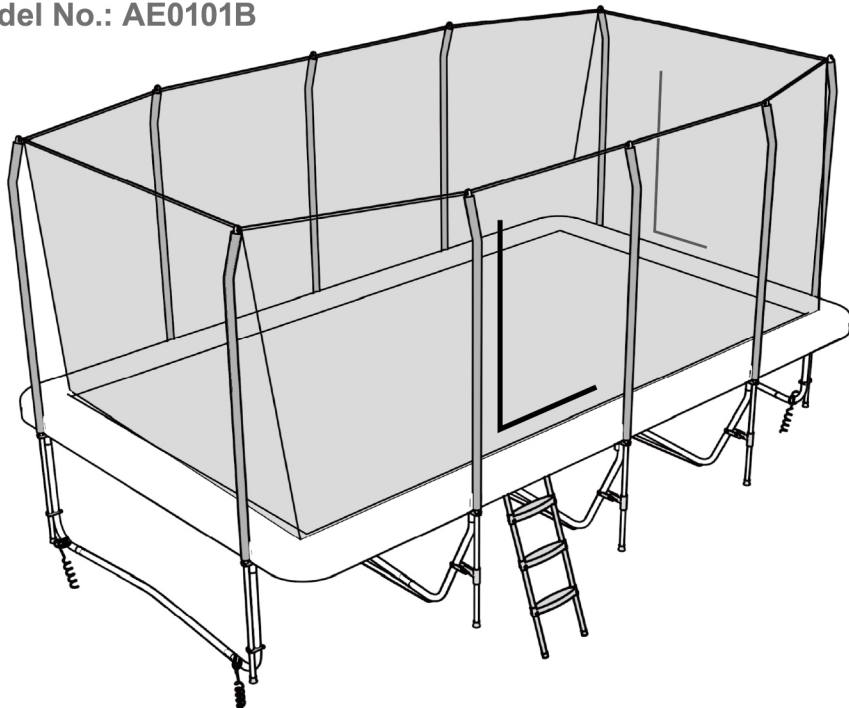


Rectangle Trampoline

Instruction Manual

Model No.: AE0101B



WARNING!

- Read these instructions carefully before attempting to assemble or use this product.
- Adult assembly required.
- Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.
- Adult supervision required at all times.
- Not recommended for children under 6 years old.
- Only for domestic use. Outdoor use only.

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IMPORTANT SAFETY INSTRUCTIONS

 **WARNING!** To reduce the risk of serious injury, read and follow all warnings, precautions, and instructions in this manual before assembling and using the trampoline.

HOW TO USE MY TRAMPOLINE?

1. Supervisors need to understand and enforce all safety rules and guidelines, provide knowledgeable advice and guidance to players, and ensure that they are informed. If supervision is unavailable or inadequate, players should not be allowed to use the equipment.

- Ensure the jumper(s) are within the weight limit when playing on the trampoline.
- Inspect the trampoline before each use for bent tubes, torn mat, loose(broken) springs, and overall stability of the trampoline.
- Small children should be assisted when getting in(off) the trampoline.
- Do not allow any jumpers to start bouncing on the trampoline unless you've inspected it and ensure it's in good condition.
- Do not place the trampoline indoors, on concrete floors, hard ground (e.g. rock), or slippery surfaces.
- Do not place any objects on the trampoline while anyone is playing on the trampoline.
- Do not allow any activity underneath the trampoline.
- Do not allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.
- Not recommended for children under 6 years old.
- Max user weight 113kg(249lbs)
- Trampoline for outdoor use and non-commercial use.
- Beware of weather conditions and do not allow use on rainy, windy, or snowy days.
- Secure the trampoline when not in use to prevent unsupervised or unauthorized use.

2. Jumpers should read, understand, and practice all safety tips and guidelines before using the trampoline.

- Do not use the trampoline without an adult or knowledgeable supervision, regardless of your skill level or age.
- Do not take in any alcohol or drugs before/when using this trampoline.
- Do not use a trampoline when being impacted by alcohol or drugs.
- Do not smoke, eat, or drink when using the trampoline.
- Do not chew gum, sweets, etc. when using the trampoline.
- Do not hold any objects in your hand when using the trampoline.
- Do not wear hard-soled shoes(for example, tennis shoes), watches, jewelry, or other accessories when playing on a trampoline because it will cause excessive wear on the mat.
- Do not try difficult maneuvers until you have mastered the previous maneuver.
- Do not perform any type of somersaults(backward or forward) on the trampoline.
- Do not step directly onto the frame pad or grasp the frame pad. Place your hand on the frame and either step or roll up onto the frame, over the springs, and onto the trampoline mat.
- Initially, you should get accustomed to the feeling and bounce of the trampoline. The focus must be on the fundamental of your body position. You should practice each bounce (the basic bounces) until you can do and control it at ease.
- To break a bounce, bend your knees sharply before they contact the trampoline mat. This technique should be practiced while you are learning each basic bounce. The braking skill should be used whenever you lose balance or control of your jump.
- Keep each of your bounce in control. Ensure your take-off point is the same as the landing point. Never move up to the next bounce without mastering the previous, or you'll increase your chances to get injured.
- To stop your bounce, bend your knees when you land on the mat with your feet.
- When getting off, move over to the side of the trampoline and place your hand onto the frame as support, and step from the mat to the ground.

3. Jumpers should also practice the following important guidelines to ensure safe bounces.

- Do not use the trampoline when it is wet,damaged,dirty,or worn out.
- Do not use the trampoline if there are pets,kids,or any objects underneath the trampoline.
- Do not use the trampoline without attaching the frame pad. Tie the frame pad down before each use.
- Do not use the trampoline as a device to bounce onto or into another object.
- Do not jump into/off the trampoline.
- Do not jump or step onto or grasp the frame pad.
- Do not get off by jumping offthe trampoline and landing on the ground, even if it's a grassland.
- Do not attempt to somersault.
- Do not bounce recklessly on the trampoline because it will increase your chances of getting injured.
- Do not bounce on the trampoline for extended periods because fatigue can increase your chances of injury.
- Keep all objects that could interfere with the jumper away from the trampoline.
- Stay in the center of the mat. This will reduce your risk of getting injured by landing on the frame or springs.
- Keep your eyes on the mat to maintain control.If you do not,you could lose balance or control.
- Beware of what is overhead,underneath,and around the trampoline.

WHERE TO PLACE MY TRAMPOLINE?

Before assembling, you should find a safe area to place the trampoline. Measure your yard to find out how much space you have. Keep the following two parameters in mind:

- The minimum space required overhead the trampoline is 24 feet (about 7.3 meters);
- The minimum space required around the trampoline is 8.2 feet (about 2.5 meters).

Please also comply with the following important guidelines:

1. Ensure the place is clear of any obstacles including but not limited to debris, walls, fences, branches, slopes, and electrical power wiring;
2. Ensure the place is flat and even. If the ground is not level, never try to make it serve as the jumping area;
3. Install the trampoline in a well-lighted area;
4. Install the trampoline on the lawn without obstacles underneath, surrounded, and overhead because it keeps the trampoline stable and firm from sliding with traction as well as protects the jumper from severe injuries in case of falling;
5. Adjust somewhere a little uneven (only applicable for the place where the rise/gradient is no more than 3 degrees across the whole space) if you have to place the trampoline there.
6. Do not install the trampoline on hard ground such as driveway, asphalt, or concrete;
7. Do not install the trampoline on a hill or anywhere the slope is greater than 3 degrees across the whole space.

Product name: 10 x 17FT Trampoline

Model No.: AE0101B

Manufacturer: YANGZHOU HAIQI SPORTS EQUIPMENT CO.,LTD

Address: NO.33 KANGYUAN ROAD, ECONOMIC DEVELOPMENT ZONE OF BAOYING COUNTY, YANGZHOU CITY, JIANGSU PROVINCE, CHINA



Scan the QR code to watch the installation guide. Carefully follow all directions.

PART LIST

(Check and confirm you have all labeled parts according to the Parts List.)



