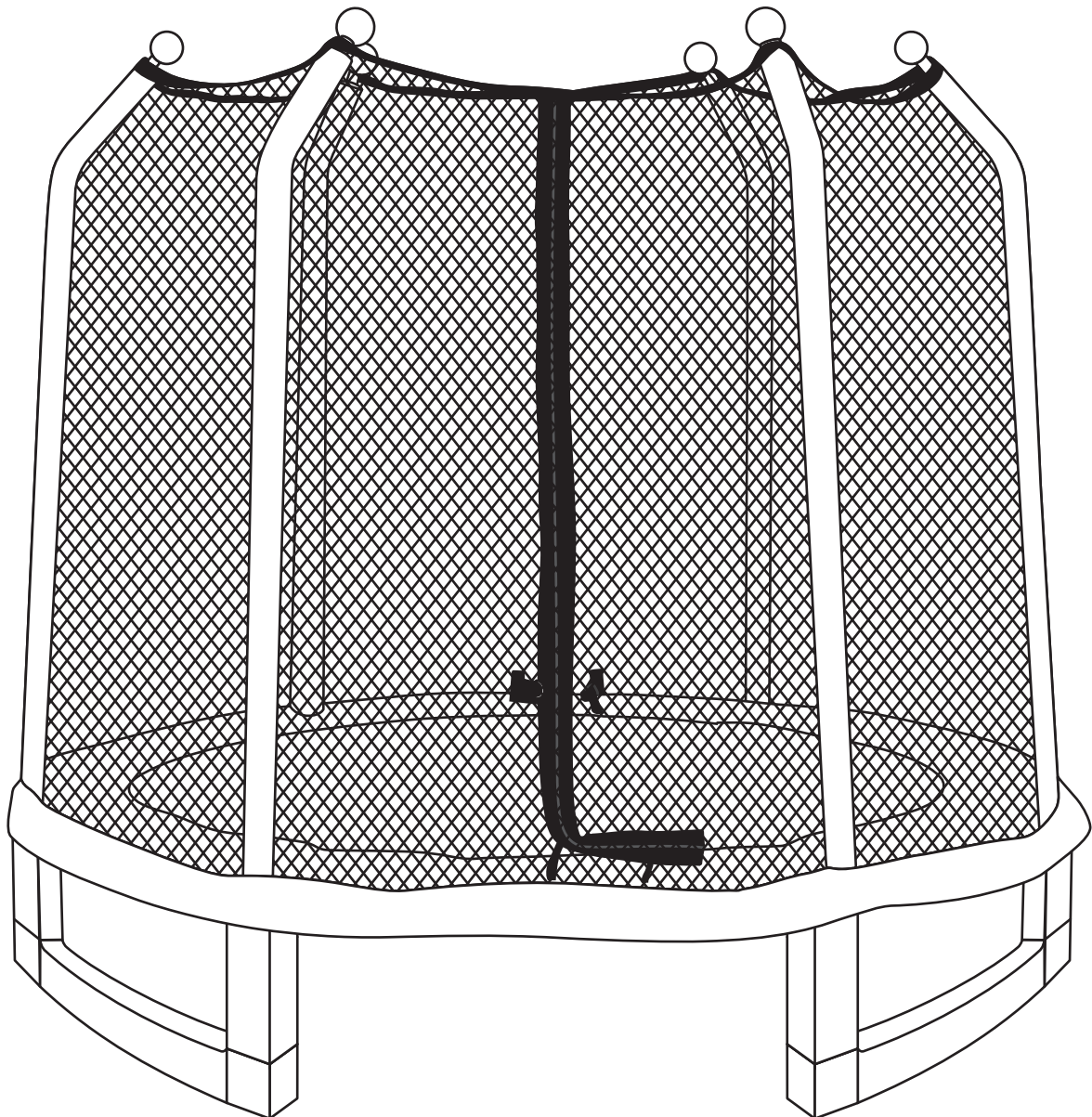




# 7 FT Trampoline with Enclosure Manual

Assembly, Installation, Care, Maintenance and Use Instructions.

**WARNING:** Read these materials prior to assembling and using this trampoline.



**Capacity Weight : 150 Lbs.**

Manual Version #01

Upper Bounce<sup>®</sup> Inc. 2 Mill St. Cornwall NY 12518, 1-888-965-3331, [www.upperbounce.com](http://www.upperbounce.com)



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**www.upperbounce.com**

**THANK YOU FOR PURCHASING THE UPPER BOUNCE<sup>®</sup> TRAMPOLINE PART**

Simply follow the assembly and safety instructions in this manual and you will soon be starting your **UPPER BOUNCE<sup>®</sup>** 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.

