ASSEMBLY INSTRUCTIONS

ENGLISH

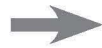
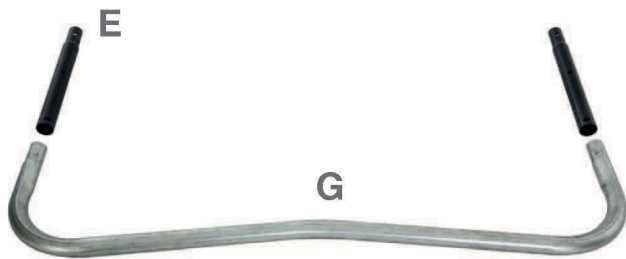
Réf. Parts/Teil Pieza/ Pezzi	Désignation Description/Beschreibung/ Descripción/Descrizione	 2.44-3.05 M	 3.66-4.26-4.57M
A		1	1
B		1	1
C		6	8
D		48/60	72/88/108
E		6	8/12
F		6	8/12
G		3	4/6
U		6	8/12

Outils / Tools / Werkzeuge /
Herramientas / Utensili



H		6	8/12
J		6	8/12
L		6	8/12
M		6	8/12
N		6	8/12
P		6	8/12
Q		12	16/24
R		12	16/24
S		12	16/24
T		1	1
V		6	8/12
X		6	8/12
Y		6	8/12

1



1.1



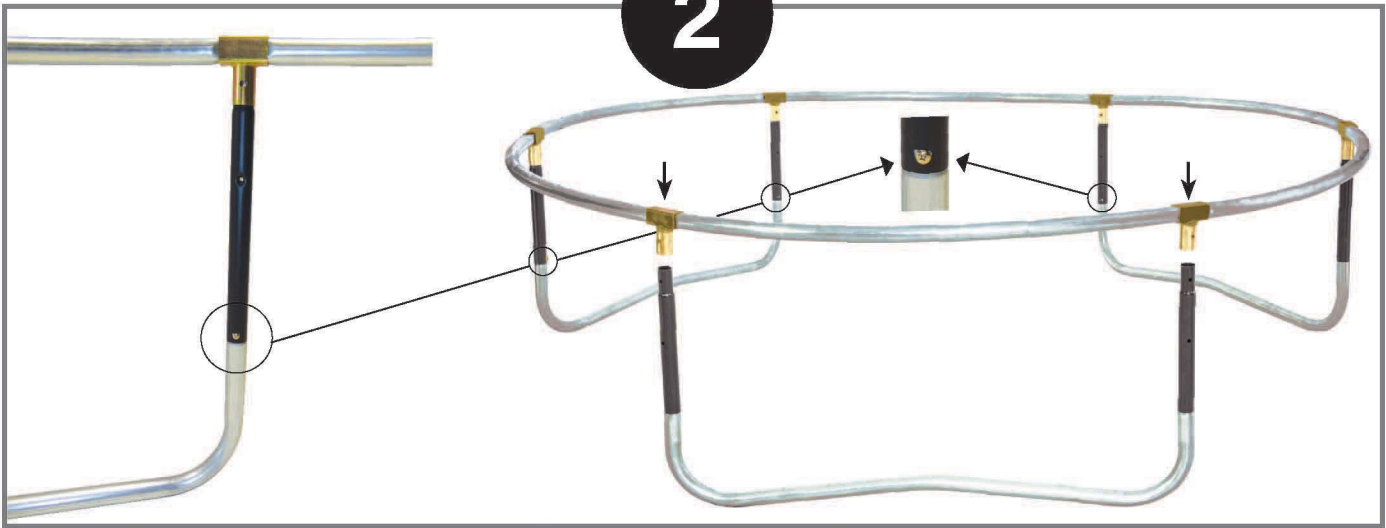
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2



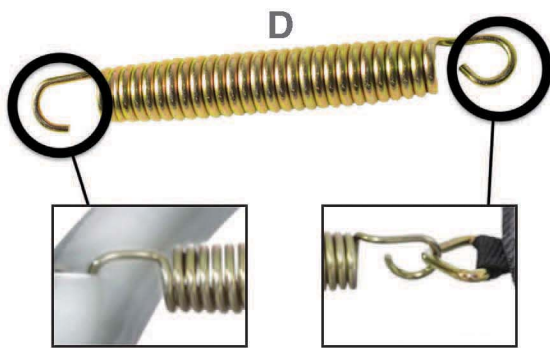
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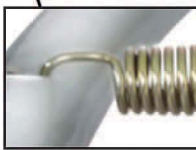
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B



