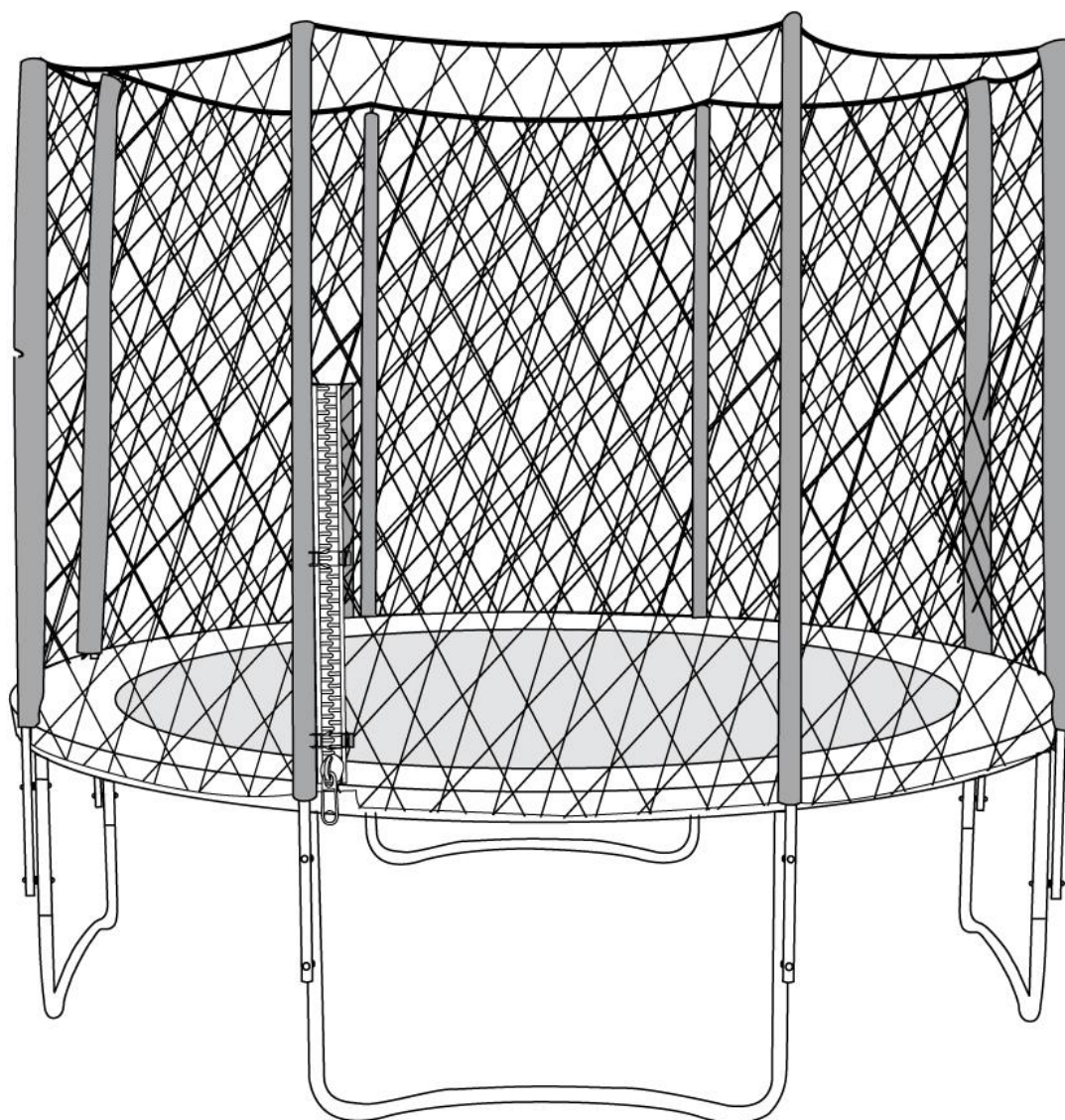

8,10,12FT TRAMPOLINE USER MANUAL



READ THIS FIRST!!!

**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.

**Once a person on the trampoline
Max. User weight 100Kgs**

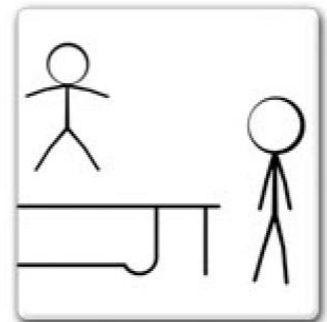
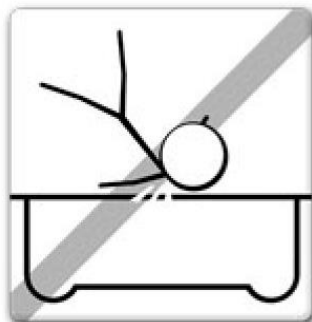
GENERAL SAFETY

● INSTRUCTIONS



BEFORE YOU BEGIN USING YOUR BIG TRAMPOLINE: *Read and understand all this 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.

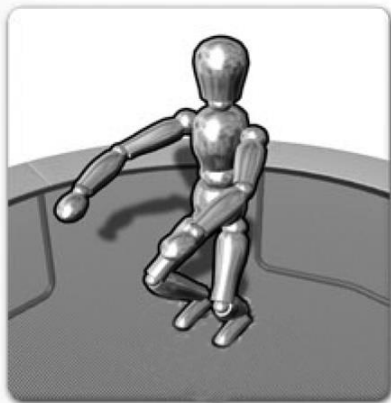
- ALWAYS CONSULT A DOCTOR/PHYSICIAN BEFORE PERFORMING ANY KIND OF PHYSICAL ACTIVITY.
- ALWAYS CHECK YOUR BIG TRAMPOLINE BEFORE USE, PAYING SPECIFIC ATTENTION TO ALL THE BOLTS, JUMP MAT AND PADS POSITION. DON'T USE IF ANY PARTS ARE MISSING OR LOOK LIKE THEY SHOW WEAR AND TEAR.
- ALWAYS USES THE PROVIDED SAFETY ENCLOSURE WHEN USING THE TRAMPOLINE.
- ALWAYS ENSURE THAT THE TRAMPOLINE IS USED BY ONLY ONE PERSON AT A TIME.
- ALWAYS ENSURE THAT WHENEVER THE TRAMPOLINE IS USED BY ANYONE AT ANY SKILL LEVEL THAT DO SO UNDER SUPERVISION.
- 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 appropriate clothing is worn, preferably sports wear and socks .NEVER WEAR SHOES ON THE MAT.
- Please be warned that trampoline is spring based and will allow the user to jump to a greater height than that 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 your safety and an extended product life span. All users and supervisors should therefore familiarize themselves with these instructions. Anybody who chooses to use the trampoline must be aware of their own limitations with regards to performing skills on this trampoline.
- The safety enclosure is there to prevent the user falling off the trampoline, and is not to be jumped into unnecessarily.
- Trampoline should be assembled on grass or BSI approved safety matting.