<b>MONDAY - THURSDAY</b> 9:30 A.M. - 5:00 P.M. Eastern Time.	<b>FRIDAY</b> 9:00 A.M. - 12:00 P.M. Eastern Time.
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**TABLE OF CONTENTS**

	Page
<b>Introduction</b>	<b>3</b>
<b>Trampoline Parts List Bottom Frame</b>	<b>4</b>
<b>Trampoline Assembly</b>	<b>5</b>
<b>Trampoline Mat Assembly</b>	<b>7</b>
<b>Enclosure Parts List</b>	<b>9</b>
<b>Enclosure Assembly</b>	<b>10</b>
<b>Testing the Trampoline</b>	<b>12</b>
<b>Fundamental Bounces Techniques</b>	<b>13</b>
<b>Warnings</b>	<b>14</b>

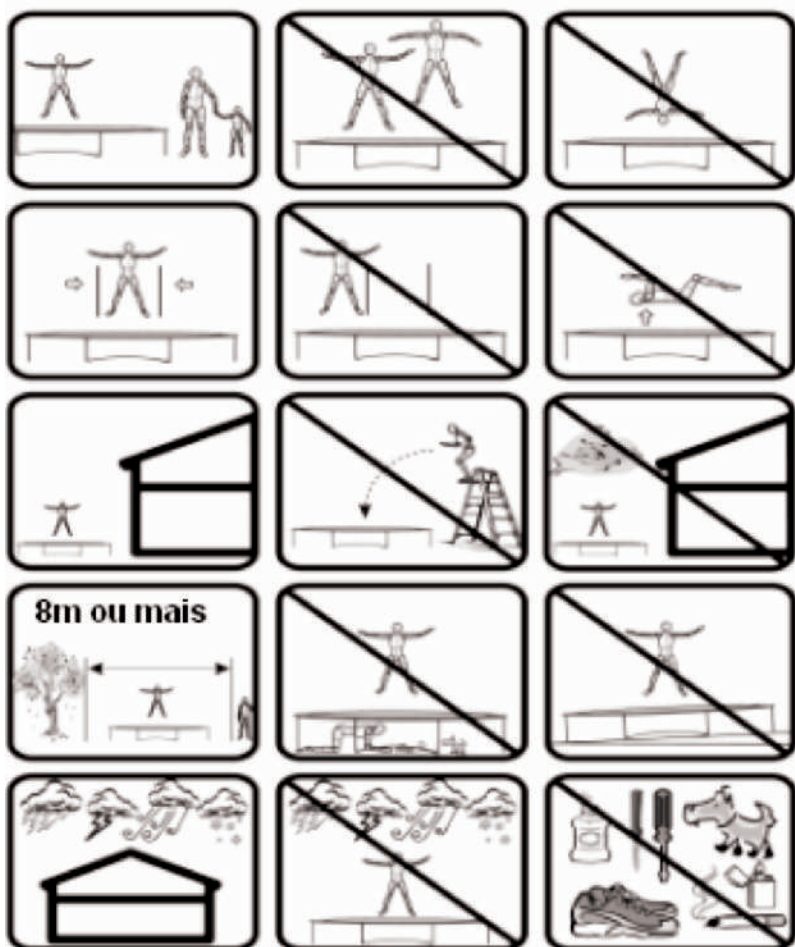
**The use of the trampoline is at your own risk! The operator is responsible for the condition of the trampoline only!**

## INTRODUCTION

Before using this trampoline, you must read all the information in this manual. Just like any other type of physical recreational activities, participants can be injured. To reduce the risk of injuries make sure to follow all safety rules and tips.

- Misuse and abuse of this trampoline is dangerous and can cause serious injuries!
- Trampolines are rebounding devices which propel the performer to unaccustomed heights through a variety of movements. Always use caution when playing on a trampoline.
- Always inspect the trampoline before each use.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations in regards to performing various jumps and bounces with this trampoline.

At first, you should get accustomed to the feel and bounce of the trampoline. Do not bounce recklessly on the trampoline. The focus must be on your body position and you should practice each fundamental bounce until you can do each skill with bounce before moving on to more difficult and advanced bounces.

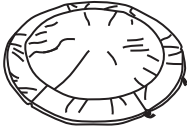







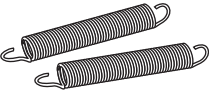



Not more than one person is allowed on the trampoline! Multiple jumpers increase the risk of injury resulting from mid-air collisions.



Do not perform somersaults (flops) as this will increase the chances of landing on your head or neck resulting in serious injuries such as paralysis or even death.