A1 V-shaped leg base (short) x2



A2 V-shaped leg base (long) x3



B1 L-shaped leg (short) x4



B2 L-shaped leg (long) x6



C1 Base Bracket x6



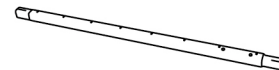
C2 Base Bracket Connecting Screw x6 (M8 x 20mm)



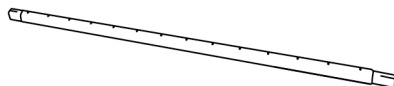
C3 Base Bracket Fixing Screw x6 (M6 x 55mm)



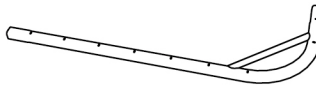
D1 Crossbar (long side) x2



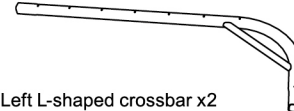
D2 Crossbar (long side) x2



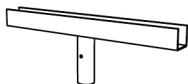
D3 Crossbar (short side) x2



D4 Right L-shaped crossbar x2



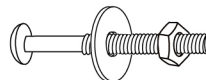
D5 Left L-shaped crossbar x2



E1 T-shaped sleeve (long) x2



E2 T-shaped sleeve (short) x8



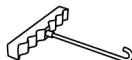
E3 Long-side mounting screws (M8 x 65 mm) x8



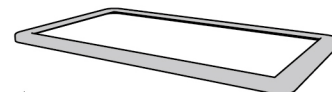
F1 Jumping Mat x1



F2 Spring x96



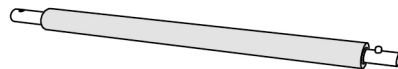
F3 Spring Tools x2



G Border protection mat



H1 Side Support Tube (Top) x10



H2 Side Support Tube (Center) x10



H3 Side Support Pipe (Lower) x10



H4 Side support sleeve x10



I1 Side Support Clamp x14



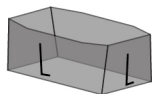
I2 Reinforce the fasteners x6



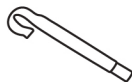
I3 Reinforcing Plate x12



I4 Reinforced fastener set (M6 x 55 mm) x12



J Safety netting x1



K1 Ladder hook x2



K2 Straight Ladder Tube x 2



K3 Ladder Step x3



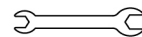
K4 Ladder screws x6 (M6 x 40 mm)



L Wind Stake x4



M Securing Strap x4



M6/M8 Wrench



M6/M8 Wrench



A pair of Gloves x2



Iron bar for stake installation



Spanner

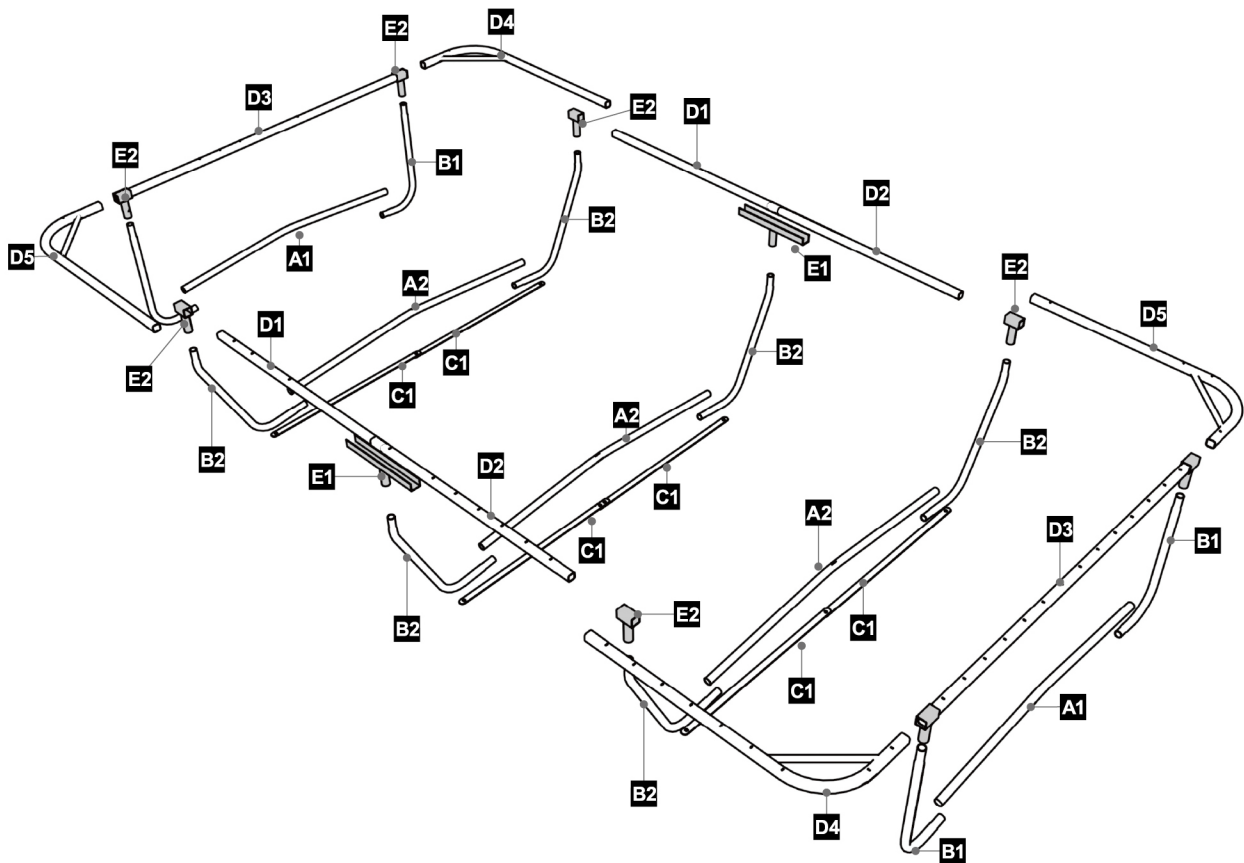
ASSEMBLY INSTRUCTIONS

Do not move the trampoline from one place to another after the assembly unless you've disassembled it. Please read the assembly instructions before starting your work.

Before Assembling

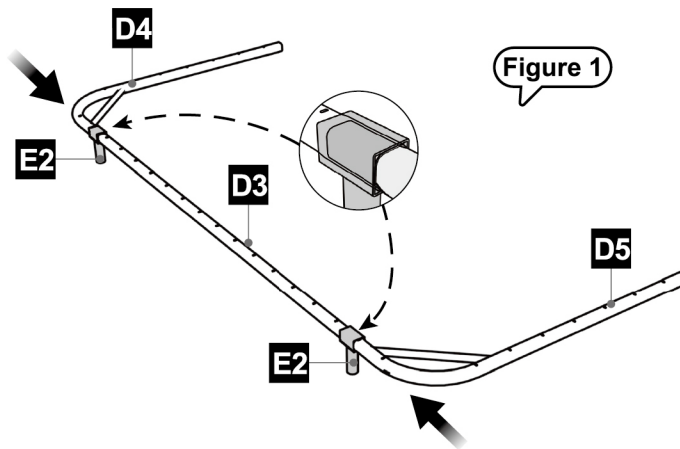
- 1. At least two people are required for the trampoline assembly;**
- 2. Check and confirm you have all labeled parts according to the Parts List.**
- 3. Do not forget to wear gloves and use the Spring Loading Tool provided in the package. The owner and the installer should take responsibility for any injuries if they forget to wear and use;**
- 4. Ensure all parts are dry before the installation.**

Frame Assembly Exploded View



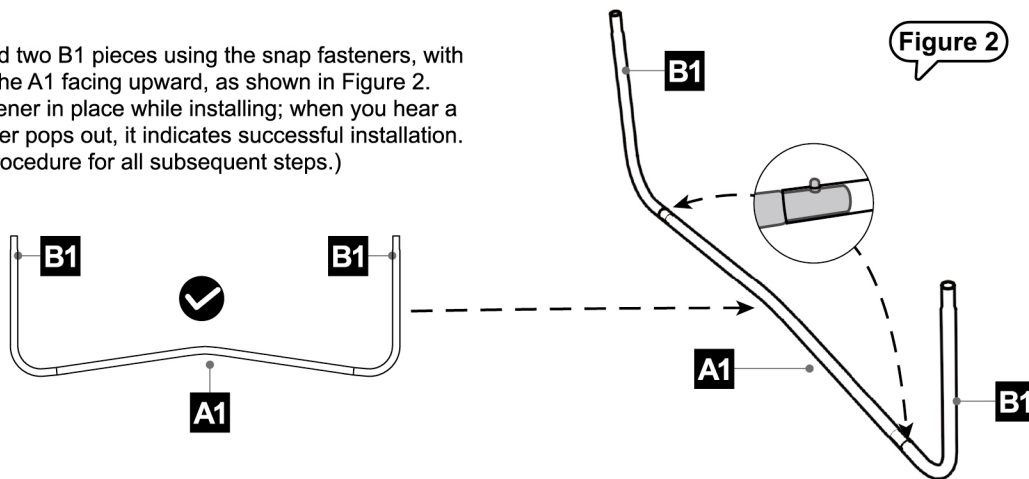
Step1:

Place the two E2 pieces on the short sides of D4 and D5, respectively, and connect them to D3 to form the configuration shown in Figure 1.