INFORMATION ON THE

● USE OF TRAMPOLINE

INITIALLY, you should get accustomed to your trampoline and understand how much spring is in each bounce .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 stop and absorb the spring in the mat.The position is shown in the image to the left. Arms are held out for increased level of balance.
- **This skill is used when the trampoline user wishes to stop bouncing on the trampoline due to fatigue, loss of control, etc.**



SOMERSAULTS (FLIPS): DO NOT PERFORM somersaults of any type (backwards 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 could result in death or paralysis



FOREIGN OBJECTS : DO NOT use the trampoline if there are pets ,other people ,or any objects underneath the trampoline .This will increase the chances of an injury occurring ,DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while in use. 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.

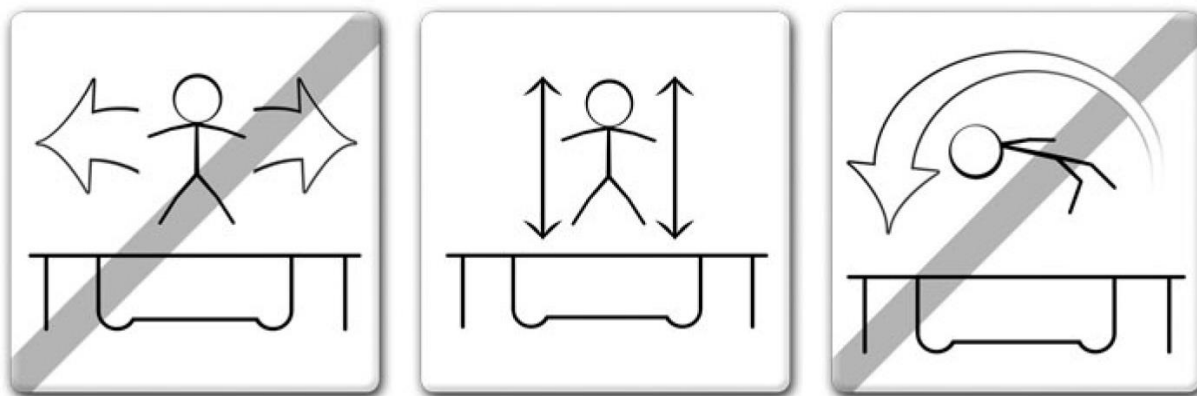


WEATHER CONDITIONS: Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the user could slip and injure himself /herself .If it is too windy, the user could lose control.



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

TIPS TO REDUCE THE
● **RISK OF ACCIDENTS**



In order to reduce the risk of accident 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.
- Read and understand the jump by taking off and landing in the middle of the trampoline.
- 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 professionally certified trampoline instructor before attempting anything beyond basic techniques.

In order to reduce the risk of accident 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 trampoline user.
- Be aware and advise the trampoline user of all the 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 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 that 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 your balance.
- Never have more than 1 person on the trampoline at any one time.

ADVISORY PRECAUTIONS WHILST SUPERVISING TRAMPOLINE

IMPORTANT: Familiarise yourself with the basic jumps 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, damaged, 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 overhead, underneath and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured at all time.

ACCIDENT

● CLASSIFICATION & 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(eg. A deck, roof ,or ladder).This is considered highly dangerous. DO NOT dismount by jumping off the trampoline and landing on the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.



USE OF ALCOHOL OR DRUGS:

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



MULTIPLE USERS:

If you have multiple users (more than one person on the trampoline at any one time), you increase the chance of being injured. Injuries can occur when you fly off the trampoline, lose control, collide with other jumper(s), or land on the springs .



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 frame pads 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.



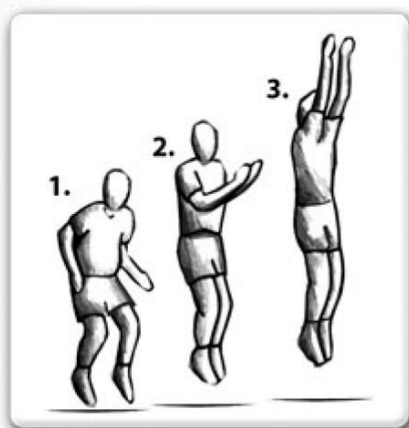
LOSS OF CONTROL:

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 shoulder width apart head up and eyes on the trampoline bed.
- Swing arms forward and up above head in a circular motion.
- Bring legs and feet together in "mid-air" position and point
- Land back on the mat with feet shoulder width apart (same as start position).
- Why not try moving onto the next skill once comfortable and proficient.

BASIC SKILL 2: The Knee Drop

- Start with a low basic bounce (as detailed in BASIC SKILL 1).
- Land on knees shoulder width 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 swinging arms above 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



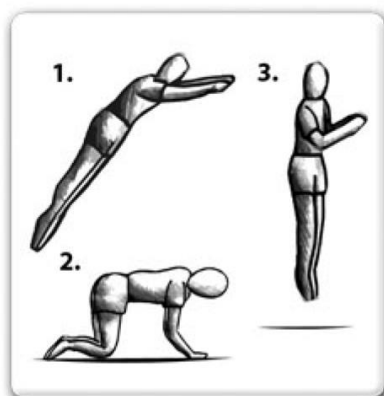
- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Land with legs out straight in front of you, with hands either side of your hips and back straight in a strong body position.
- Use the bounce momentum aided with a push from hands to return to a standing position.
- Once mastered 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