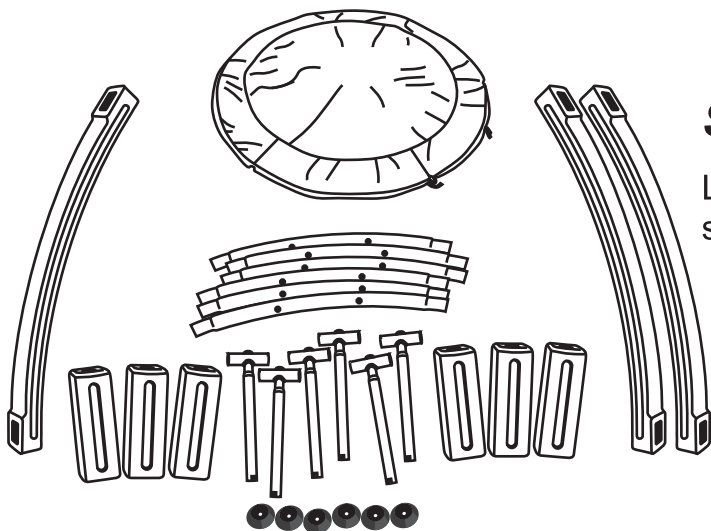
# TRAMPOLINE PARTS LIST BOTTOM FRAME

ITEM	PART IMAGE	MODEL	7' QT
A		Jumping Mat & Cover Pads	1
B		Plastic vertical leg base	3
C		Plastic Vertical Leg Extension	6
D		Spring Pulling Tool	1
E		Top Rail	12
F		Vertical Leg Extension	6
G		Leg Caps	6
H		Leg Stabilizer	6
I		Springs	35
J		Screws	8

# TRAMPOLINE ASSEMBLY

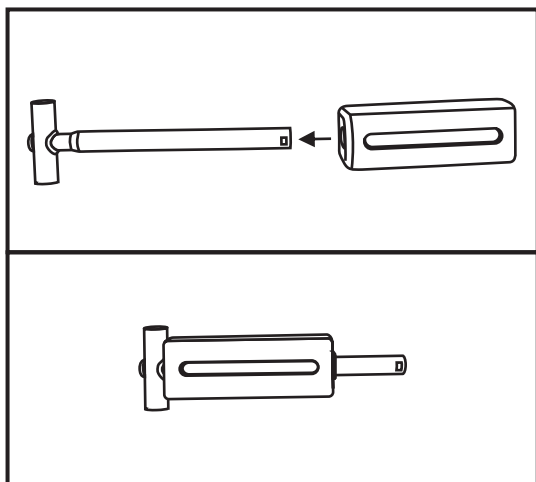
Refer to PARTS LIST for identification of parts.

**WARNING:** Two adults in good physical condition are required for the following assembly. For your safety you should wear proper shoes and clothing. Failure to follow these instructions and warnings may result in injury.



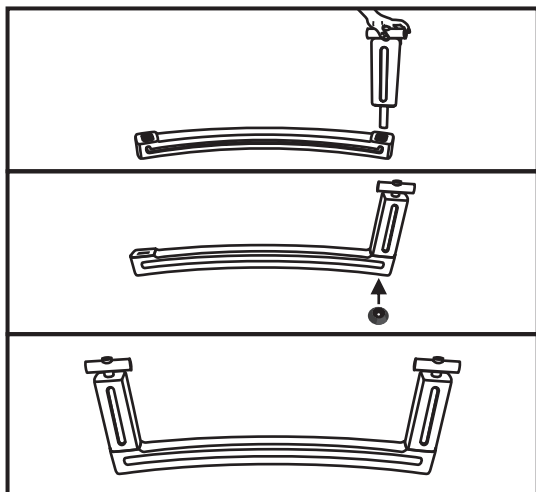
## STEP 1 -

Lay out all the trampoline parts in groups as shown in fig.



## STEP 2 -

Insert the plastic leg extension (C) into the metal leg extension (F) continue to do the same to all plastic legs and metal leg extensions.