Step2:

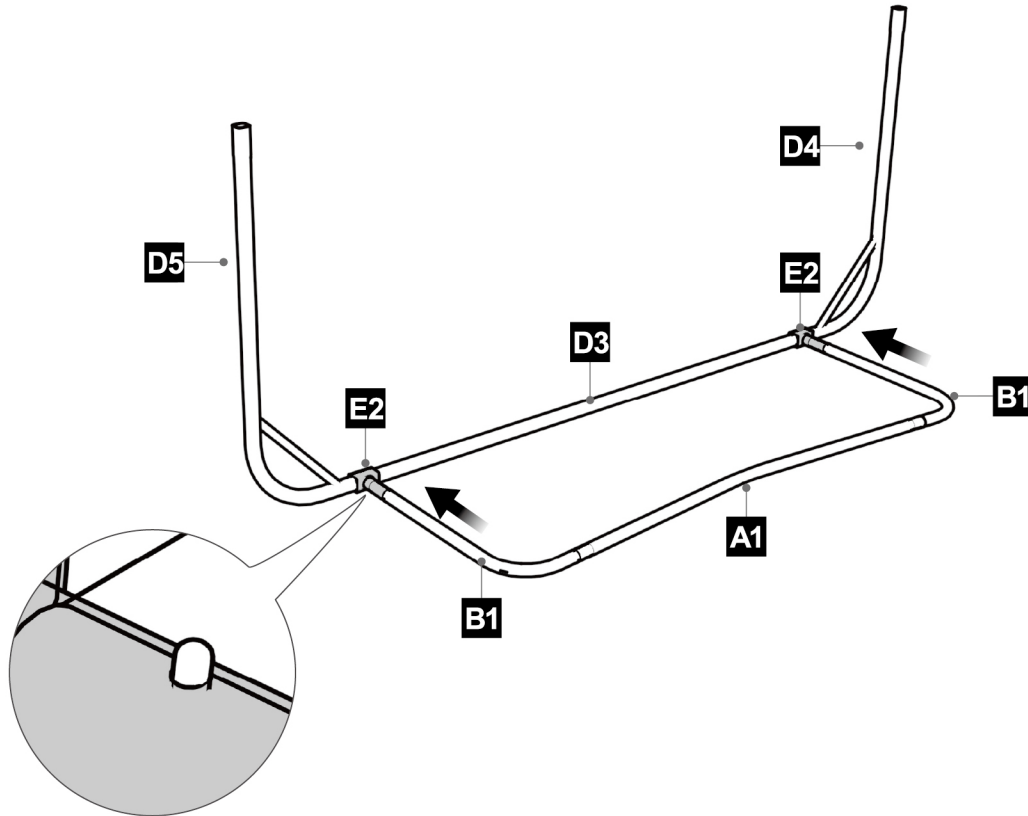
Connect one A1 and two B1 pieces using the snap fasteners, with the arched side of the A1 facing upward, as shown in Figure 2. (Hold the snap fastener in place while installing; when you hear a click and the fastener pops out, it indicates successful installation. Follow this same procedure for all subsequent steps.)



Step3:

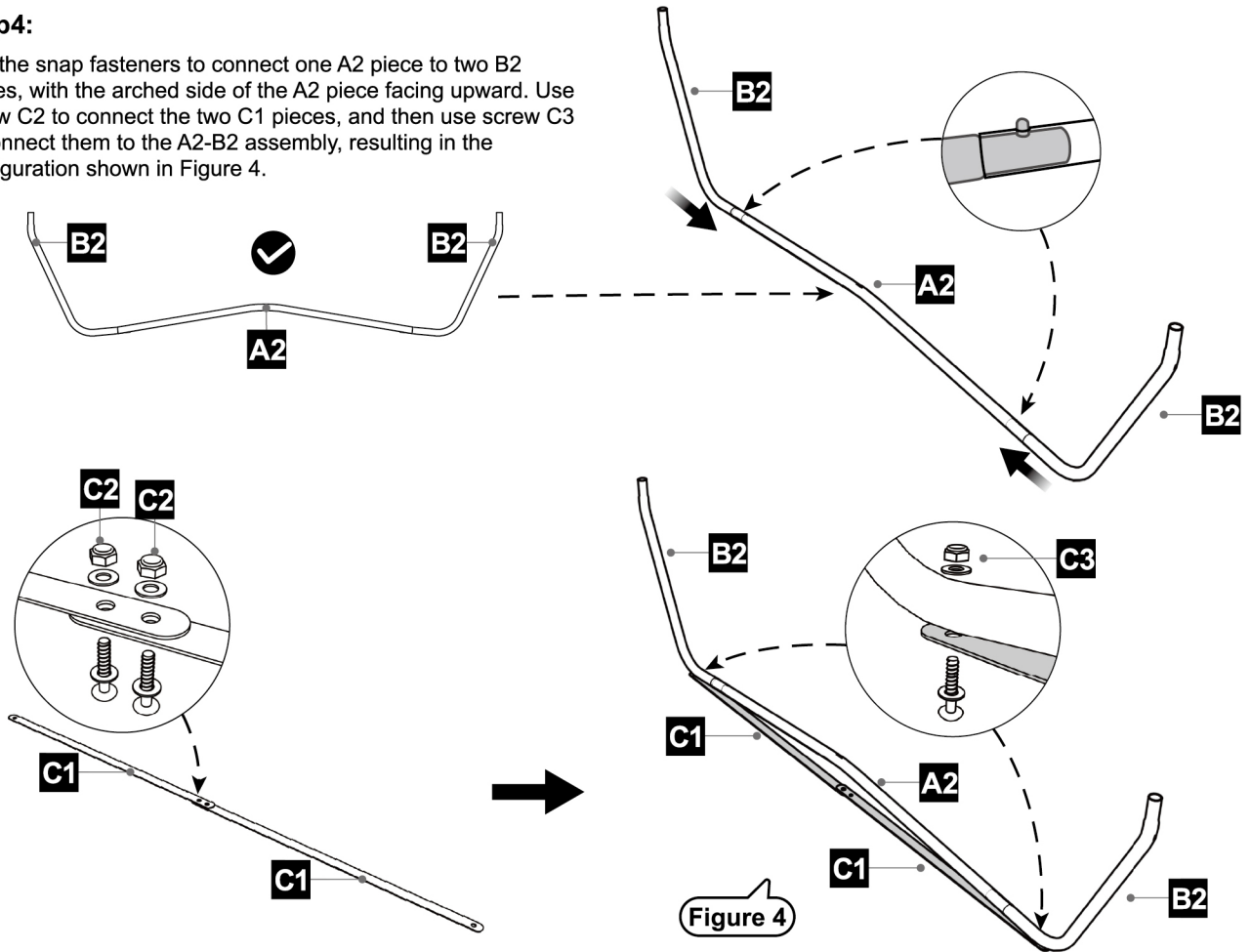
Rotate Figure 1 by 90 degrees and connect it to Figure 2 using the snap fasteners to obtain Figure 3.

Figure 3



Step4:

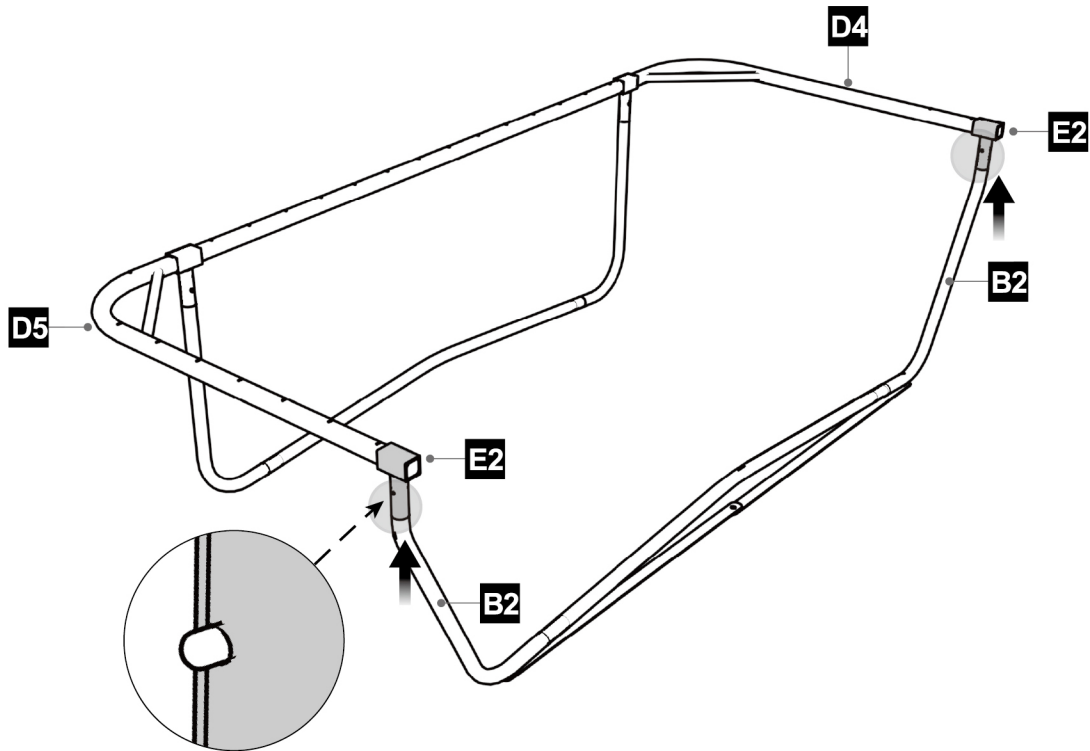
Use the snap fasteners to connect one A2 piece to two B2 pieces, with the arched side of the A2 piece facing upward. Use screw C2 to connect the two C1 pieces, and then use screw C3 to connect them to the A2-B2 assembly, resulting in the configuration shown in Figure 4.