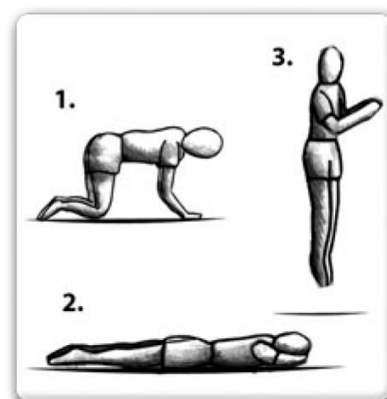
ADVANCED SKILL 1: The Basic Bounce



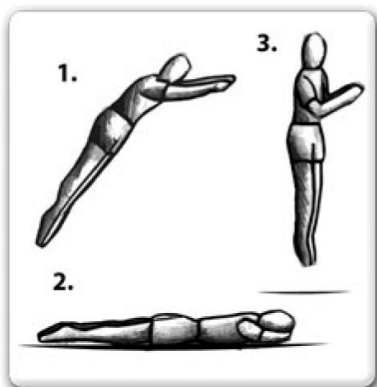
- Start with a low basic bounce (BASIC SKILL1) in the normal position.
- Land on your hands and knees at the same time, ensure that back is horizontal to the bounce mat and hands & legs are shoulder width apart also.
- Use the momentum of bounce and push off hands to regain the standing position.
- Once 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 also.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of body touching the mat at 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 .Trying moving onto the next skill once comfortable and proficient.



ADVANCE SKILL 3: The Front Drop



- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of 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.

IMPORTANT: Should you wish to progress any further and learn more advanced techniques for trampoline, please consult a qualified and registered instructor.

TRAMPOLINE ASSEMBLY

● STEP BY STEP CONSTRUCTION

● Only assemble by adult.

To assemble this trampoline all you need is our special spring loading tool provided with this product.

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

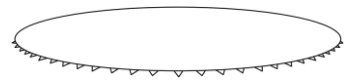
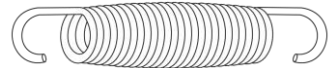
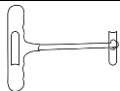
Please read the assembly instructions before beginning to assemble the product.

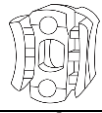
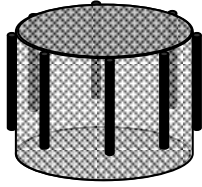
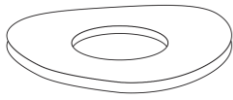
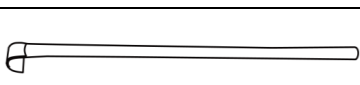
Please refer to the table for part descriptions and numbers. The assembly instruction use these descriptions and numbers as reference .

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

Please use gloves to protect your hands from pinch points during assembly. When you are ready to start, make sure that you have plenty of space and a clean dry area for assembly.

PARTS LIST

Ref Number	Description	Description	8FT	10FT	12FT
A		Frame cover	1pc	1pc	1pc
B		Jumping mat	1pc	1pc	1pc
C		Frame with T connector	6pc	6pc	8pc
D		Spring	48pc	54pc	72pc
E		Leg Extension	6pc	6pc	8pc
F		W-Shaped Leg	3pc	3pc	4pc
G		Spring Tool T-Hook	2pc	2pc	2pc
H		Bottom Pole	6pc	6pc	8pc
I		Upper Pole	6pc	6pc	8pc
J		Long Screw	12pc	12pc	16pc
K		Nut	16pc	16pc	22pc

L		Plastic Pad	12pc	12pc	16pc
M		Enclosure Net	1pc	1pc	1pc
N		Wrench	1pc	1pc	1pc
O		Screw Nut	16pc	16pc	22pc
P		Ladder pipe	2pc	2pc	3pc
Q		Ladder steps	2pc	2pc	3pc
R		Ladder screw	4pc	4pc	6pc
S		Ladder Nut	4pc	4pc	6pc

Enclosed are the current specifications and product features available at time of printing, however, changes may be made in equipment, availability, specifications and features without notice.

ASSEMBLY

- ☐ Assembly should only be done by adults.
- ☐ Minimum of two people are needed for the assembly
- ☐ You will need an area large enough to turn the trampoline frame over

STEP 1: - Top Frame Assembly

1. Locate the frame rails (C) and Insert a rail into a T-connector. See *Figure 1*.
2. Continue connecting T-connectors and rails until you've built the round trampoline frame. Each T-connector will connect two rails. See *Figure 1*.

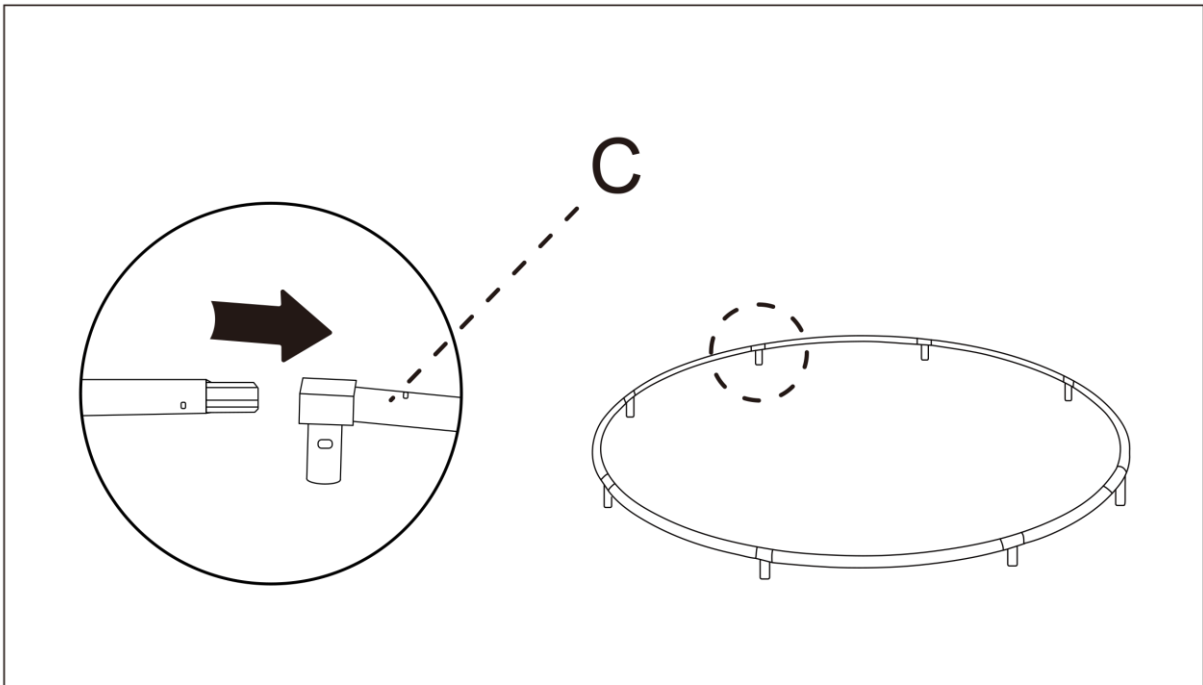


Figure 1

STEP 2: Attach the Legs

1. Locate the W-shaped legs (F), extensions with poles hole (E) and six leg. Pls check the ball of the leg and find the correct first, click the leg extensions with poles hole(E). See the Figure 2

