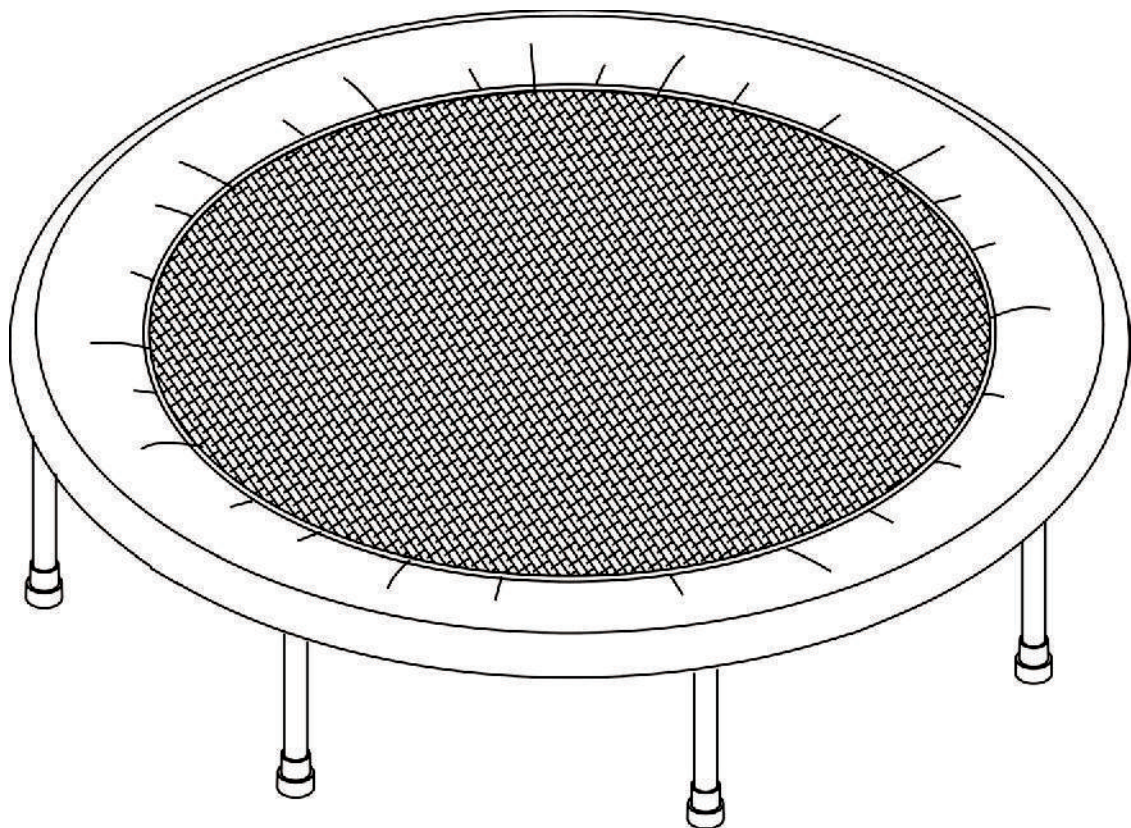




Trampoline User Manual

Assembly, Installation, Care, Maintenance and Use Instructions.



Model

UBSF014F-36

UBSF014F-40

Manual Version #02

Headquarters :

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support@upperbounce.co.uk



Check out our website

www.upperbounce.com

THANK YOU FOR PURCHASING THE UPPER BOUNCE[®] TRAMPOLINE.

Simply follow the assembly and safety instructions in this manual and you will soon be starting your **UPPER BOUNCE[®]** exercise program and fun and be on your way to a happier, healthier lifestyle.

Should you have any questions, please call our Customer Service Department.

MONDAY - THURSDAY 9:30 A.M. - 5:00 P.M. Eastern Time.	FRIDAY 9:00 A.M. - 12:00 P.M. Eastern Time.
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SAFETY INSTRUCTIONS

The necessary assembly instructions, safety instructions, trampoline fundamentals and warning labels have been included with your Upper Bounce Product to promote safety and enhance enjoyment and effectiveness.

Carefully read the following instructions BEFORE using the your Upper Bounce Product. This safety information was carefully created to reduce risk of injury.

Every individual using the Upper Bounce Trampoline must be familiar with the manufacturer's recommendations for proper assembly, use and care of the Upper Bounce Trampoline. Additionally, each user should be aware of his or her own physical and skill limitations. Do not attempt to exceed your physical or skill level limitations.

UPPER BOUNCE FOLDING TRAMPOLINE USER GUIDELINES

- The weight limit of the Upper Bounce folding trampoline is 250 pounds.
- Your Upper Bounce folding trampoline is to be used by only one person at a time.
- The Upper Bounce folding trampoline is not a toy and should not be used by children without adult supervision. Use the trampoline only with mature, knowledgeable supervision.
- Your Upper Bounce folding trampoline is intended for consumer use only and is NOT intended for public or semipublic facilities.
- Keep children and pets of all kinds away from the Upper Bounce folding trampoline at all times including during usage and assembly activities.