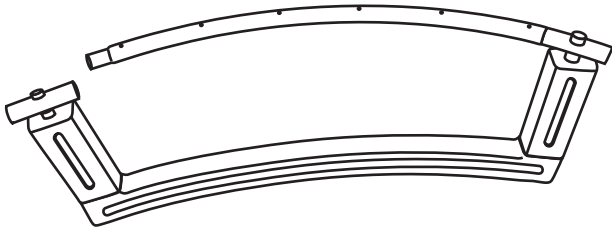


## STEP 3 -

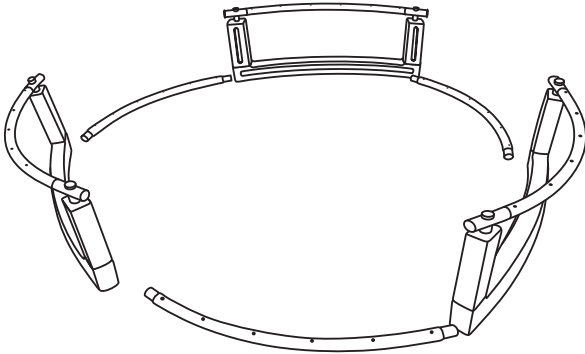
Insert the assembled leg from Step 2 into the plastic leg base.

Place the leg cap (G) on the bottom of the leg base. Do this step for all the assembled legs and leg bases.

### **STEP 4-**



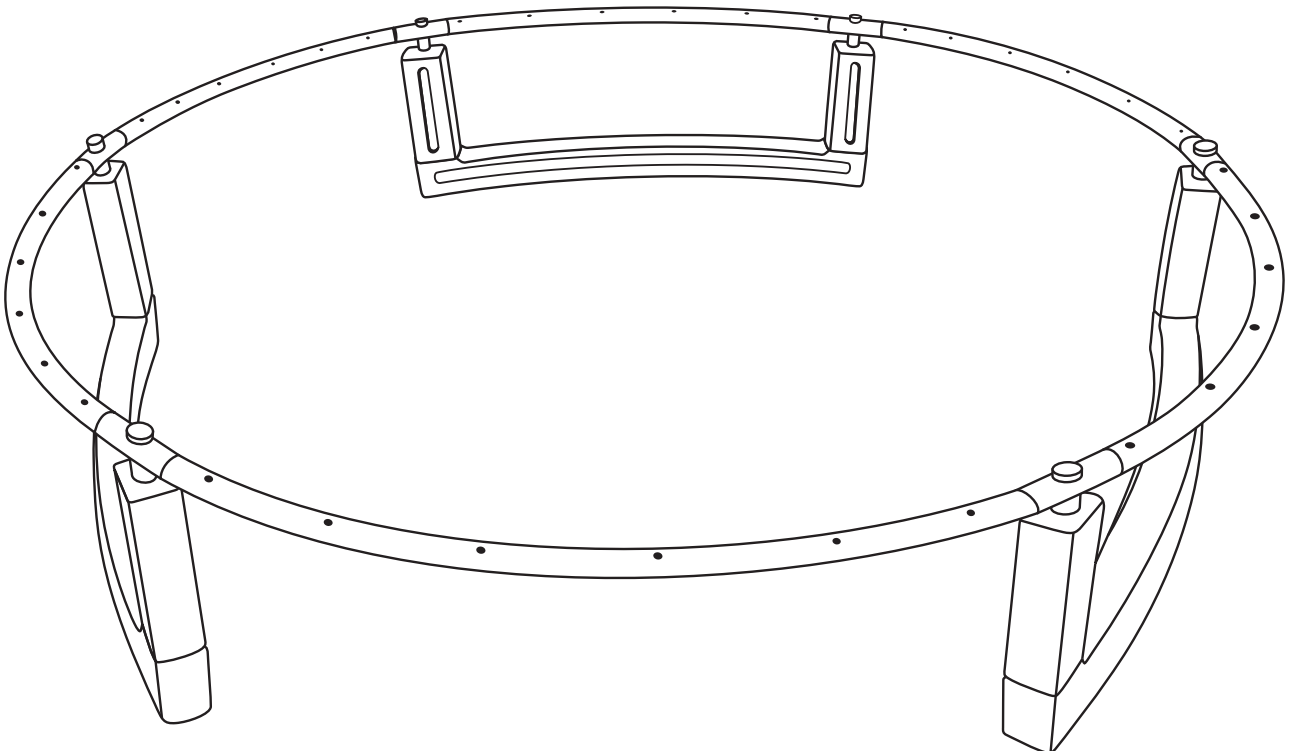
Place the top rail between the 2 ends of the leg as shown in the picture. Do this step for all the leg bases.



### **STEP 5-**

Layout the 3 assembled legs as shown in the image, and connect the remaining 3 rails to the open frame connectors to form a complete circle.

At this stage the trampoline should look like the picture shown.