D



3.1



3.2



3.3



3.4



4

A



4.1



4.2



5

H

5.1



J



V

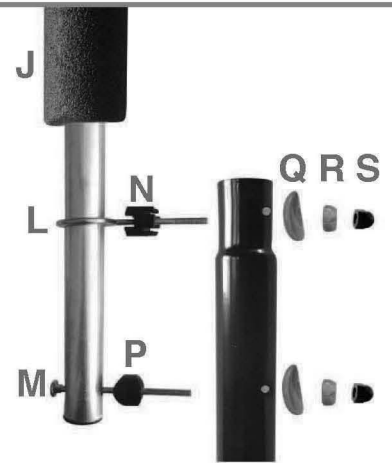
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6



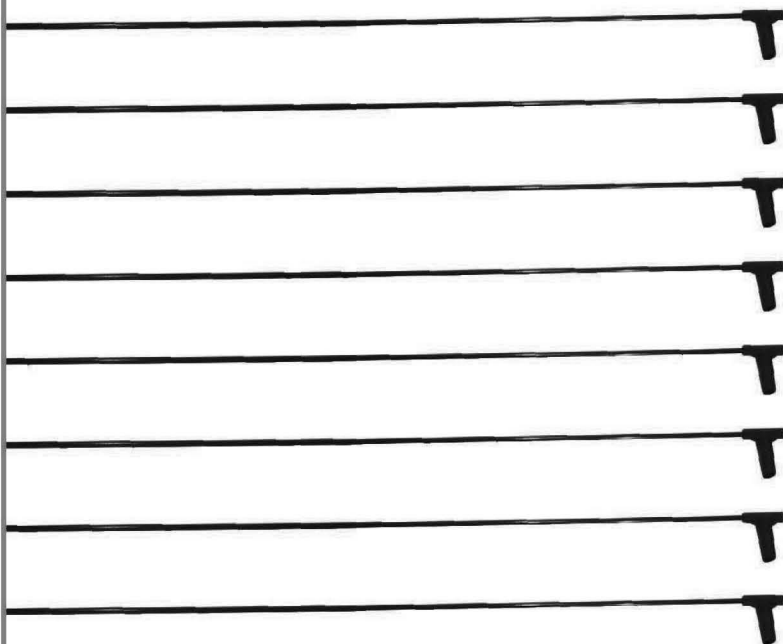
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6.2



7



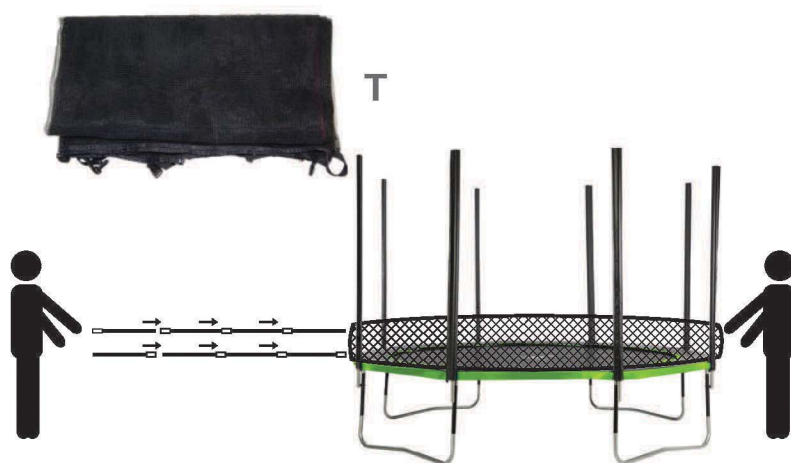
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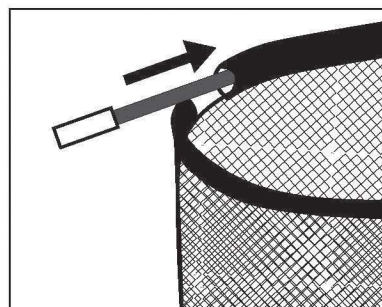
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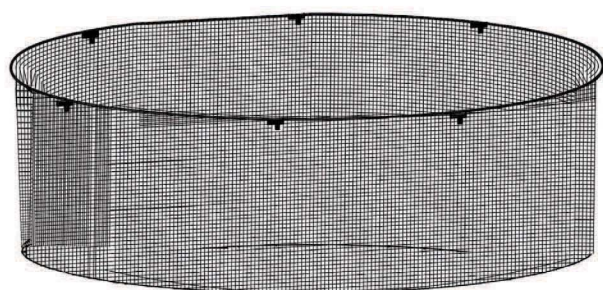
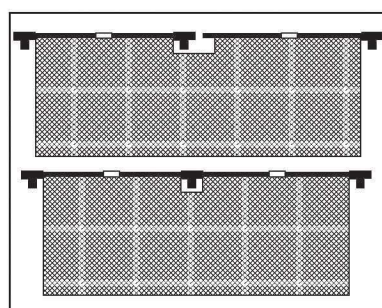
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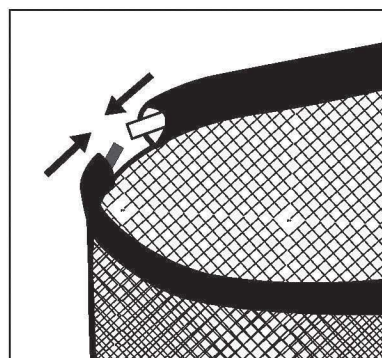
8.1