PROPER USAGE

- Wear clothing appropriate for exercising; do not wear clothing that could become caught in your Upper Bounce folding trampoline.
- Be careful to maintain your balance when mounting, using, dismounting or assembling your Upper Bounce folding trampoline. Loss of balance may result in a fall and serious injury.
- Excellent traction is a must when mounting, using and dismounting the Upper Bounce folding trampoline. Bare feet are acceptable, but we recommend wearing high quality footwear with rubber non-skid soles such as walking, running or cross-training shoes.
- Do not step on the safety pad when mounting, using or dismounting your Upper Bounce folding trampoline.
- Do not attempt to perform gymnastic or acrobatic maneuvers on your Upper Bounce folding trampoline.
- Stop all activity before attempting to dismount your Upper Bounce folding trampoline. To avoid sprains and broken bones, please come to a complete stop before dismounting your Upper Bounce folding trampoline.
- All exercises must be performed while the Upper Bounce Trampoline is in the flat position. Angled positions are strictly intended for use with the medicine ball only.
- Your Upper Bounce Product is a trampoline, which means it is a rebound device. Please note a trampoline can propel you to unaccustomed heights and into a variety of positions and body movements. Use caution at all times.
- Use your Upper Bounce folding trampoline ONLY as described in this manual and observe all safety precautions.

SET-UP GUIDELINES

- Upon folding or unfolding your Upper Bounce, the rails will attempt to spring into the folded position. This can result in injury.
- Two or more strong and agile adults should be used to unfold and fold the Upper Bounce.
- The owners and supervisors of Upper Bounce are responsible to make certain that all trampoline users are aware of Upper Bounce safety instructions and practices.
- Do NOT place your Upper Bounce folding trampoline on an elevated surface. Your Upper Bounce should always be at floor level or ground level.
- Always use your Upper Bounce folding trampoline exclusively in a well-lit area. Artificial illumination may be necessary for indoor or shaded areas.
- The surface of the trampoline bed should always be dry.
- Inspect the area around your Upper Bounce folding trampoline to make certain that the area is clear of any and all objects. Objects around the Upper Bounce pose a danger.

ACHIEVING PROPER CLEARANCE

- Before using your Upper Bounce folding trampoline, inspect the area to make certain that adequate overhead clearance is available. Do not use the Upper Bounce folding trampoline unless adequate overhead clearance is available. Ceilings, ceiling lights, ceiling fans, hanging wires and structural elements such as beams and tree limbs are some of the potential overhead hazards that must be evaluated.
- Failure to establish proper Upper Bounce folding trampoline clearance may result in head or neck injury.
- A minimum of 9 feet of overhead clearance is recommended for the use of all outdoor trampolines.
- Lateral clearance is also of great importance. Please place your Upper Bounce folding trampoline away from walls, structures, fences, play areas, furniture, other exercise equipment or any object that could be of potential harm.
- Maintain a clear space on all sides of the trampoline at all times.
- Remove all obstructions and objects from underneath your Upper Bounce folding trampoline before using. This includes objects such as balls, other exercise equipment, shoes or any other objects.
- If an object, person or animal is under your Upper Bounce folding trampoline while in use, stop using it immediately and remove the object, person or animal.

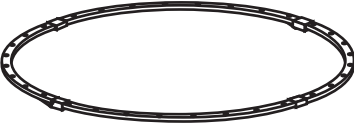

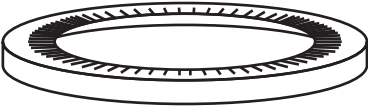



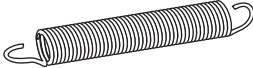
PROPER MAINTENANCE PROCEDURES

- Inspect your Upper Bounce folding trampoline before each use. During inspection, make sure that the safety pads are in place.
- Immediately replace any worn, defective or missing Upper Bounce folding trampoline parts. Do not use your trampoline until the parts have been properly replaced and carefully tested.
- Always store your Upper Bounce folding trampoline indoors and in a dry location.
- Store your Upper Bounce folding trampoline in a secure location to guard against unauthorized and unsupervised use.

WARNING: Please consult with a physician before beginning any exercise or conditioning program. You should have a complete physical exam before beginning this or any other exercise or conditioning program. This is particularly true if you are over the age of 35, have never exercised before, are pregnant or currently suffer from any injury.

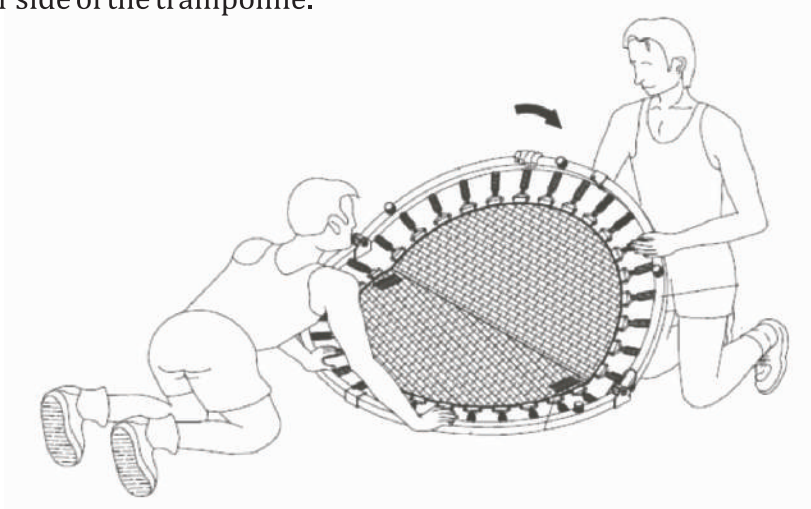
NOTE: READ AND FOLLOW ALL SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.