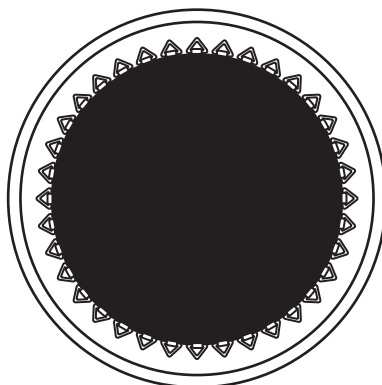


## STEP 6 - Trampoline Mat Assembly

### ⚠ WARNING:

Be careful where you place your hands during spring assembly as connector points can pinch!

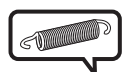
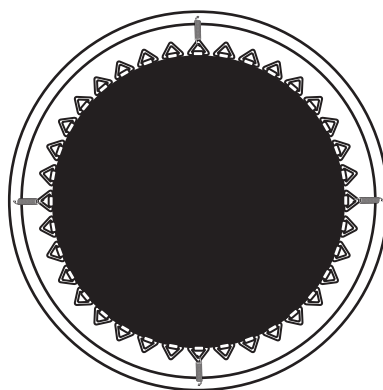
1. Lay out the Trampoline Mat inside the frame.



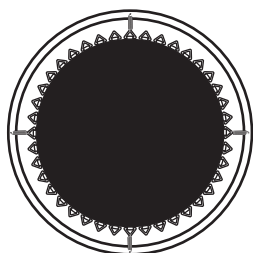
2. Connect 4 springs to top rail 1/4 circle apart from each other as figure below.

#### Note:

Make sure the difference from 1 spring to the other should be the same as the holes of the frame.

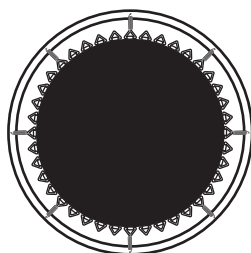


1



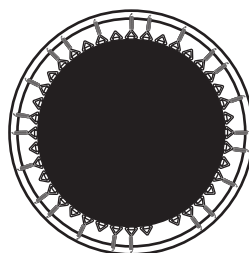
First connect the 4 springs  
1/4 circle apart from each other

2



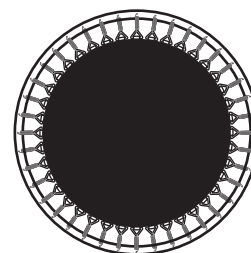
Connect all middle  
springs as figure

3



Then continue,  
connecting every few springs

4

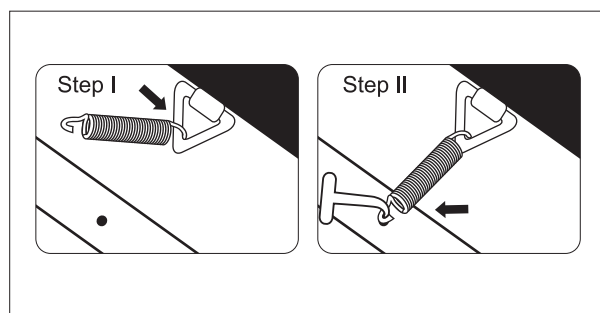


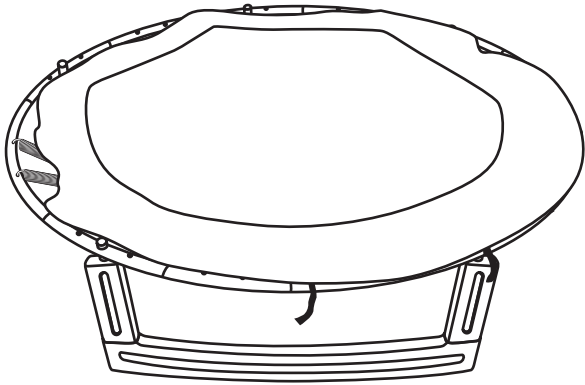
Complete the  
rest of the springs

### How to use the spring pulling tool-

Step I: Hook on one end of the spring to the mat's triangular hooks.

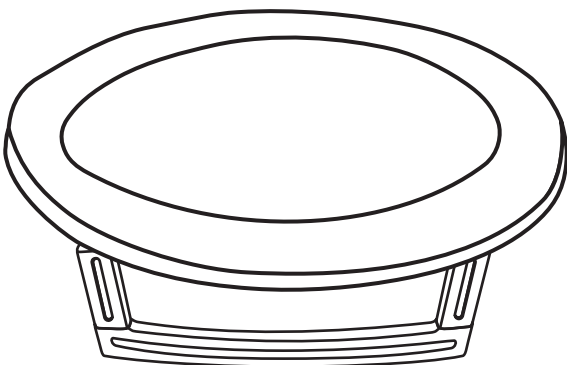
Step II: Extend tool and link up spring hook with eyelet on tool pull the handle of the tool in direction shown until spring hook links up with the frame.