Step5:

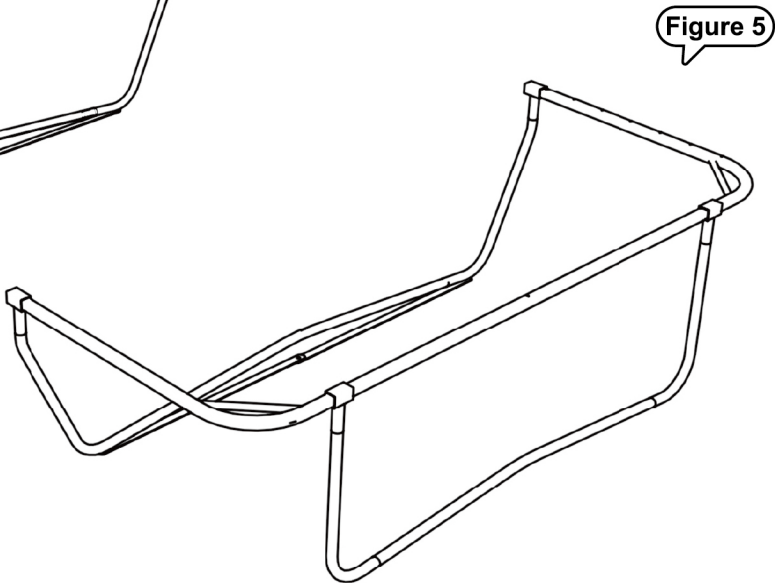
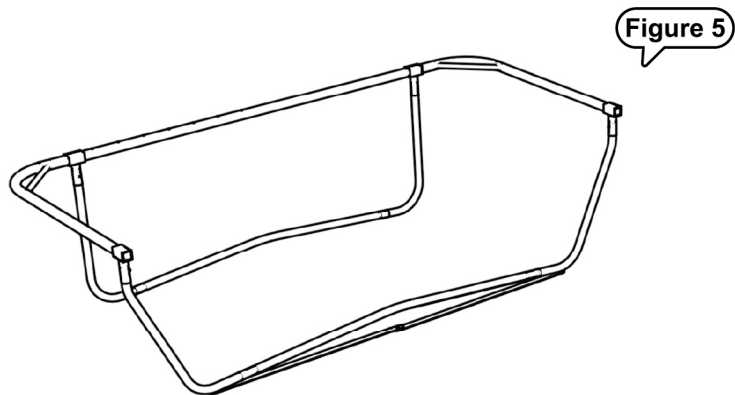
Rotate Figure 3 by 90 degrees, attach two E2s, and connect them to Figure 4 using snap fasteners to obtain Figure 5.

Figure 5



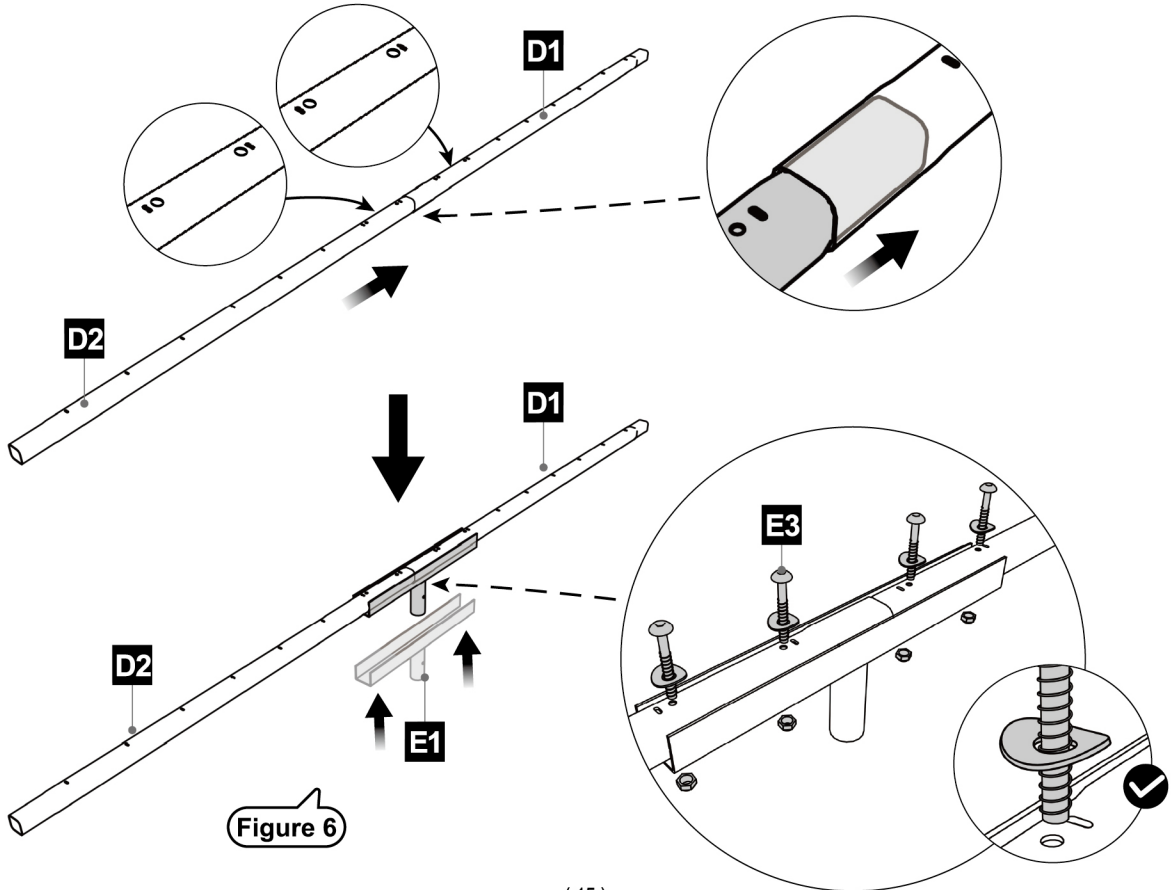
Step6:

Step 6: Repeat steps 1, 2, 3, 4, and 5 to obtain another copy of Figure 5 for later use.



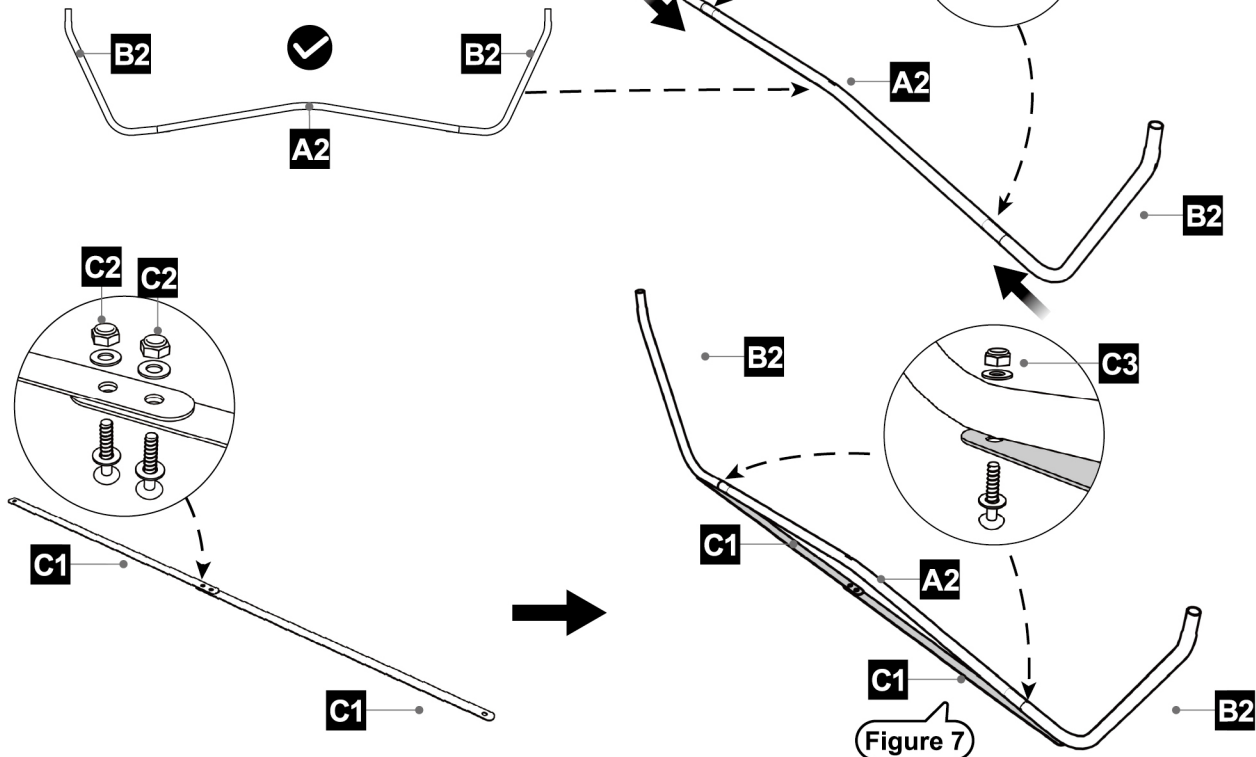
Step7:

Connect D1 and D2 (there are two circular holes on each side of the connection point), and secure them to E1 using screw E3, as shown in Figure 6. (The curvature of the spacer must match that of the tube.)