8.2



8.3



8



8.4



8.5



8.6



8.7



5. **⚠️ IMPORTANT ADVICE FOR USAGE**

- For the first use of the Trampoline, users must concentrate on learning fundamental body positions.
- In the learning phase, users must practice and perfect these basic techniques. The deceleration or examining of the jump must be informed first and emphasized as a security measure. Users must break their jump, as soon as they begin to lose the balance or lose control of their jump. Bending the knees on landing so as to absorb the energy of the jump does this. Thus users can stop the jump immediately and avoid control loss.
- A better, more controlled jump for the Trampoline is one in which the user lands on the original jumping place. This exercise is learned only if users can repeat it regularly. Users may never turn to a more difficult exercise before having mastered all the previously learned exercises.
- Users should have a respectively short jumping time. Jumping for too long exposes the user to an increased danger of injury. Longer jumping periods also reduce the interest of the other users, as they have to wait for their turn to jump.
- The clothes must consist of a t-Shirt, short trousers, Gymnastic shoes and thick socks (can also be barefoot). Beginners should wear appropriate protective clothing, like long arm shirts and training trousers, until they can control the landings correctly. Thus, scratches are prevented by wrong landing on the elbows and knees. No firm shoes may be carried, since they lead to strong wear of the Trampoline.
- For correct climbing on and off the trampoline, a firm rule must be followed by beginning users: They should always use their hand on the framework and use this to climb up or down, then stand on the jump mat. When the ascending and descending off the Trampoline does not rise directly on the framework or seize the framework. To descend, users have to go to the exterior of the jump mat, bend forwards and put their hands on the framework, then step from the mat to the ground. DO NOT dismount by jumping off the trampoline and landing on the ground, regardless of the makeup of the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.
- Daring jumps are not recommended. All skills should be learned with normal jumps. The control of the jump and not the height are to be emphasized. User may not jump alone and unsupervised on the Trampoline.

6. EXERCISE INSTRUCTIONS

FUNDAMENTAL BOUNCES

STANDING BOUNCE



1. Start in the center of bed, feet shoulder-width apart, arms at side, eyes on end of bed.
2. As you jump from trampoline, arms come up and forward, circling outward and back To side as you again contact bed. Bring feet together, toes pointed, in the air, feet Shoulders-width apart again as you contact bed. Arms need never go above your shoulders or behind your body.

KNEE BOUNCE



1. First, assume kneeling position in center of bed, **back straight**, eyes on end of bed.
2. Pump your way to your feet by bouncing, using your arms as in standing bounce.
3. Duplicate position from a low bounce

HANDS & KNEE DROP



1. First, assume position shown in illustration, keeping head up, eyes on end of bed.
2. Duplicate position from a low bounce. Keep your hands as close to your knees as shown in illustration.

FRONT DROP



1. First, assume position of hands and knees bounce. Begin to bounce slightly in this position, then kick legs back, land on stomach, taking some weight on bent fore-arms as shown in illustration. Make sure you **kick backwards, do not go forward**, and return to hands and knees position.
2. Try from a low bounce, **kicking backwards**, making your belt land where your feet were.

SEAT DROP



1. First, assume sitting position in center of bed, legs spread wide, and hands on bed, leaning slightly forward.
2. Duplicate this position from a low bounce. To come to your feet again, be sure to lean forward and press bed with your hands.

BACK DROP



1. Lie on your back on bed, spread your legs slightly and raise them about 45 degrees from the surface of the bed, raise your arms to corresponding angle, raise head and look at end of trampoline. This is your landing position.
2. Try cautiously from a low bounce, making sure you do not lose sight of end bar of trampoline at any time. Weight should be taken more on your shoulders than on your hips.

PIROUETTE



HALF PIROUETTE:

Done like a standing bounce, but at **top of bounce**, swiftly turn head and search for opposite end of trampoline. Do not travel. Land on feet.

FULL PIROUETTE:

Done as above, but continue around, until a complete circle has been made. Spot by looking for end bars as you complete trick.

TUCK POSITION



Done like a standing bounce, but at **top of bounce**, bring knees to chest and grasp with arms. Then lower feet to contact bed.

PIKE POSITION



Done like a standing bounce, but at **top of bounce**, keeping knees locked and toes pointed, raise legs as illustrated, then lower feet to contact bed.

LAYOUT POSITION



Done like a standing bounce, but at **top of bounce**, stretch slightly, arching back, and momentarily looking skyward.

STRADDLE POSITION



Done like pike bounce, but with legs spread as widely as is comfortable. Reach for your toes!