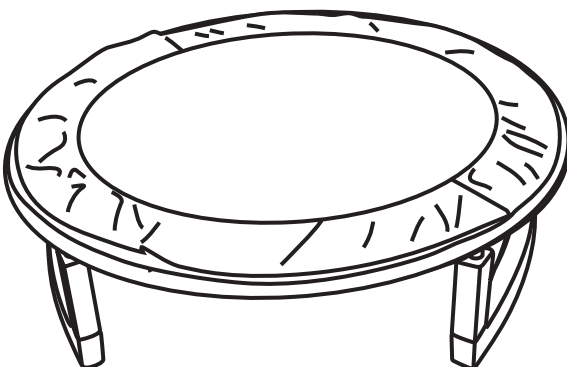
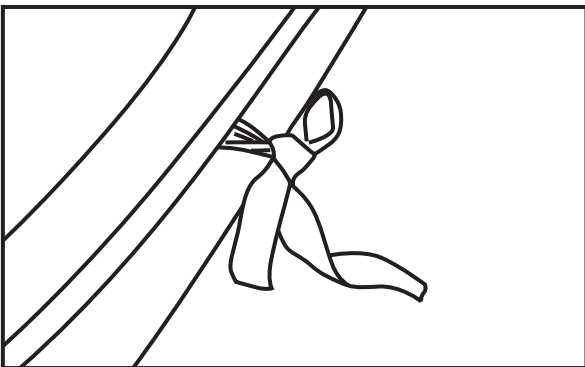
**STEP 7 -**

Lay the cover pad on the outer edge so the springs are covered.



**STEP 8 -**

On one side, tie the cover pad strings onto the rail of the trampoline. On the other side tie the strings of the pad onto the springs.


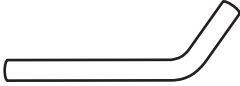




**STEP 9 -**

Proceed to Testing the Trampoline section of this manual before jumping on the trampoline.



# ENCLOSURE PARTS LIST

ITEM	PART IMAGE	MODEL	7' QT
H		Lower Pole	6
I		Upper Pole	6
J		Pole Cap	6
K		Enclosure Net	6

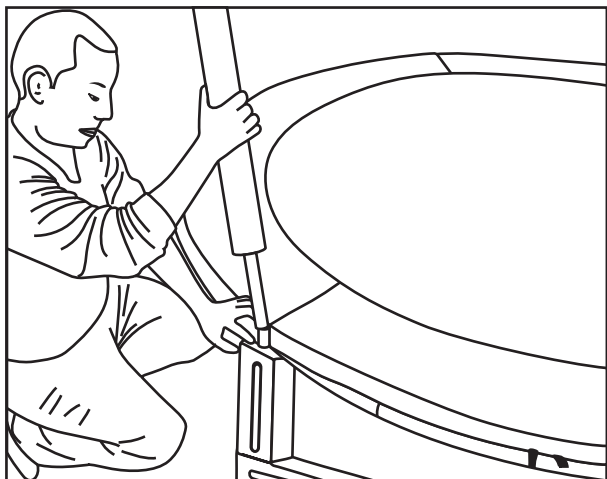


# ENCLOSURE ASSEMBLY

## Warning :

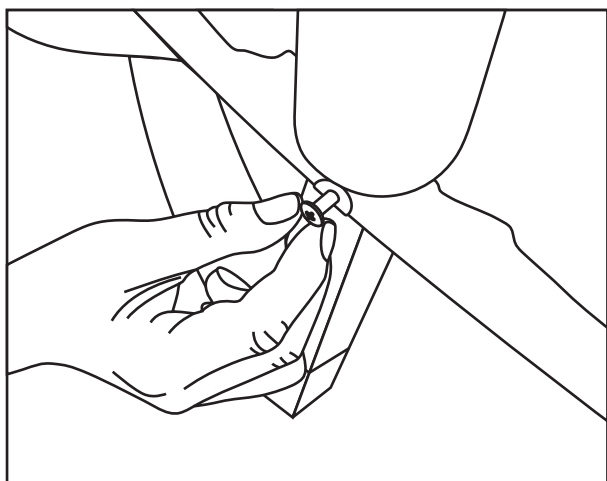
2 adults in good physical condition are required for the following assembly. Wear proper shoes and maintain balance to prevent a fall. Failure to follow all instructions and warnings exactly may result in serious injury.

Refer to **PARTS LIST** for identification of parts.