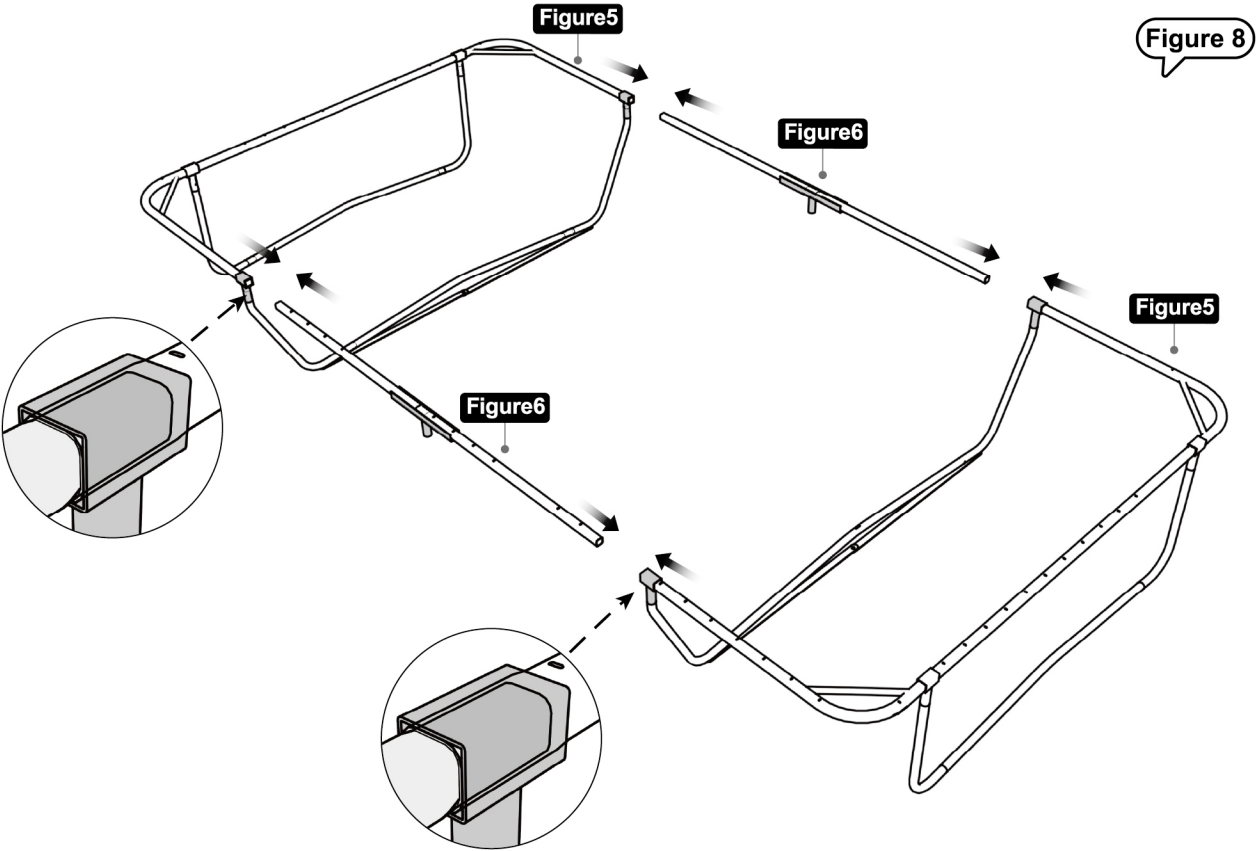
Step8:

Use the snap fasteners to connect one A2 piece to two B2 pieces, with the arched side of the A2 piece facing upward. Use screw C2 to connect the two C1 pieces, aligning the two center screw holes, and tighten the two screws. Then, use screw C3 to connect the A2-B2 assembly. The result is shown in Figure 7.



Step9:

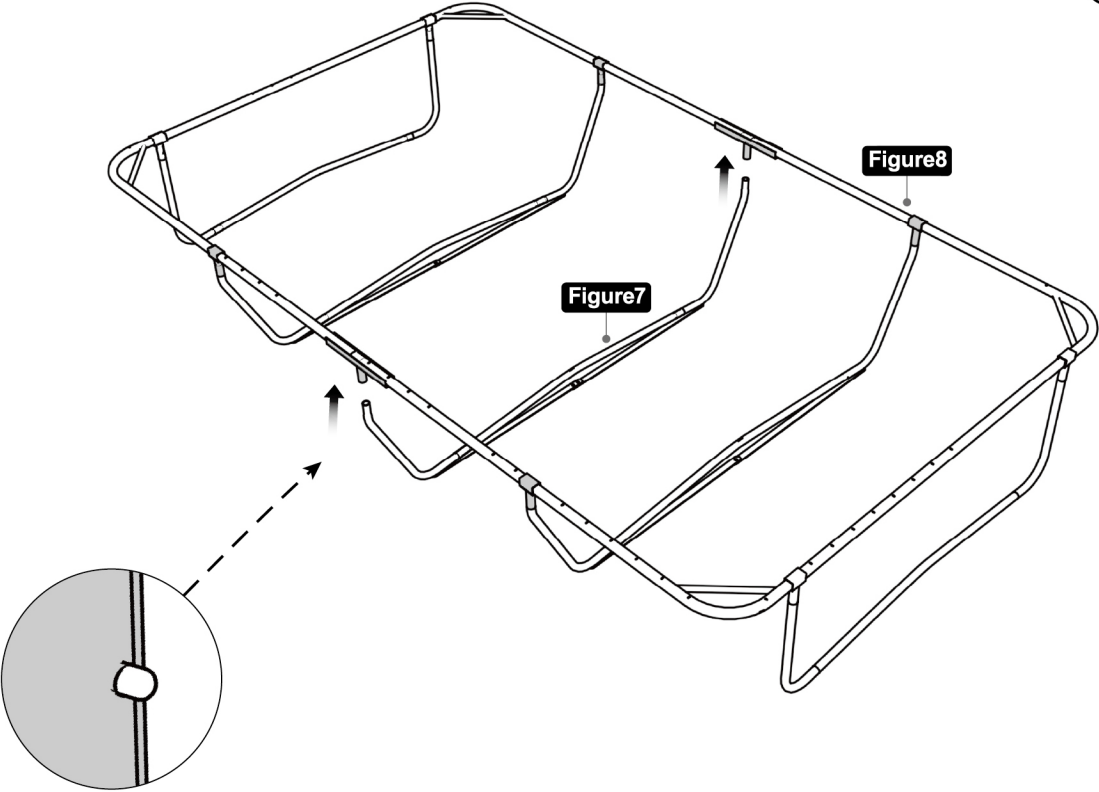
Connect Figure 5 and Figure 6



Step10:

Connect Figure 7 to Figure 8 using snap fasteners to obtain Figure 9.

Figure 9

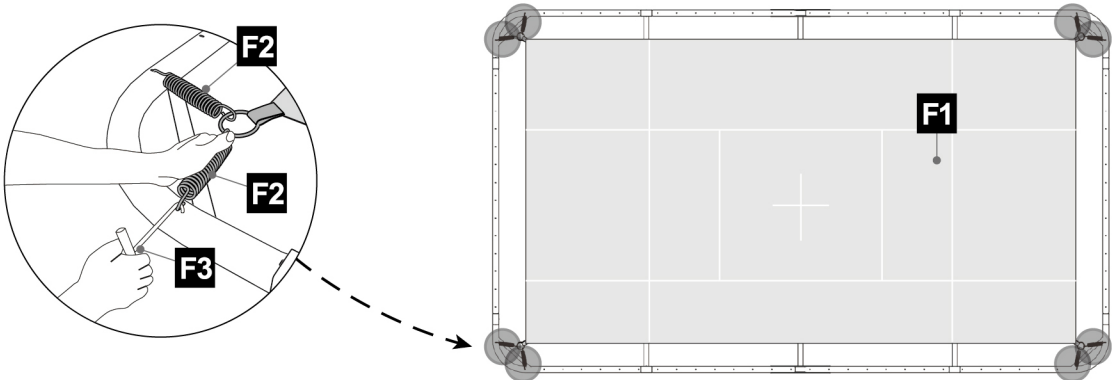
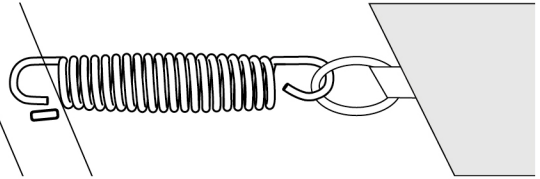


Secure the jumping mat to the frame

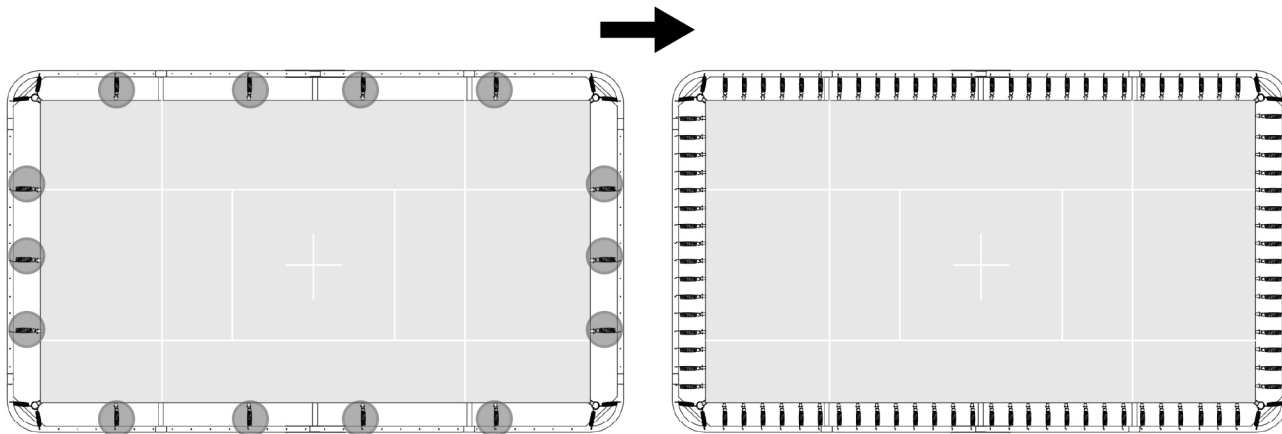
Step11:

(1) On the rings at the four corners, use the F3 spring tool to temporarily secure the jumping mat and frame via the F2 spring.