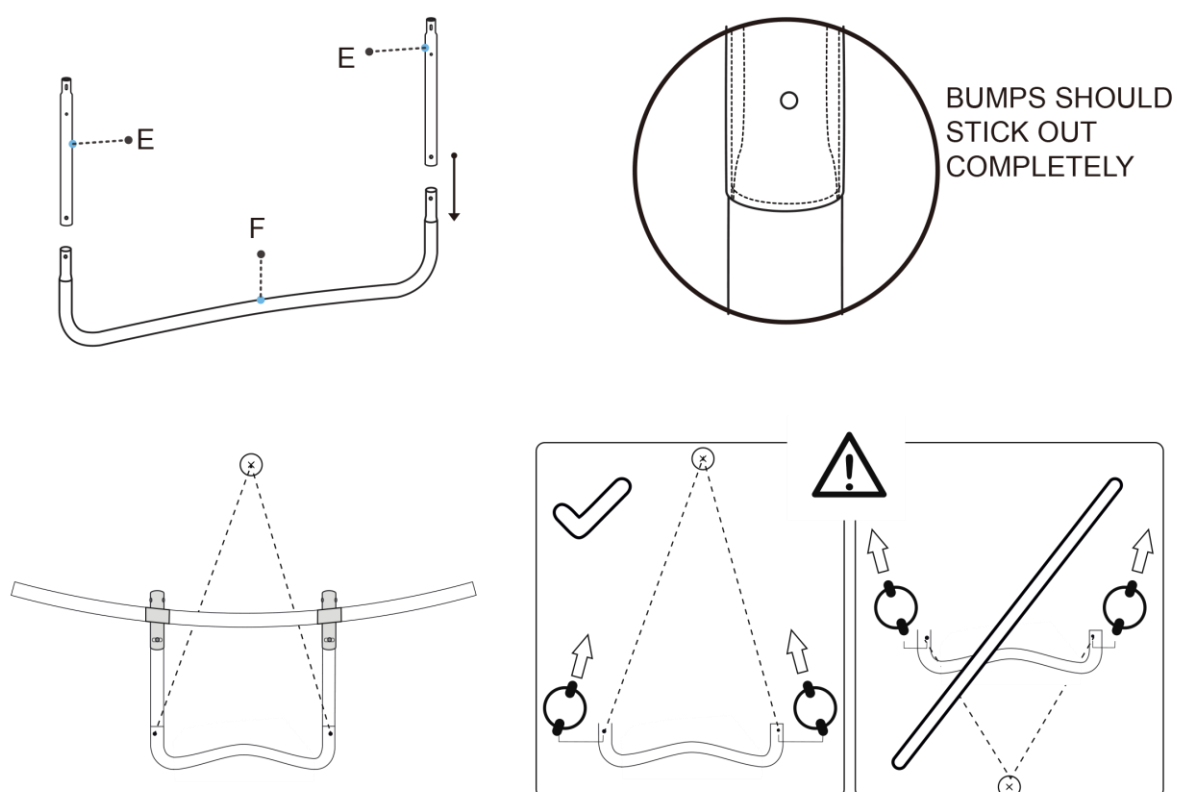


Figure 2

STEP 3: Attach leg onto frame

NOTE: Two adults are required to complete the following steps:

1. Locate the assembled legs (**E+F**)

2. Adult 1: Lift one side of the trampoline frame.

3. Adult 2: Insert an assembled leg into the bottom of two T-connectors. See *Figure 3*.

IMPORTANT: If the holes in the T-connectors and holes in the leg don't line up, flip the leg around.

Repeat steps 2 - 3 to attach the remaining legs.