PRODUCT PARTS LIST AND DRAWING

PART #	IMAGE	ITEM	UBSF014F-36	UBSF014F-40
1,2,3,4		Rail A,B,C,D	1	1
5		Mat	1	1
6		Safety Pad	1	1
7		Leg	6	6
8		Leg Cap	6	6
10		Secure Pin	1	1
11		Spring	28	36

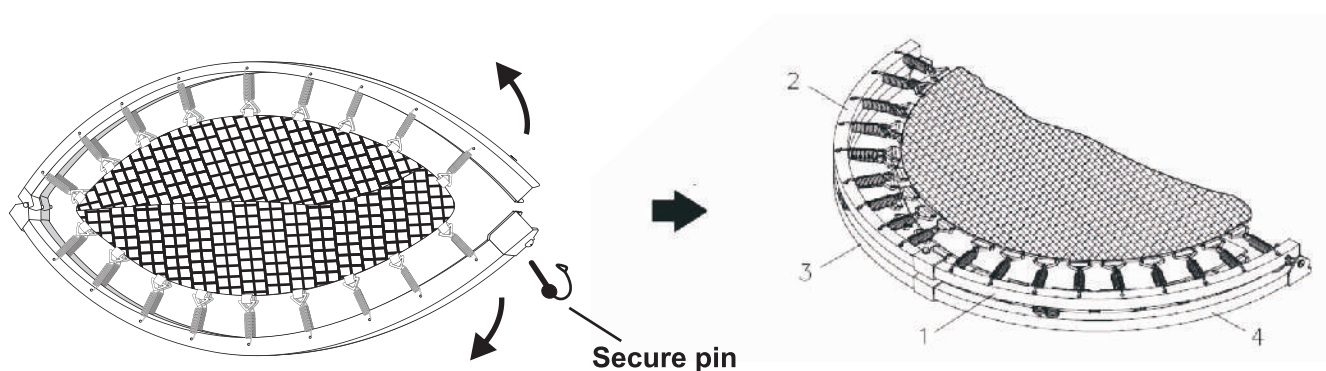
To unfold and fold the trampoline you will need 2 people.

- Opening the trampoline requires the application of some pressure. It is strongly suggested that you use 2 people for this part of the process, with one individual on one side of the trampoline and the second on the other side of the trampoline.

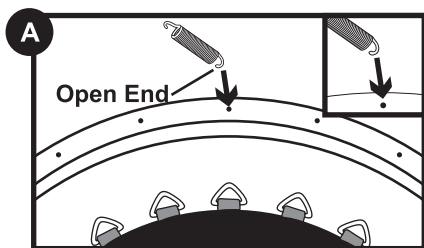


HOW TO OPEN THE UPPER BOUNCE FOLDING TRAMPOLINE

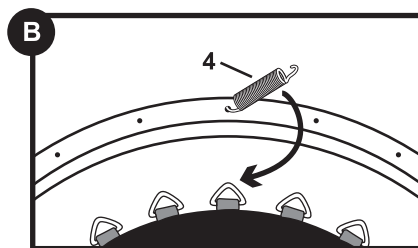
1. Lay the trampoline on the floor and remove the secure pin illustrated in the first picture below. Then open the rails as shown in the pictures to the right.



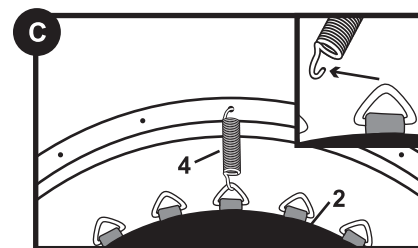
Note: Check that all the springs are attached before continuing to assemble the trampoline. If any spring is not attached or damaged Then follow this process -



Find the open end of the **SPRING ④** and hook this end into the hole on the **RAIL (1,2,3,4)**. Refer to illustration A.



Swing the **SPRING ④** to face inside of the trampoline. Refer to illustration B.



Slide the metal loop on the **MAT ②** into the spring hook as shown in illustration C.

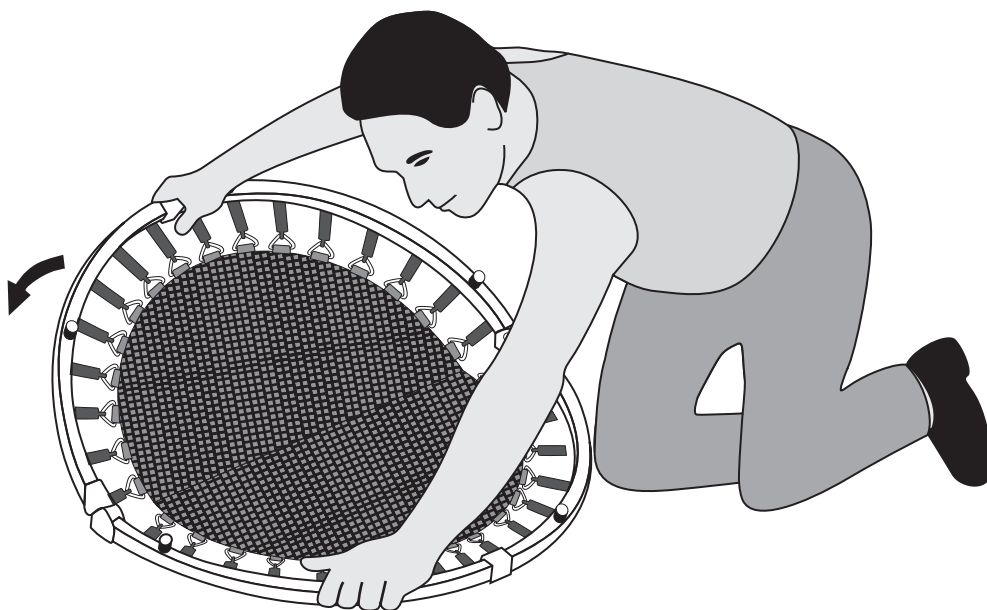
2) Next, firmly grasp both halves of the frame at the midpoint of each half circles.