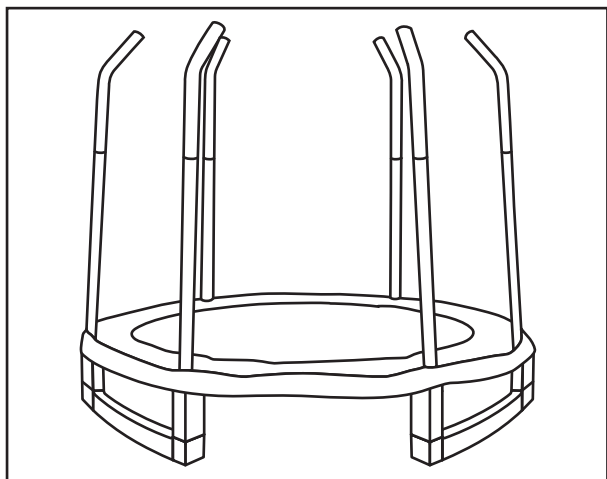
## STEP 1 -

Insert the Lower Pole (H) into the connecting hole of the frame as shown in the picture. Continue doing this step to all lower poles.



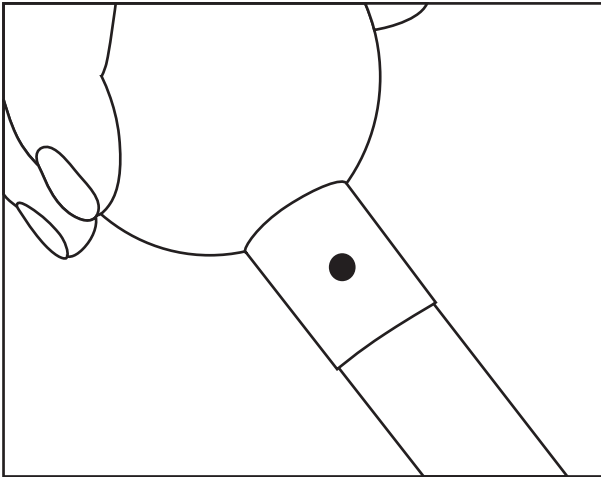
## STEP 2 -

Secure together the poles with the legs with screws.



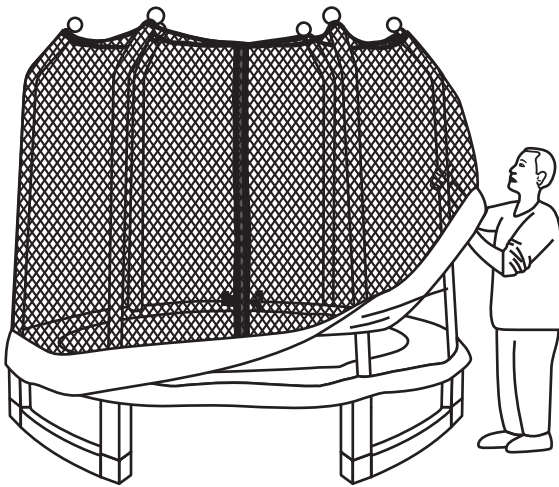
## STEP 3 -

Connect the top poles (I) to all lower poles.



#### **STEP 4-**

Insert the pole cap on top of the poles, push it hard until it reaches the end. Continue to do this step to all the poles.



#### **STEP 5-**

Place the net on the outside of the poles and secure the ties of the net around the pole caps. Pull down the net until it reaches the pad that covers the frame. Connect the clips from the bottom of the net to the frame of the trampoline, do so by picking up the skirt of the pad. Once done remember to straighten out the pad around the frame, and pull down the skirt of the pad.

**After assembling the trampoline it is important that you perform the following safety checks:**

## **Trampoline Safety Checks:**

- Use a screw driver to check if all the screws are tightly secured.
- Check if all the springs are hooked securely to the frame and to the triangular rings.
- Move around the trampoline to assure the sturdiness of the frame.
- Apply pressure to one side of of the trampoline and then release, to check if the floor surface is even.
- Check if the cover pads cover the springs and frame completely.
- Make sure the strings of the pads are tied securely.

## **Maintenance Instructions:**

The trampoline has to be examined for damaged, wearing or defective parts before each usage, as it can impair the overall safety of the trampoline. The damaged, wearing or defective parts should be replaced immediately. In the meantime the trampoline must be restricted from access.

## **Enclosure Net Safety Checks:**

- After installing the poles move right and left to assure its sturdiness.
- Check the enclosure net for any tearing in the stitching or in the material.
- Check if the enclosure net zipper and entrance hooks function properly.
- Check to see if all safety enclosure hooks are attached to the triangular ring underneath of the trampoline.