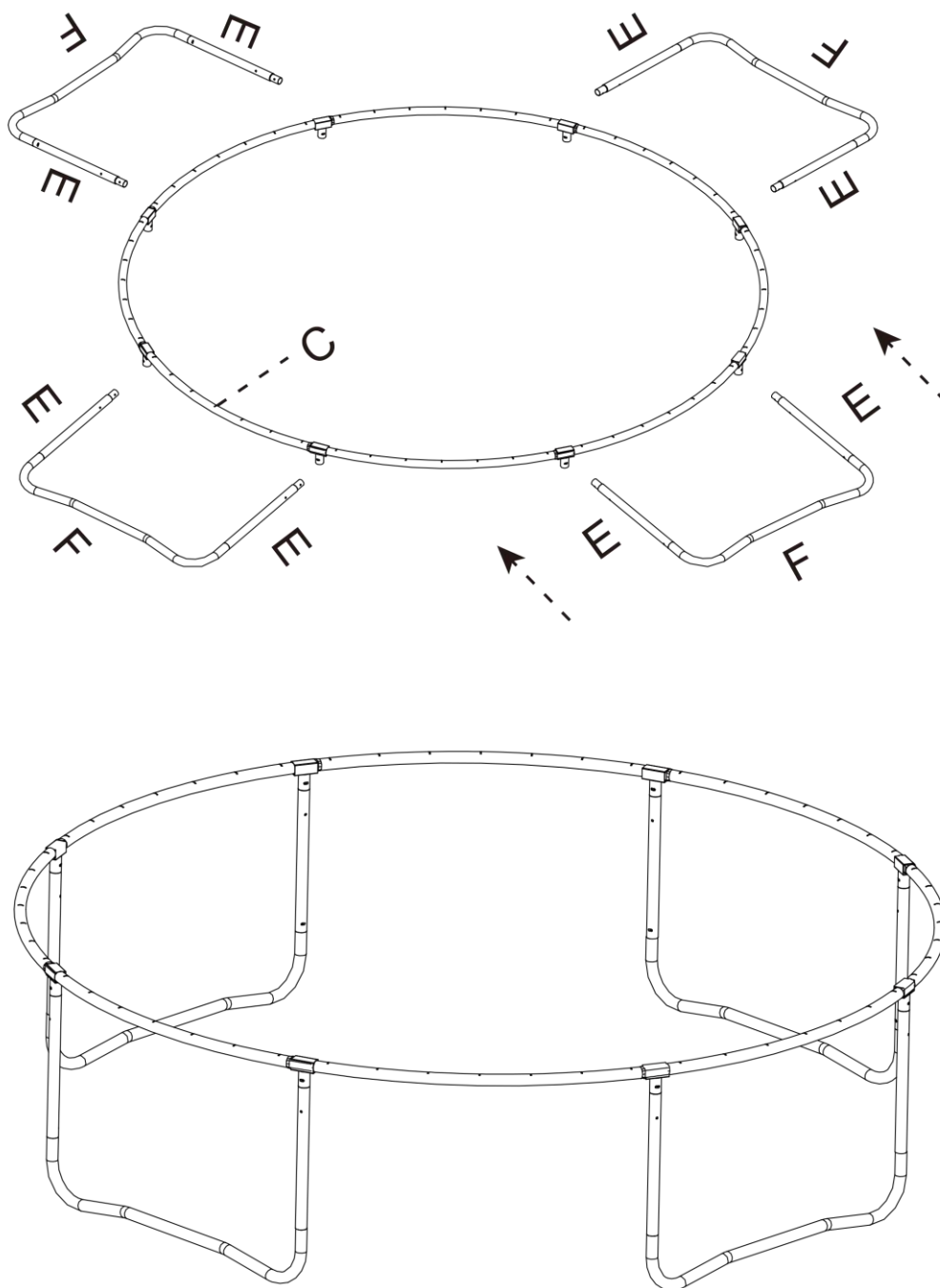


Figure 3

Attach the Springs and the Trampoline Mat

STEP 4: Layout the jumping mat (B) inside the circle frame. Insert one end (point1) of spring (D) in the triangle ring of the jumping mat(B) and pull the other end (point 2) with the spring tool(G) and insert it into the frame hole. See the figure 4

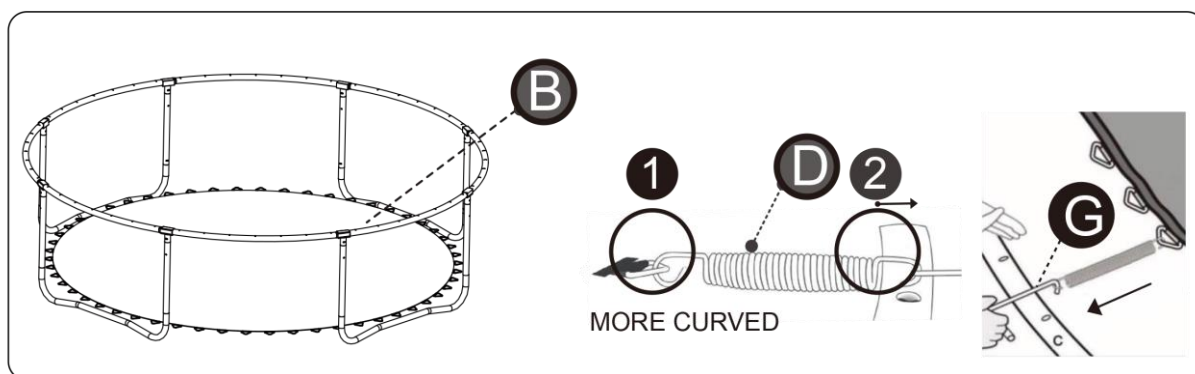


Figure 4

STEP 5: The springs must be installed in an X-shape (180-degree symmetry). The Tension need to be distributed evenly for the net to be installed correctly. Gently tap down against the spring if the hook is not completely in the hole. Spring will create high levels of tension when assembled. Please take care not to pinch your fingers. See the figure 5

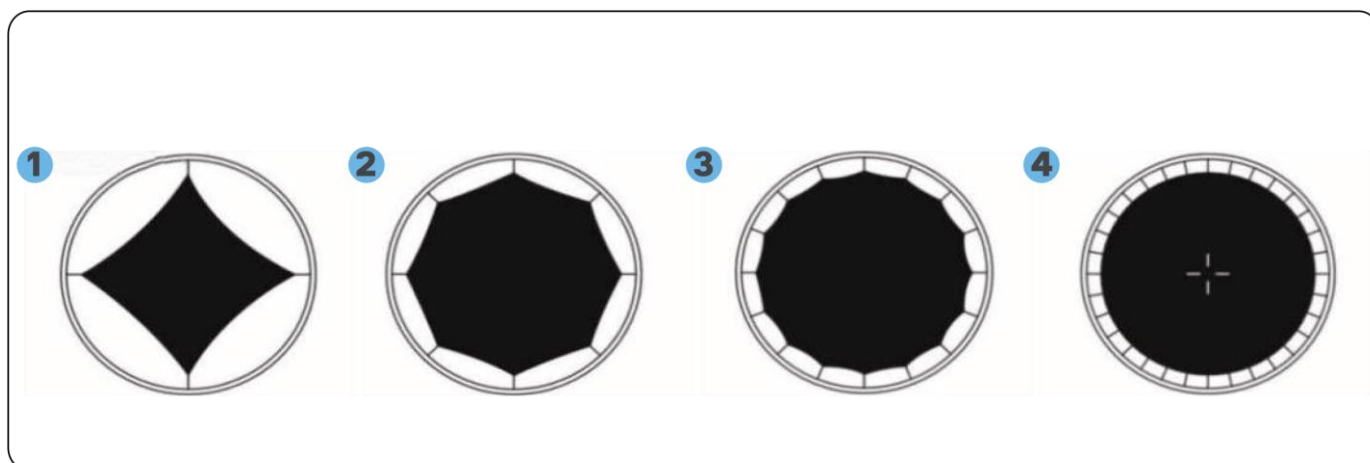


Figure 5



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

STEP 6: Attach the Frame cover

1. Locate the padded frame cover (A).
2. Lay the frame cover on top of the trampoline, shiny side down. The elastic straps will face down.
3. Stretch the edges of the cover over the frame rails. Make sure all of the metal components (the frame, springs, and T-connectors) are fully covered by the frame cover. See *Figure 6*.
4. Tie the inner elastic straps to the V-rings. You may need to crawl under the trampoline to see and reach the inner straps. See *Figure 6*.