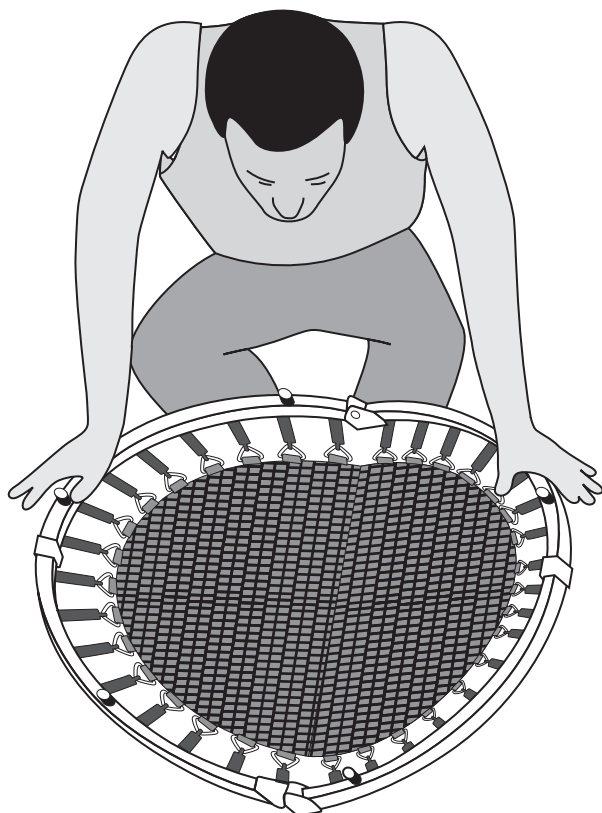
⚠ CAUTION:

When unfolding your new trampoline, you will note a lot of resistance. We design our trampolines in this manner because we do not want them to accidentally fold while in use. This tension will eventually release after repeated use of the product.

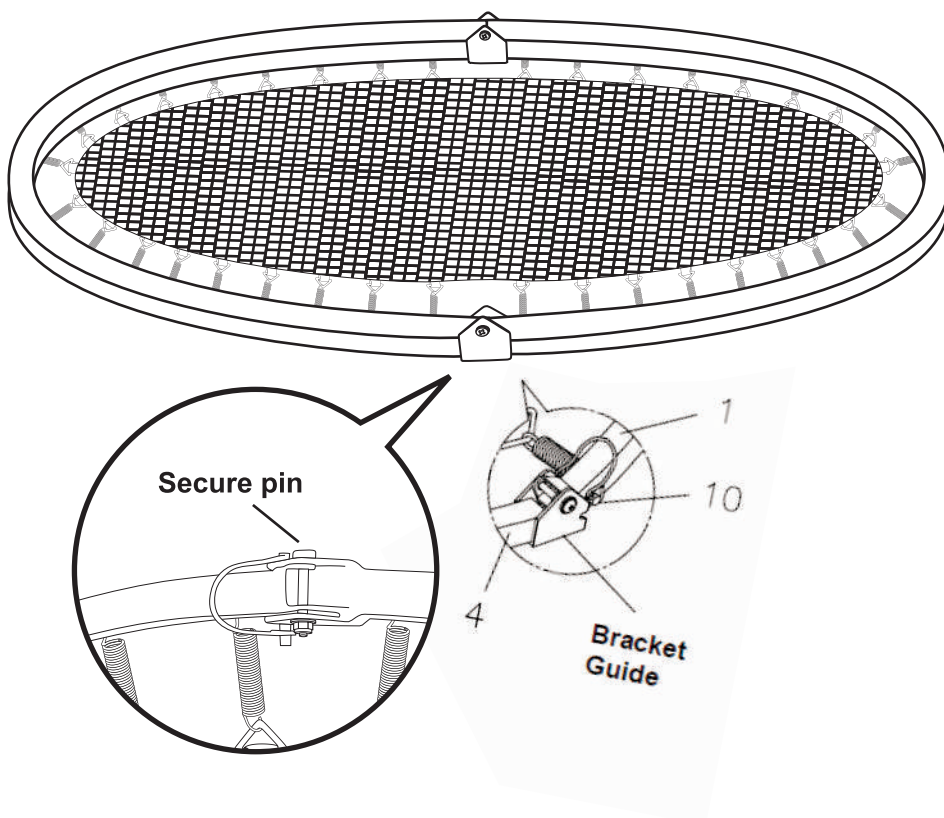
3) As one side of the trampoline is lifted slowly upwards, be sure that the other side remains on the ground.



- 4) Using steady pressure, with hands open and fingers extended, use the palm of the hands to push the top side of the frame down to the open position.