(NOTE: The springs are directional; the curved hook faces the fabric side, and the flat hook faces the frame side.)



(2) Install several springs symmetrically along each edge to further secure the jumping surface to the frame. To ensure the jumping surface is installed correctly, the number of springs must be symmetrical so that the tension is distributed evenly.

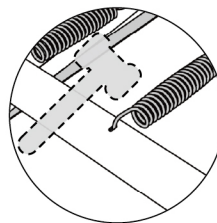


Install the remaining parts until all springs are in place and securely fastened.

Important Note:

The springs will generate high tension during assembly. Please be careful to avoid pinching your fingers.

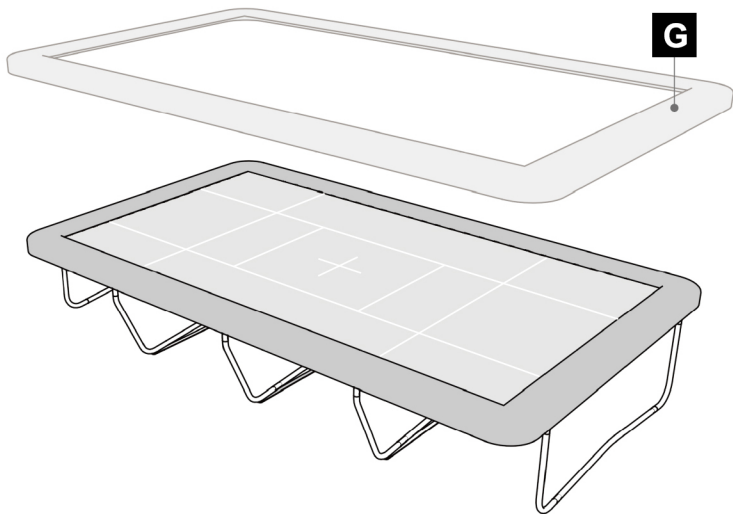
Do not install adjacent springs one after another, as this will make installation increasingly difficult and may even prevent successful installation.



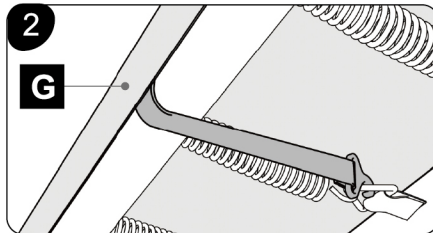
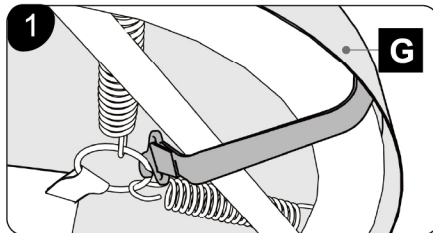
If the spring hooks are not fully inserted into the holes, gently tap the springs.

Step12:

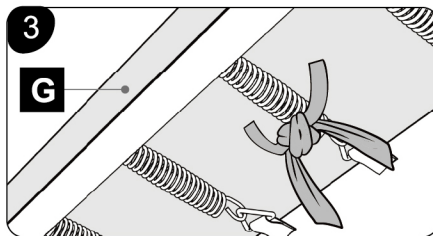
Secure the perimeter padding G to the trampoline. Cover all metal parts with G, including the springs and frame



A preview of the finished result



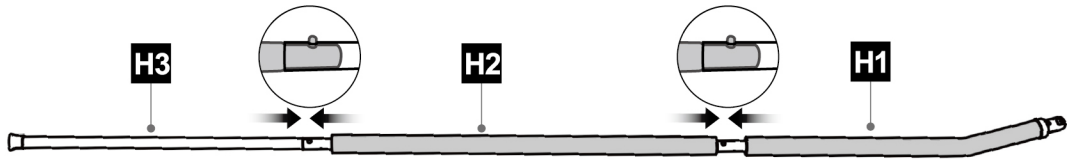
Where there are plastic hooks, there are two types of fasteners: one that hooks onto a round ring and one that hooks onto a triangular ring.



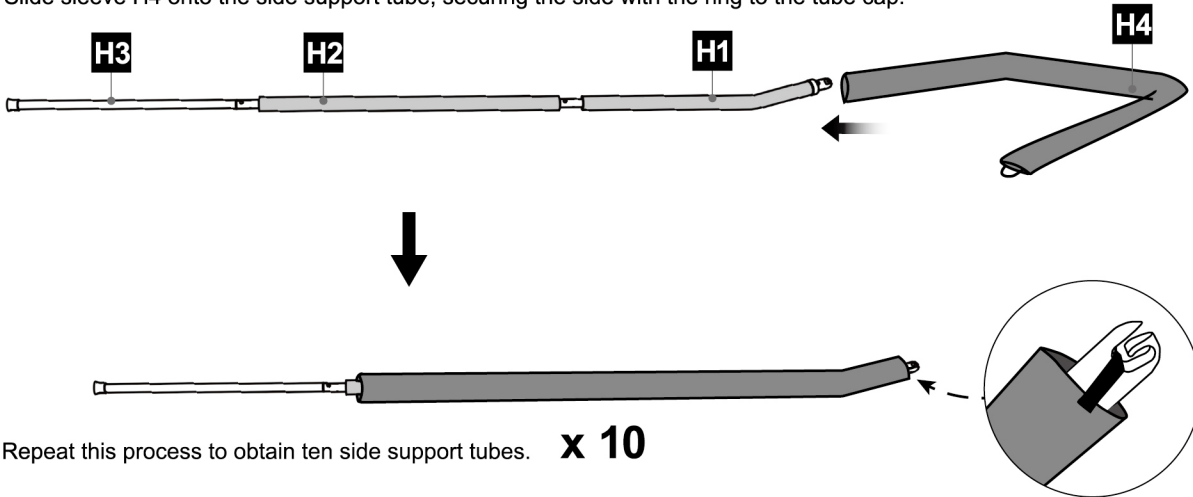
Where there are straps, they are secured by fastening them to the spring.

Step13:

(1) Assemble the 10 side support rods. Connect H1, H2, and H3 using snap fasteners

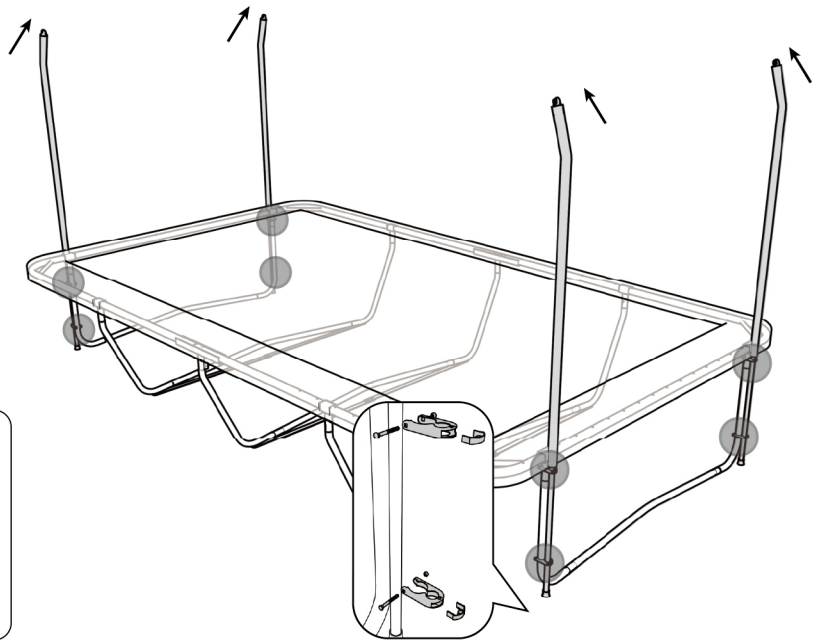
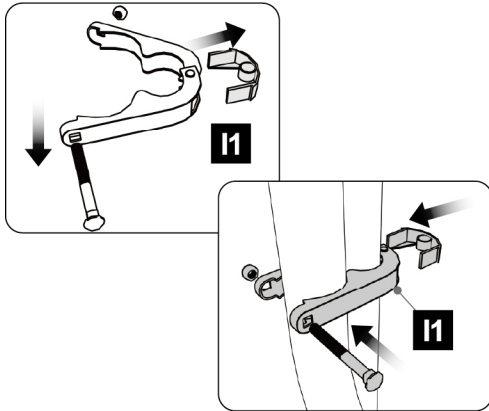


(2) Slide sleeve H4 onto the side support tube, securing the side with the ring to the tube cap.