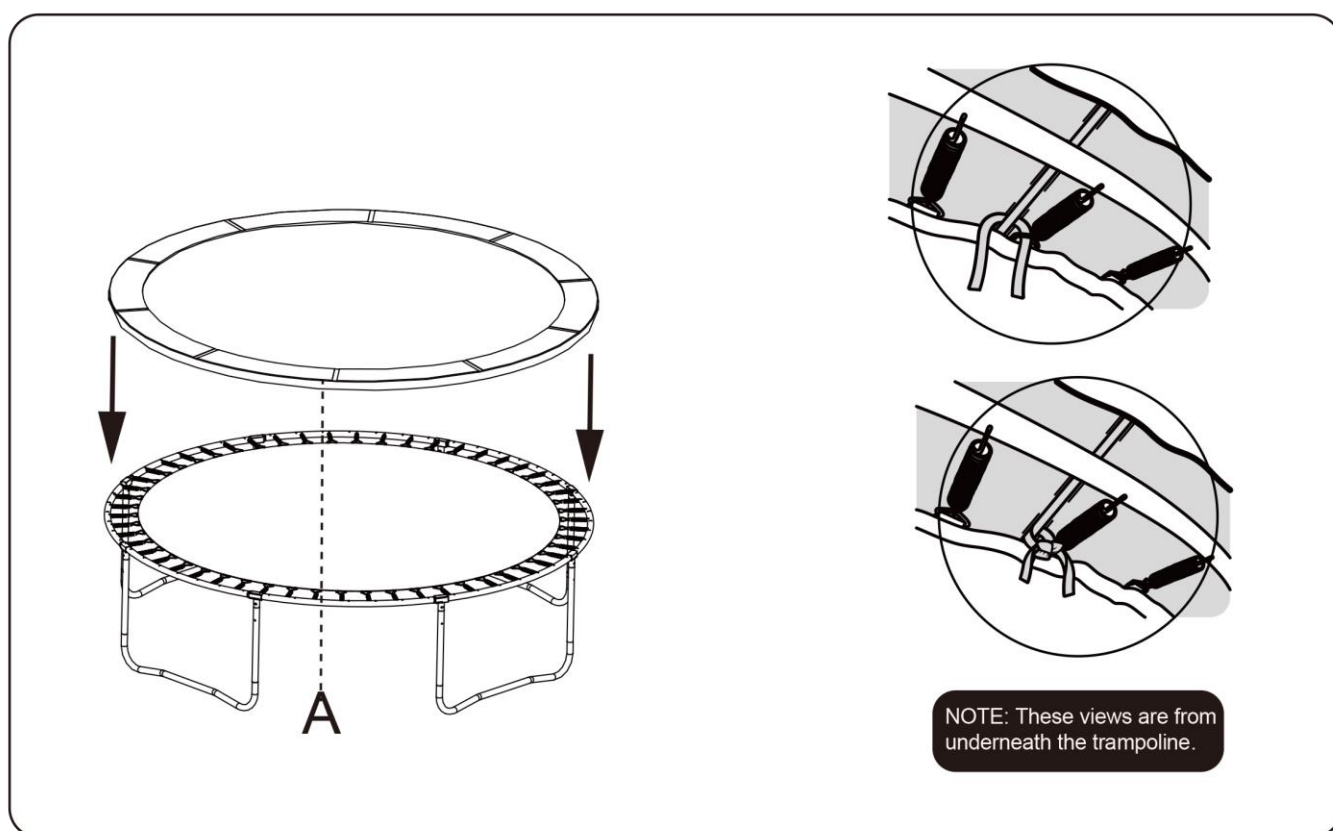


Figure6

Safety Net Attachment

STEP 7: Firmly fix the bottom pole (H) to the plastic pad (L), then insert a long screw(J) through the pole, plastic pad, and leg extension with poles hole (E) then secure it at the end with a screw nut(O) and nut(K).

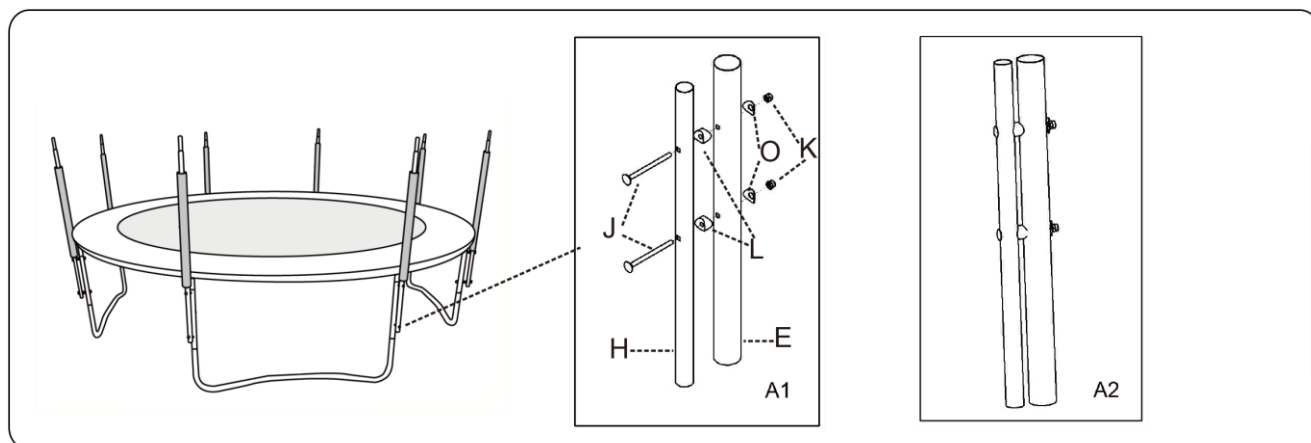


Figure 7

STEP 8: Spread the safety net (M) on the trampoline's jumping mat. Make sure the pockets meant to hold the bottom pole (H) face upwards. Align the pockets to the bottom pole (H). Place the upper pole (I) in the pockets of the safety net