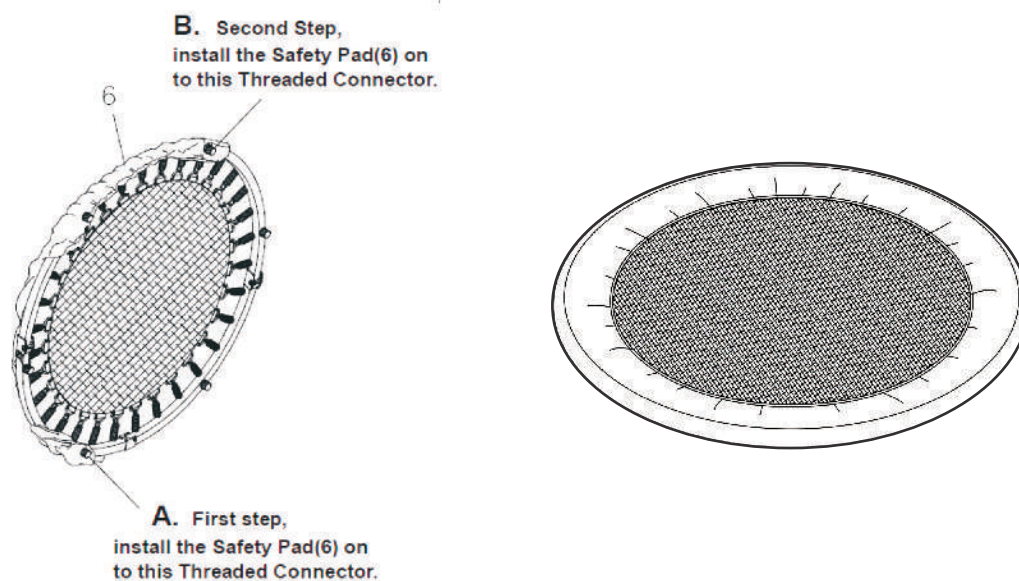


- 5) Once the frame is completely opened, Insert the Secure Pin (10) into the end of the RAIL (1) and properly secure it by the wire ring.



6) Slide the SAFETY PAD(6) over the rails of the frame. Make sure the holes in the SAFETY PAD (6) fit over the threaded leg connectors properly this is on the bottom of the trampoline as shown in the illustration below.

Note: The Safety Pad (6) Must also cover the springs around the MAT (5) as shown in the illustration below.

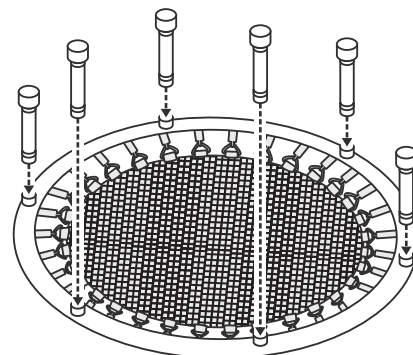


7) Remove the black caps that cover the leg holes. (It is the small threaded pieces that extends from the frame.)

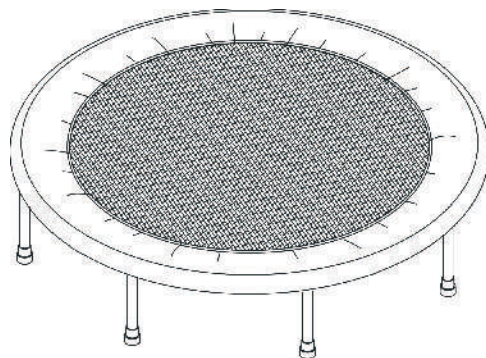
8) Tightly screw the legs into the designed holes - the leg connectors, as shown in the illustration below.

Note:

If you see that one of the legs doesn't have the threads to roll it on the trampoline frame, you will have another small step to do. There is no leg without thread, the only thing is that it might be covered by the rubber cap. So you will need to remove the rubber cap from the trampoline leg, and place it on the opposite side leg- the side without the thread.



9) Turn the trampoline the right side up. Stand on the trampoline to ensure that the legs stand secure and flat on the floor.

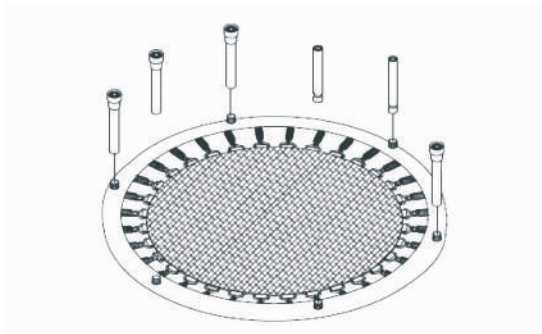


⚠ WARNING:

The Safety Pad ① must be securely attached to the frame before using the trampoline.

HOW TO CLOSE THE UPPER BOUNCE FOLDING TRAMPOLINE

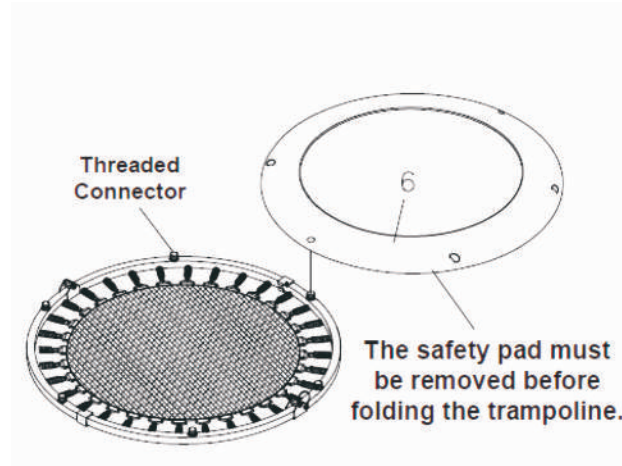
- 1) Turn the trampoline upside down and lay it flat.
- 2) Next unscrew each leg from the threaded connectors in the frame.