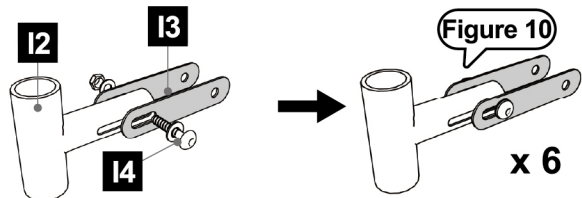
Step14:

Each short side is reinforced with two side support poles, and each side support pole is secured by two clamps, one positioned high and one low (Note: The pipes are angled toward the side of the trampoline to facilitate the installation of the safety net).



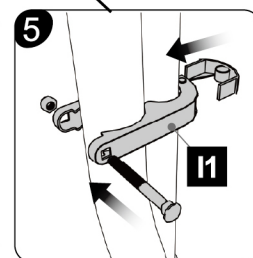
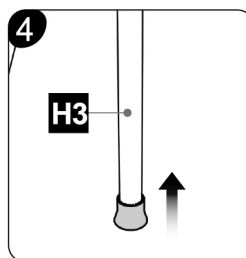
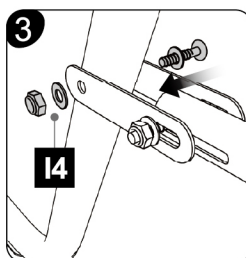
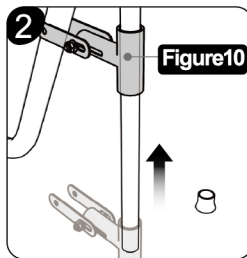
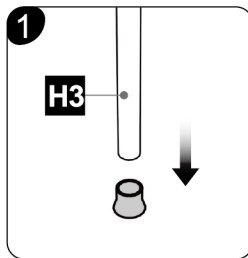
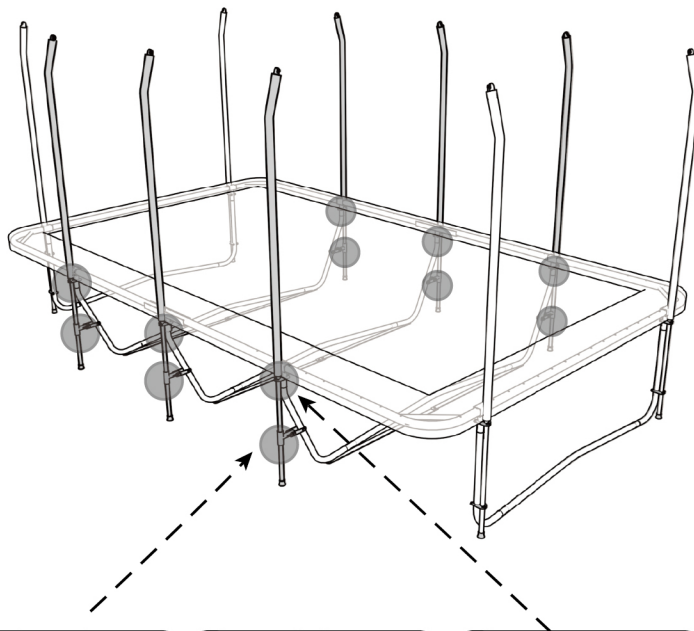
Step15:

Secure the six side support rods on the long side using the side support rod clamps and reinforcement connection sets I1–I4.



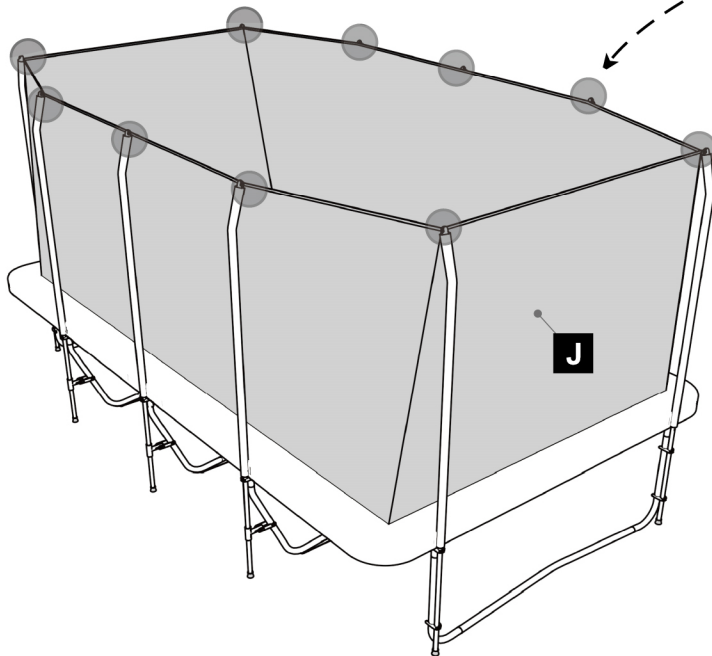
Step16:

Each long side is reinforced with three support poles. Each side support pole is secured using a clamp and a connector (Fig. 10 and I4), with the clamp positioned at the top and the reinforcement connector at the bottom (the reinforcement connector can be removed so that the foot pad can be inserted into the leg tube from below, or H2-H3 can be disconnected so that it can be inserted into the leg tube from above). (Note: The tubes are angled toward the trampoline to facilitate the installation of the safety net.)

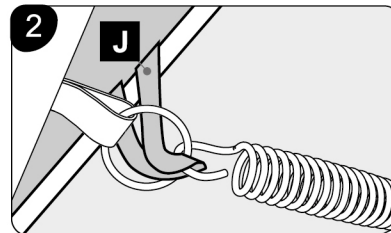


Step17:

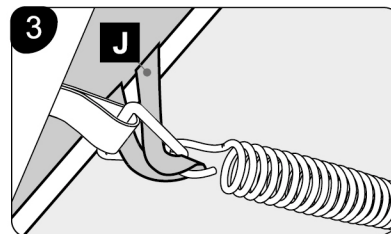
Secure the safety net to the trampoline



Connect the hooks on the safety net to the tube caps on the side support poles as shown in the figure.

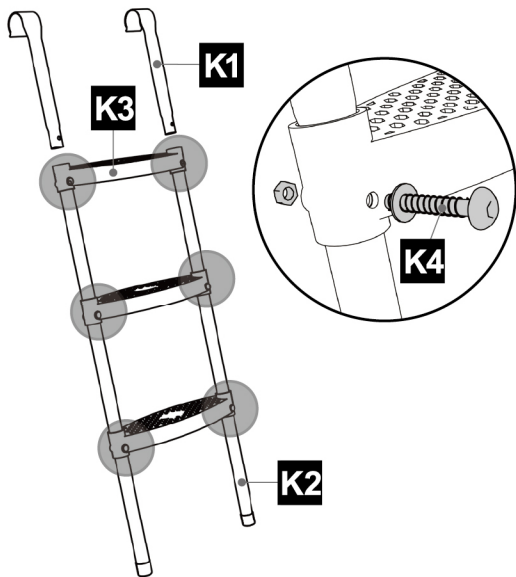


At the four corners below, the hooks on the underside of the safety net are threaded through the rings and attached to the spring hooks.

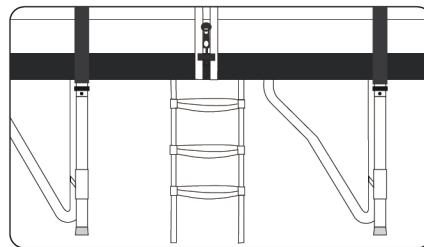


For other positions, thread the cord through the triangular ring and attach it to the spring hook.

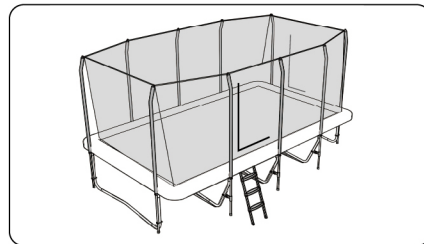
Step18: Trampoline Ladder Assembly instruction



⚠ Warning! Before jumping starts, the supervising adult must fully re-zip the zipper and fasten all buckles securely.

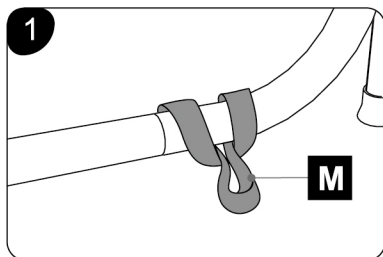
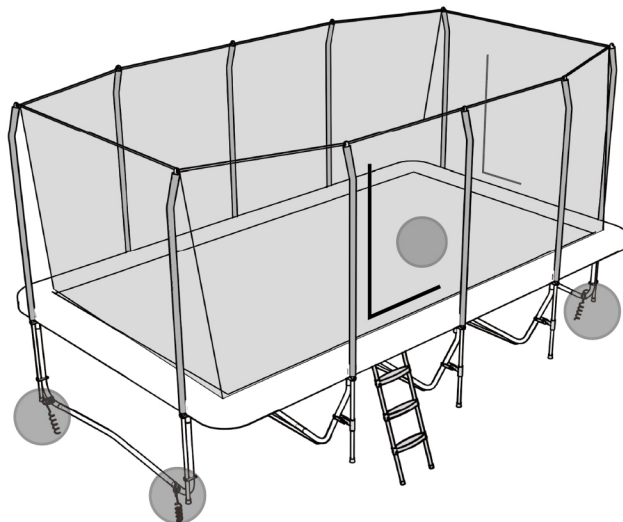


Hang the ladder on the frame which closes to the zipper.