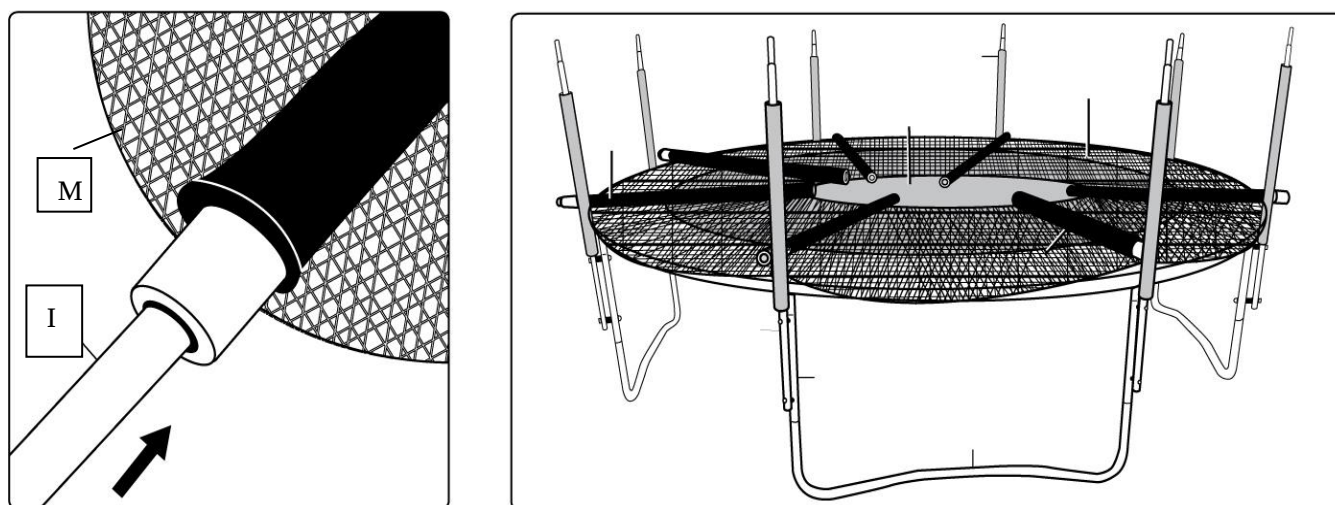


Figure 8

STEP 9: insert the Upper Pole(I) into the Bottom Pole(H).

1. The two poles connect securely via a spring button at the top of the lower pole.
2. Press the spring button in as you slide the poles together. Be careful not to pinch your fingers. See the figure 9

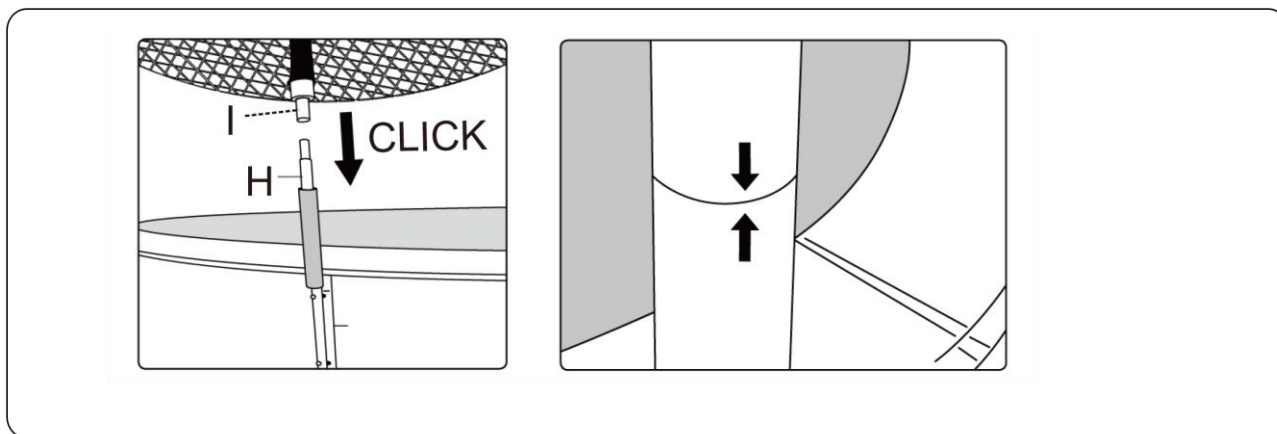


Figure 9

STEP 10: Secure the Bottom of the Net to the Trampoline Mat

The bottom of the safety net has flat ropes with plastic hook at the end. Each plastic hook needs to be threaded through a V-ring on the mat, back through the bottom of the net, and attached to the neighboring V-ring to secure the net.

1. Thread the plastic hook through the V-ring directly below it.
2. Pass the hook over to the neighboring spring and thread the top portion of the hook through the fabric strip at the bottom of the net that lies just above the neighboring spring.
3. Attach the hook to the neighboring V-ring to secure the bottom of the net. See figure 10

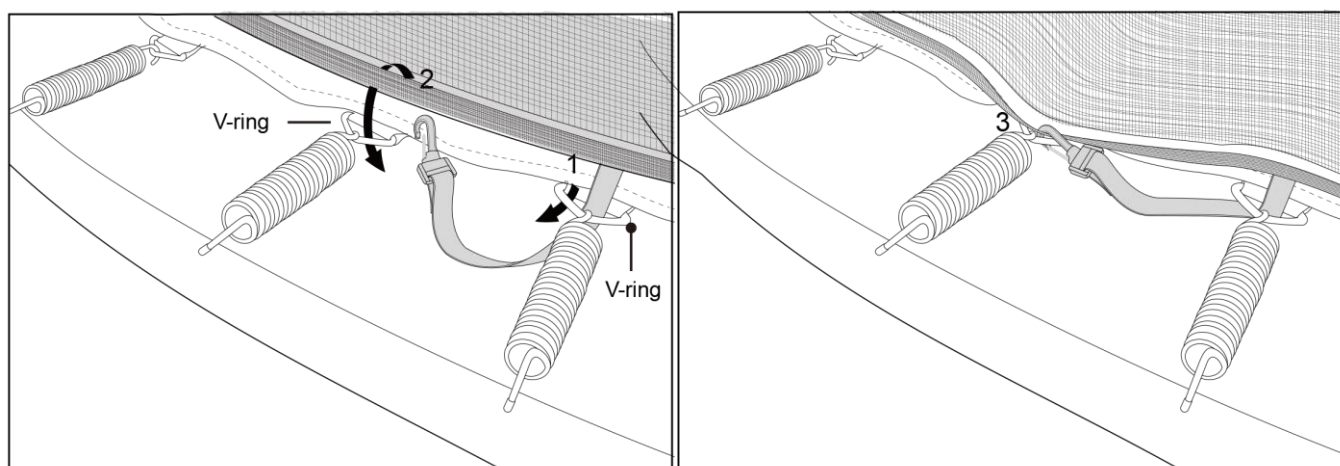
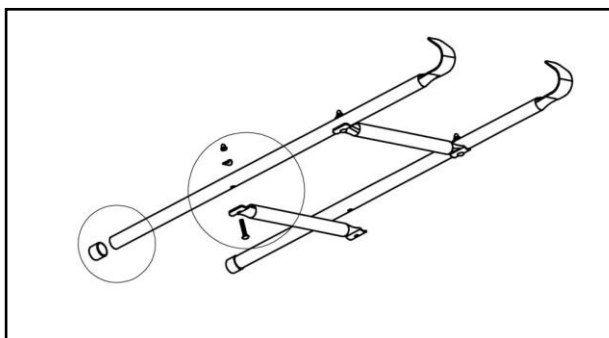