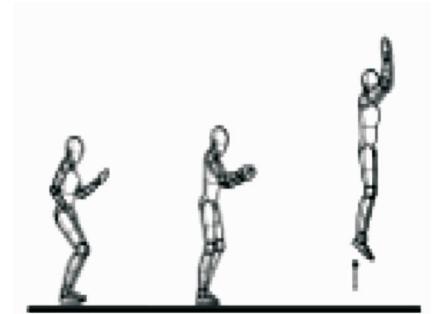
Once all the safety checks are performed and the trampoline passed all the initial testings, have one person test the trampoline by jumping on the center continuously for five minutes. If the trampoline feels sturdy then your trampoline passed the test. Congratulations, you have completed the trampoline assembly! Remember to follow all the safety rules. Have fun, play safe...

# FUNDAMENTAL BOUNCES TECHNIQUES

All trampoline users are recommended to understand and perfect these fundamental bounces.

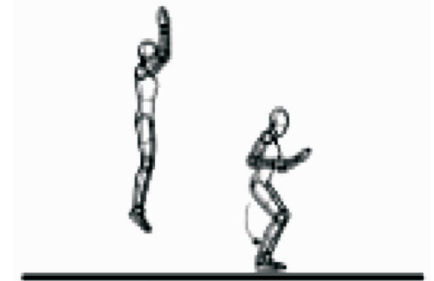
## THE BASIC BOUNCE

- Start from a standing position, feet shoulder width apart with head and eyes on the mat.
- Swing your arms forward and up and around in a circular motion.
- Bring feet together while in mid-air and point toes downward.
- Keeping feet shoulder width apart when landing on mat.



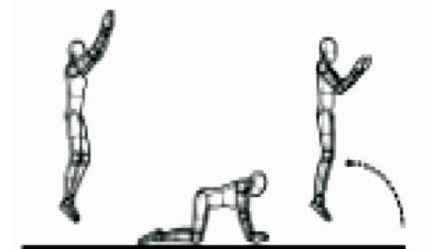
## THE BREAKING MANEUVER

- Occasionally they may lose control of their jump and bounce wildly. Performing the breaking maneuver will allow the user to regain control of the jump and their balance.
- Start with a basic bounce.
- As you land, bend your knees sharply and this will allow you to stop your jump.



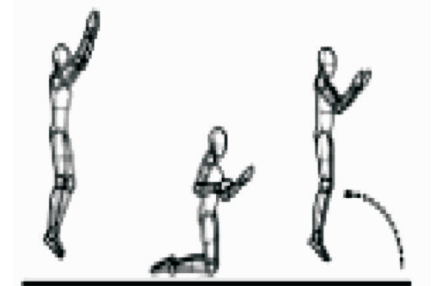
## THE HANDS AND KNEES BOUNCE

- Start with a low controlled basic bounce.
- Land on your hands and knees keeping your back straight.
- Emphasis should be directed at a good four-point landing. And not on jumping height.



## KNEE BOUNCE

- Start with a low controlled basic bounce.
- Land on your knees keeping back straight, body erect and use your arms to maintain balance.
- Bounce back to the basic bounce position by swinging your arms up.



## SEAT BOUNCE

- Land in a flat sitting position.
- Place hands on mat beside your hips.
- Return to erect position by pushing with your hands.



## Enclosure Net Safety Checks:

- Hold onto pole net jacket and check that all the enclosure poles are sturdy by shaking it.
- Check the enclosure net and pole jacket for any tearing in the stitching or material.
- Check the enclosure net zipper and entrance hooks function properly.
- Check to see if all safety enclosure hook are attached to the triangle ring under the trampoline.

## **WARNING:**

1. Please ensure that the safety enclosure net zipper is 100% closed and all three entrance hooks are re-hooked before jumping.
2. Do not intentionally jump into the safety net, it is only designed to stop persons from falling off the trampoline. Intentional jumping into the safety net may cause the trampoline to topple over, or may damage your net. Abuse of the safety net is considered negligent use which is not covered by the warranty, please refer to the disclaimer.



## **Do you still have any questions or concerns?**

Don't worry you can email us at [support@upperbounce.com](mailto:support@upperbounce.com) or you can contact us at **888.965.3331** and we will provide you with outstanding customer service. For more information you can go onto our website at [www.support.upperbounce.com](http://www.support.upperbounce.com)

**Happy Jumping!**

The Upper Bounce Team



## **We need your feedback**

To leave feedback or for any suggestion on how we can do even better please go to -

[www.upperbounce.com/feedback](http://www.upperbounce.com/feedback)