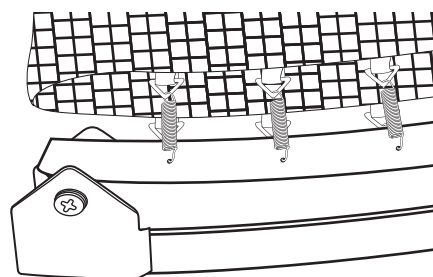
⚠ CAUTION

Your Upper Bounce folding trampoline has strong spring tension while in its open position. Upon closing, this powerful spring will have a tendency to snap towards the closed position. It is very important that you follow the instructions and maintain a firm and steady grip. Go slowly while closing your Upper Bounce folding trampoline. Keep your head clear of frame movement.

- 3) Remove the SAFETY PAD(6) from the frame. After the SAFETY PAD(6) is removed, place the trampoline on the floor with the threaded connectors pointing up. Refer to illustration Step 2.

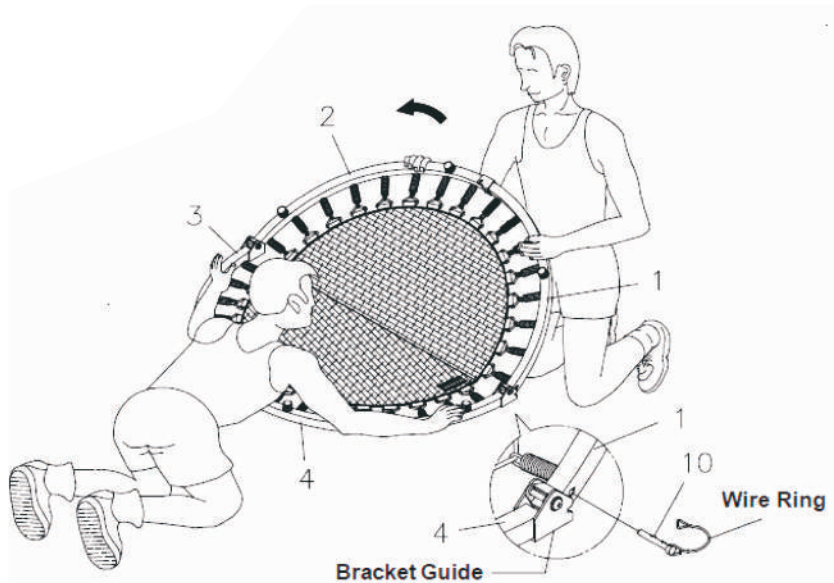


- 4) Determine the bottom half of the frame by locating the side that has the welded, larger outer hinges.