FIGURE 10

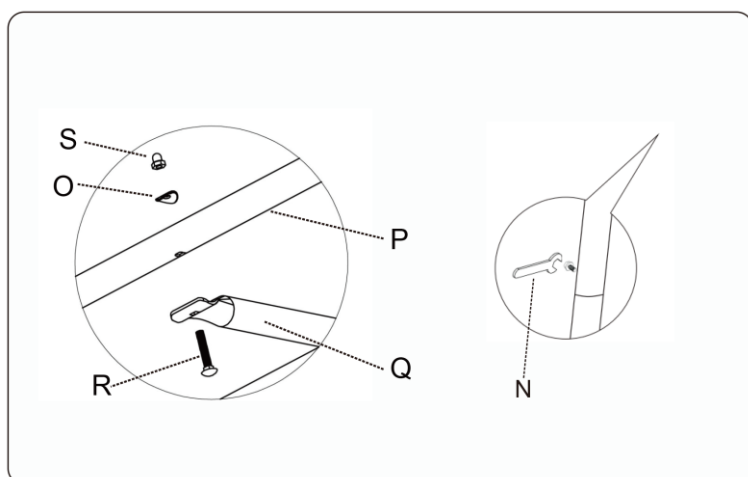
LADDER ASSEMBLY

Step 1 . Frame install

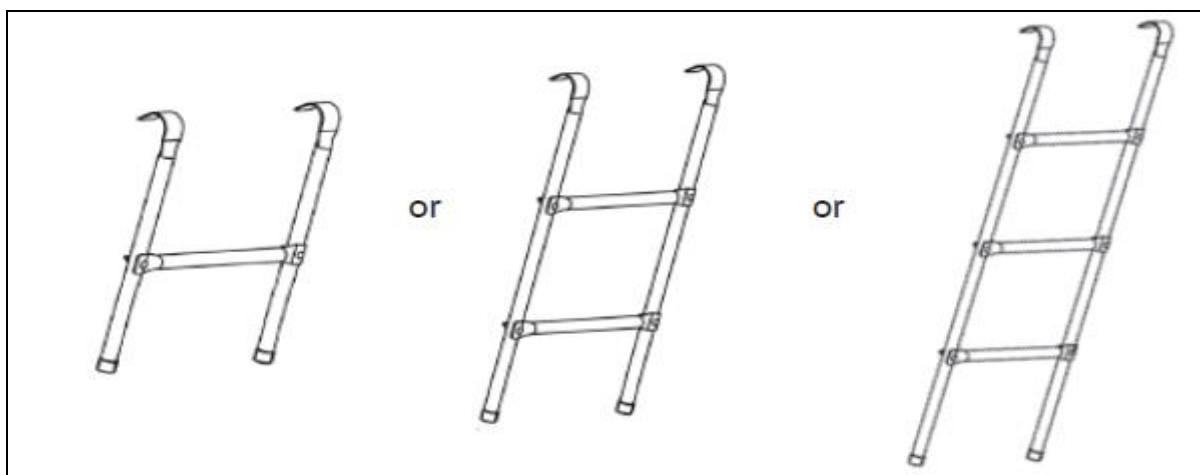


Layout all of the parts as pictures . select two frame pole (P) which have two or three holes.

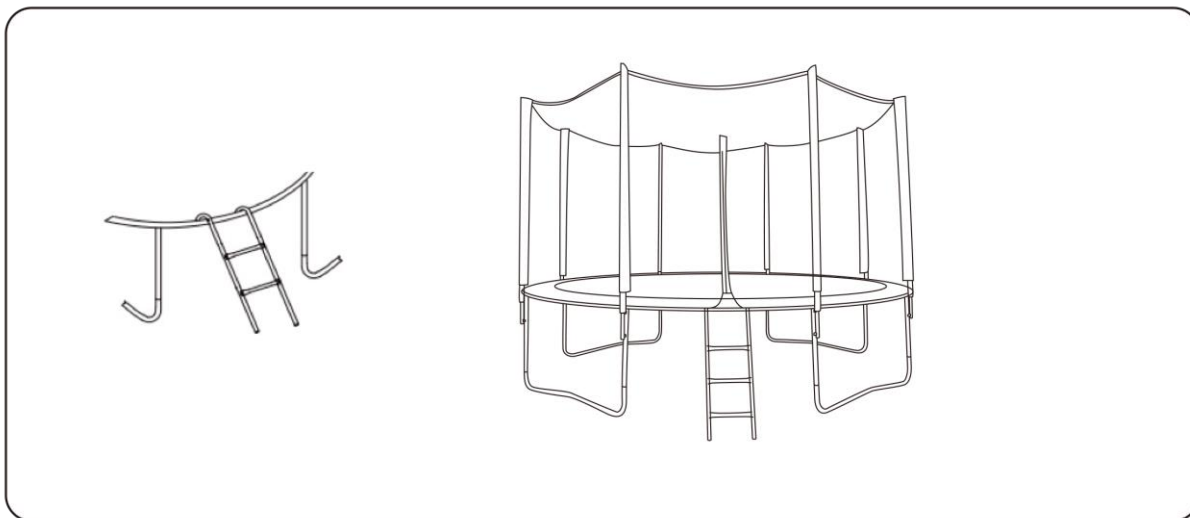
Step 2 Install screws. Pls install all of the screws use tool as show



Step 3 . Install Finished



Step4 . Attached ladder onto trampoline



CARE AND MAINTENANCE

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 333 pounds (150kgs). 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 person 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 types (especially sharp types) 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 (3) 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.