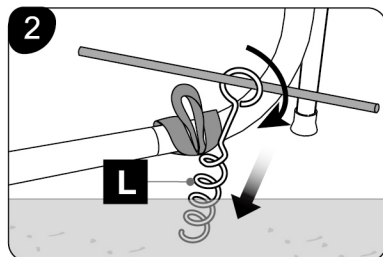


As shown in the picture, the assembly of the ladder is completed.

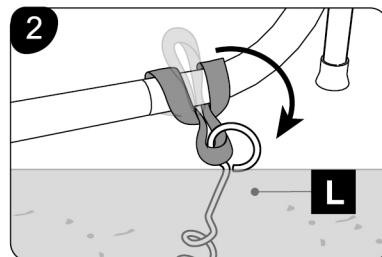
Step19:
Install stake.



Loop the strap around base tube, interlock to create a fixed ring.



Rotate the stake into the ground by using the bar.



Thread the strap loop over the stake ring through the opening.

BASIC SKILLS

WARNINGS:

- 1. All users, regardless of age or skill level, must be continuously supervised by a responsible adult.**
- 2. Do not attempt advanced bounces without first mastering all fundamental skills.**

Practice the following basic jumping exercises to master fundamental bounces and movements. It is the sole responsibility of the equipment owner or supervising adult to ensure all users read, fully understand and practice these exercises prior to stepping onto the trampoline.

Lesson 1

Warming-up: Demonstrate proper body posture and trampoline safety regulations with all users before any jumping activities.

1. Trampoline Entry & Exit – Demonstrate proper entry and exit techniques
2. Fundamental Stationary Bounce – Demonstration and hands-on practice
3. Controlled Stopping – Demonstration and hands-on practice; master stopping immediately upon verbal instruction
4. Hands-and-Knees Crawling – Demonstration and hands-on practice. Emphasize stable four-point landing and correct full-body alignment at all times.

Lesson 2

1. Warming-up: Review and practice techniques learned in Lesson 1.
2. Knee Bounce—Demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right.
3. Seat Bounce—Demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees; repeat.

Lesson 3

1. Review and practice all skills and techniques covered in prior lessons.
2. Front Drop – Demonstrate and teach the proper front landing posture. All users shall adopt a prone (face-down) position on the jumping mat so the supervisor may identify improper postures that could lead to injury.
3. Begin with hands-and-knees bouncing, then extend the body into a prone stance to land on the mat before returning to a standing position.
4. Standard Practice Sequence: hand-and-knee bounce, front bounce, seat bounce, and back to feet.

Lesson 4

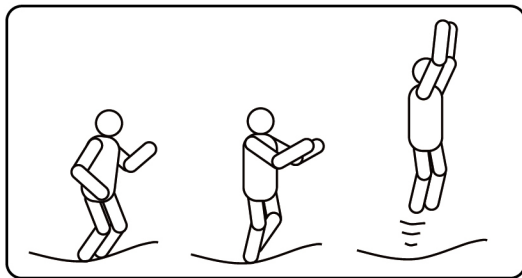
Warm-Up Session: Review and practice all skills and techniques covered in prior lessons. Proceed to learn the half-turn bounce with the steps below:

1. Start from a stable front drop stance upon landing on the jumping mat. Push off using your arms toward either your left or right side, and rotate your head and shoulders in the matching direction.
2. Maintain your back parallel to the mat and keep your head raised throughout the full rotation.
3. Complete the rotation, then land in the standard front drop position.

After learning, practicing and fully mastering all the preceding training exercises, users may create their own jump sequences. Under no circumstances shall anyone skip these fundamental skills before attempting advanced complex stunts.

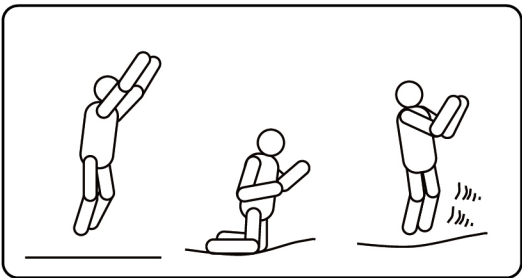
Basic Bounce

1. Start from the standing position with feet shoulder-width apart and eyes on the mat.
2. Swing your arms forward and up in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder-width apart when landing on the mat.



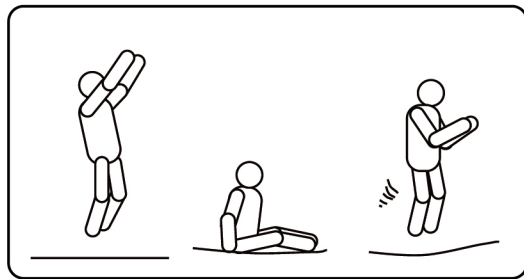
Knee Bounce

1. Start from the standing position with feet shoulder-width apart and eyes on the mat.
2. Land on knees while keeping your body erect and your back straight. Do not forget to use your arms to keep a balance.
3. Bounce back to the starting position.



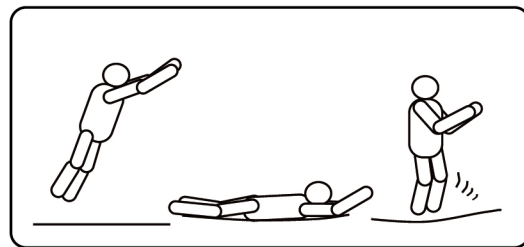
Seat Bounce

1. Start from the standing position with feet shoulder-width apart and eyes on the mat.
2. Land in a flat sitting position with legs parallel to the mat and hands beside your hips.
3. Return to the erect position by pushing up your hands.



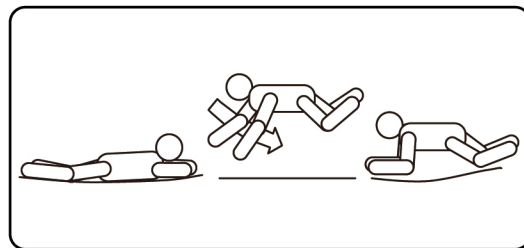
Front Bounce

1. Start with the front bounce position.
2. Land in the prone position (face down) with your hands and arms extended forward on the mat.
3. Push off the mat with your arms returning to the standing position.



180 Degree Bounce

1. Start with the front bounce position.
2. Push off with your left (or right) hand and arms (depending on which way you wish to turn).
3. Maintain your head and shoulders in the same direction, keep your back parallel to the mat and head up.
4. Land in the prone position by pushing up your hands and arms to the standing position.



MAINTENANCE

Care

Follow the guidelines below for proper operation, disassembly and storage of your trampoline:

1. Inspect and rinse the jumping mat thoroughly with a garden hose every two weeks;
2. Clear all sharp objects from the trampoline before each use;
3. Remove leaves, debris, mildew and bird droppings from the jumping mat prior to use;
4. All users must wear socks or jump barefoot on the trampoline;
5. Position the trampoline well away from open flame sources including outdoor grills;
6. Prohibit pets and animals from entering the jumping enclosure;
7. Store the disassembled trampoline in a dry, well-ventilated space when not in use.

Maintenance

Thoroughly inspect the entire trampoline prior to every use. Replace all worn, over-stressed, damaged or missing components immediately, as defective parts greatly raise injury risks. Watch closely for the following unsafe conditions:

1. Punctures, rips or tears on the jumping mat.
2. Excessively sagging jumping mat.
3. Loose seams, fraying or any deterioration of the mat fabric.
4. Bent, cracked or broken frame components including support legs.
5. Broken, lost or deformed springs.
6. Frame padding that is torn, missing or loosely fastened.
7. Any protruding edges or sharp protrusions on the frame, springs or mat surface.

If any of the above defects or other hazardous issues are found, fully disassemble the trampoline. If disassembly is not feasible, securely lock the unit or cover it with a heavy-duty tarpaulin to block unsupervised, unauthorized access. Do not resume use of the trampoline until all faulty parts have been fully replaced.

Special Conditions

The owner or supervisor shall comply with the following environmental operation rules:

Windy Conditions

Do not use or stand near the trampoline in windy or gusty conditions. A trampoline can become airborne when exposed to sustained wind or gusting wind conditions. This can result in serious injury, paralysis, or death, as well as property damage. To reduce these risks, disassemble the trampoline and enclosure and store them until weather conditions improve. Anchoring a trampoline frame may prevent the trampoline from moving as a result of the wind, but even anchored trampolines can become airborne or damaged. Consult a qualified contractor to determine what type of anchor works best in your location.

Winter Care

Although you can use the trampoline in winter if you keep cleaning them regularly and avoid snow stocking, we highly recommend you disassemble and store the equipment in a dry area with good ventilation. In any condition, do not forget to put on the rain cover when it's not in use.

If any of the aforementioned defects or any other potentially hazardous conditions are identified, the trampoline must either be fully disassembled or securely locked away to prevent access until all faults have been completely repaired.