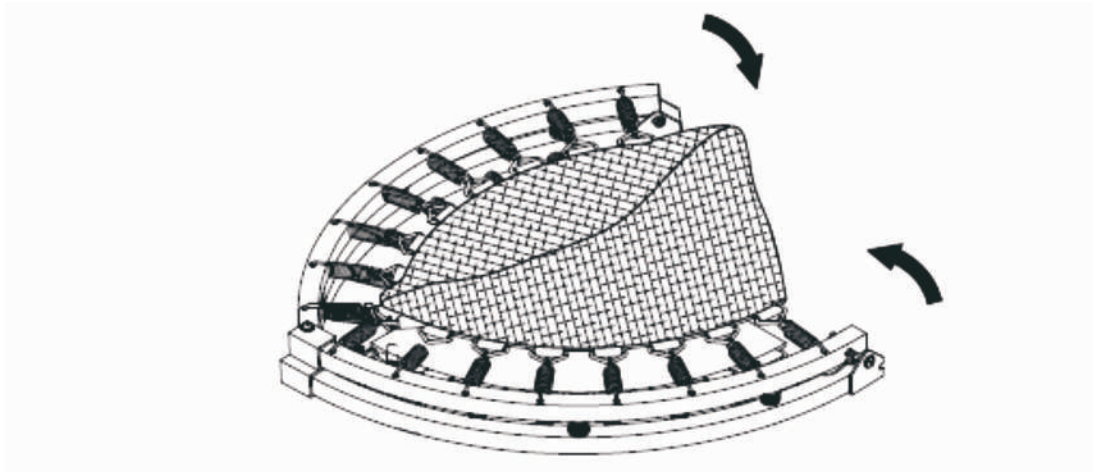


Welded part here

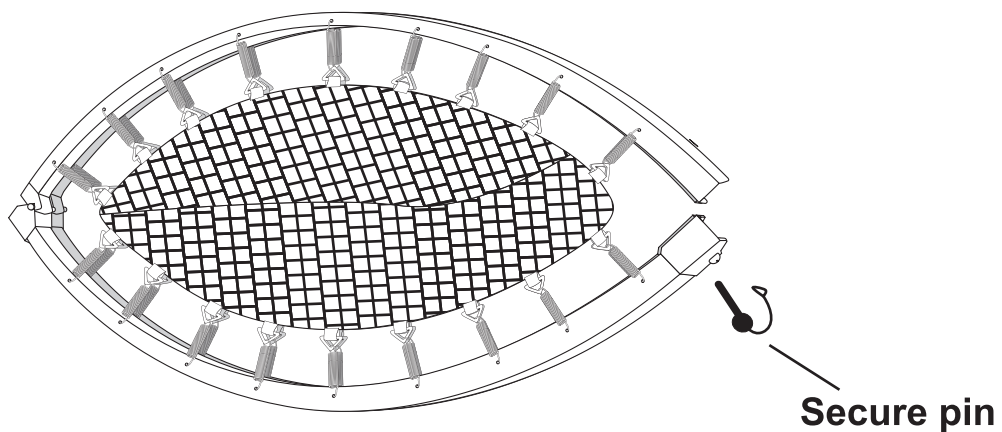
- 5) To prevent the trampoline from snapping into the folded position, push down the rails. Then unhook the wire ring and remove the SECURE PIN (10) from the rail. Firmly grasp both sides of the trampoline and fold the trampoline upward at the bracket guide as shows in the illustration below.



- 6) Fold the trampoline again as shown in illustration Step 5.



- 7) Insert the secure pin at the end of the frame where the rails connect.



WORKOUT PROGRAM

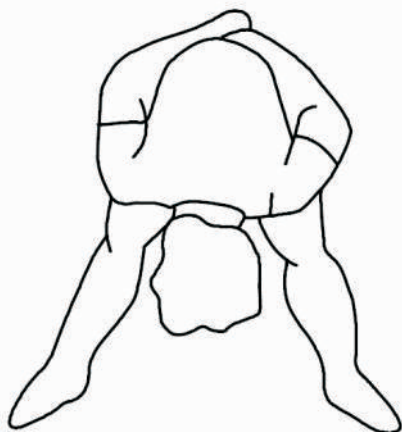
Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises

(Perform stretches slowly)

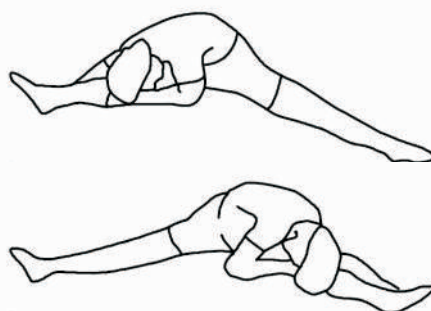
Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, try a lower position gradually.



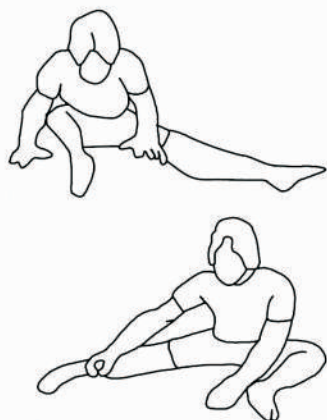
Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



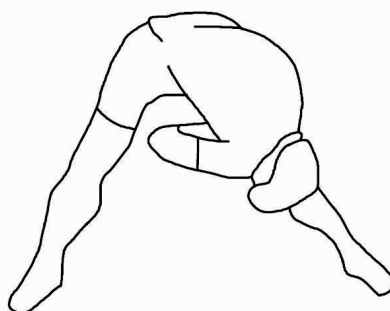
Bent Torso Pulls

While sitting on the floor, have legs apart one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



Bent Over Leg Stretch

Stand with feet shoulder width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.



Remember always to check with your physician before starting any exercise program.

WARM-UP AND COOL-DOWN

Warm-Up

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place. Below are specific warm-up exercises for the trampoline workout.

Cool-Down

The purpose of cooling down is to return the body to its normal, or near-normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the previously mentioned stretches and the same warmup exercises listed below.

Warm-Up and Cool-Down Exercises (Do each movement 10 times)

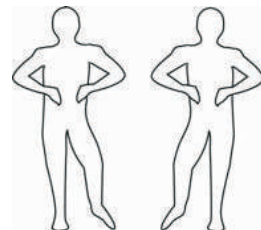
Contact Bounce

Place your feet shoulder width apart and bend at the knees. Place your hands on your waist. Start bouncing very gently without your feet leaving the mat. This movement is to get you comfortable with being on the mat.



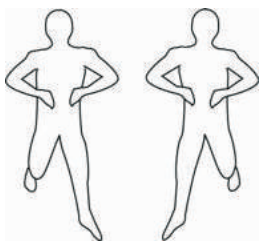
Foot Tap

While in the Contact Bounce position, shift your weight towards the right and tap your left foot out to the side. Bring your left foot back to shoulder width. Shift your weight to the left and tap your right foot out to the side. Repeat the movement back and forth.



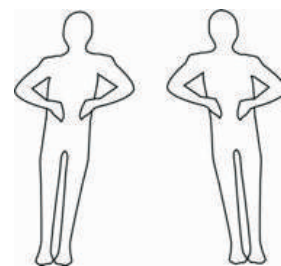
Hamstring Curls

While bouncing, shift your weight to the right and bring your left foot up to your left buttock. Bring your left foot down and shift your weight to the left and bring your right foot up to your right buttock. Repeat the movement back and forth.



Side To Side

In this movement, place both feet together and bounce from one side of the mat to the other side of the mat. Repeat the movement back and forth.



Jog in Place

While standing in the center of the mat, jog in place as you would on the ground.

Jog Bounce

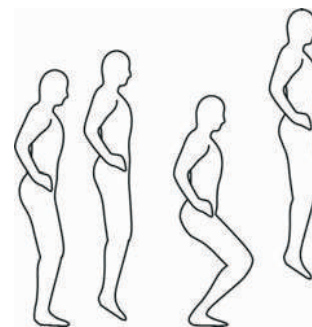
While jogging in place, bounce twice on one leg before switching to the other leg.

BASIC WORKOUT

Basic Workout Exercises (Do each movement 10 times)

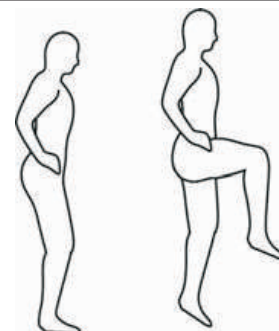
Contact Bounce, Big Bounce

Place your feet shoulder-width apart and bend at the knees. Place your hands on your waist. Start bouncing very gently without your feet leaving the mat. On your second bounce, bounce high enough that your feet leave the mat; only bounce as high as you feel comfortable bouncing. Continue to alternate your bounces back and forth. A variation can be done by raising your forearms as if you are doing biceps curls.



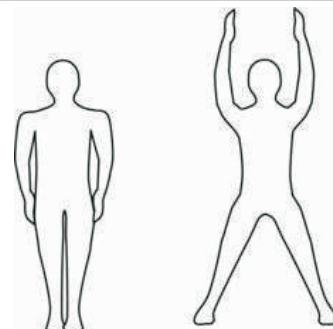
Knee Raises

While in the Contact Bounce position, alternately raise your right and left knees to just above waist height. Repeat the movement back and forth. You can add your own variations to this movement such as raising your arms out to the sides or to the front.



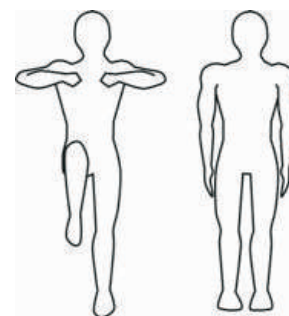
Jumping Jacks

With your feet together in the center of the mat, simultaneously bounce and land with your feet shoulder width apart. At the same time, raise your arms out to the sides and overhead. Then, bounce and land with your feet back together and your arms resting at your sides. Repeat the movement.



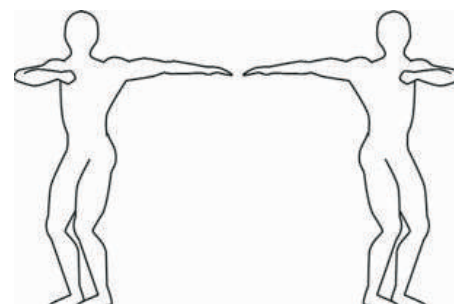
Upright Row

While in the Contact Bounce position, alternately raise your knees to just above waist height. At the same time, perform an upright row with your arms to chin height each time you raise a knee. Repeat the movement.



Twist Bounce

With your feet together in the center of the mat bounce and twist your lower body to the right, simultaneously twisting your upper body to the left. Then bounce and twist your lower body to the left, simultaneously twisting your upper body to the right. Repeat the movement.



BASIC WORKOUT (continued)

Basic Workout Program

Jogger Warm-Up

Do each exercise 10 times

1. Contact Bounce
2. Foot Tap
3. Hamstring Curls
4. Side to Side
5. Contact Bounce
6. Jog in Place
7. Jog Bounce
8. Jog in Place
9. Contact Bounce

Jogger Cool-Down

Do each exercise 10 times

1. Contact Bounce
2. Jog in Place
3. Jog Bounce
4. Jog in Place
5. Contact Bounce
6. Side to Side
7. Hamstring Curls
8. Foot Tap
9. Contact Bounce

Basic Workout

Do each exercise 10 times

1. Contact Bounce, Big Bounce (Hands on waist)
2. Contact Bounce, Big Bounce (Hands, Triceps/biceps movement)
3. Jog in Place
4. Knee Raises (Hands and Shoulder movement)
5. Jumping Jacks
6. Upright Row
7. Jog in Place
8. Front / Back jumps (Lateral and Forward shoulder raise)
9. Twist Bounce
10. Knee Raises (Hands on waist)
11. Jog in Place



Still have questions?

If you've read this entire manual and still have questions, please do not hesitate to contact us. Our experienced and knowledgeable team is ready to answer all questions that you may have regarding the Upper Bounce folding trampoline.

Please call us **1-888-965-3331**
or email us at **support@upperbounce.com**

We will assist you as quickly and accurately as possible. Our professional customer service team is standing by to help you get the most out of your Upper Bounce folding trampoline.

Thank you for your interest in Upper Bounce and we look forward to helping you achieve your fitness goals.



Need Parts?

We are sure that you and your entire family are having tons of fun and enjoying your trampoline. With continuous use there inevitably might come a time when a part wears out and needs replacement.

We at UPPER BOUNCE are proud to stock a full line of trampoline parts for brand- name and off-brand trampolines. Regardless of where you initially bought your trampoline, or how long ago, we sure have the replacement part you need. As we operate a fully stocked warehouse with every imaginable trampoline part type in the market.

Give us a call and we will do our utmost to ensure that you get your trampoline back up and bouncing quickly and safely.

Website : **www.upperbounce.com**
Knowledge Base : **www.support.upperbounce.com**