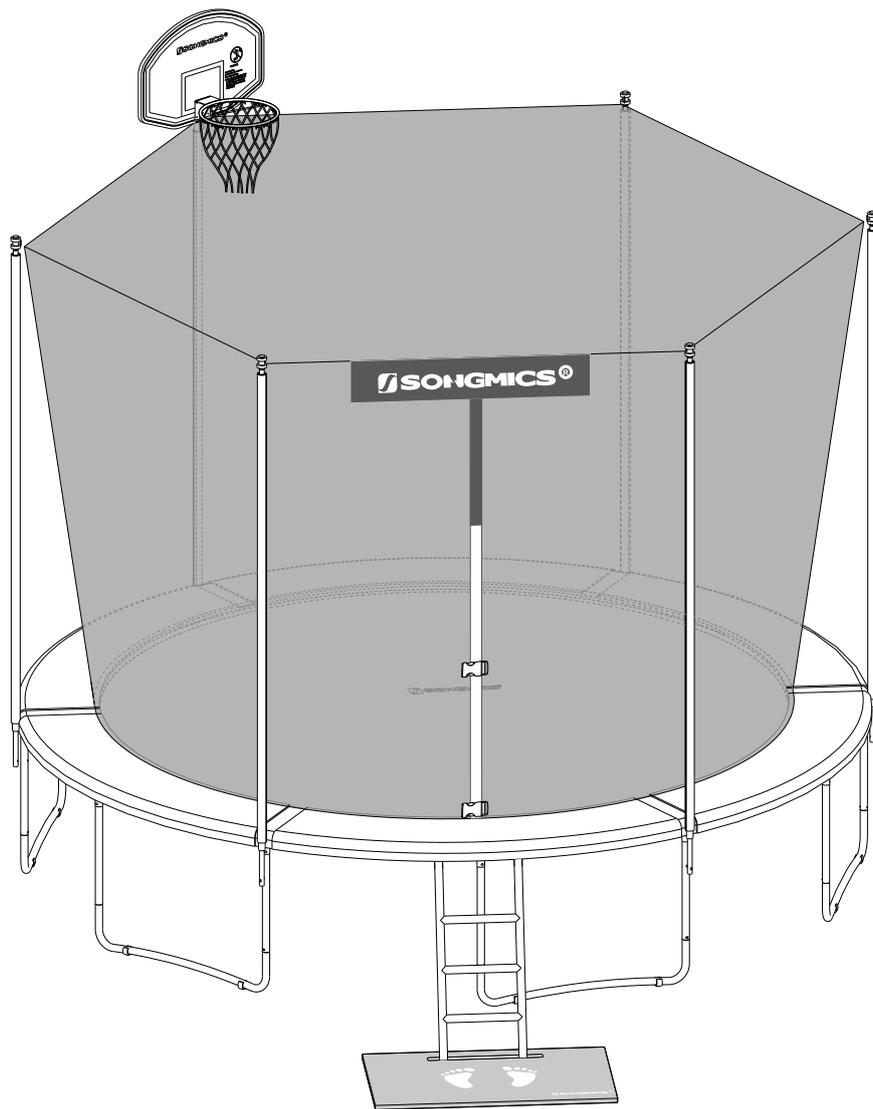


# USTR14



## General Guidelines

- Please read the following instruction carefully and use the product accordingly.
- Please keep this manual and hand it over when you transfer the product.
- This summary may not include every detail of all variations and considered steps. Please contact us when further information and help are needed.

## Notes

- This product is suitable only for domestic use and is not intended for industrial or public use. It is not permissible to use against the above description or to alter and reproduce the product without authorization, and may result in injury and / or damage to the product. This product must be installed and used in strict accordance with the attached instructions. For damage resulted from the failure to comply with the provisions of the assembly and use, manufacturers do not assume any responsibility.
- This is a product for exercise. Do certain warm-up before use. Otherwise it may cause muscle strain, muscle exhaustion and other injury. Do not overestimate yourself. When you are tired, or when there is no strength in the legs, take a break. Otherwise it may cause serious injury.
- Weight for User:  $\leq 170$  kg
- Do not use the product if it is damaged or defective.
- Inspect whether the product is intact before every use. Defective parts must be replaced immediately as they can impair the function and the safety of the product.
- This manual contains assembly instructions, precautions and the care and maintenance recommendations of trampolines to ensure safe use and enjoyment of the trampoline.
- Before using the trampoline, or allowing someone to use the trampoline, all the precautions must be read and understood fully.
- It's the responsibility of the owner or supervisors to guarantee that all users of the trampoline are informed sufficiently of all warning references and safety instructions.
- All people who use the trampoline should be familiar with the recommendations given by the manufacturer for proper assembly, proper use and proper care and maintenance of the trampoline.
- We recommend making use of the safety enclosure net as we are not just selling trampolines, safety enclosure nets also included. Please note that the customer shall assume the risk of not using a safety enclosure net.
- Neither our company nor our manufacturers will be responsible or liable for any damage caused by the misuse of not following the safety instructions, any loss caused by theft, or loss caused by weather conditions, and other losses caused by other kinds of cases. If it was recognizable manufacturing defects or production defects, dealer will bear the corresponding responsibility.

## Assembly

- The assembly of the product must be done carefully and by 3 able-bodied adults. If in any doubt, ask a technically qualified person.
- Before you start with the assembly, please read the instructions carefully and check the assembly illustration.
- Remove all packing materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- Check with the parts list that make sure no part is missing. Dispose of the packaging material when the assembly is complete.
- Create a danger free environment; for example, do not let tools lay around the workplace. Store the packaging material in a way that can not cause any danger. Foils or plastic bags are dangerous for children(danger of suffocation)!
- Beware that there is always a risk of injury when using tools or doing technical work. Therefore, assemble the product carefully.
- When assembling or disassembling, please wear gloves to protect your hands.
- The trampoline may be set up only on solid and flat ground.
- The trampoline should not be buried in the ground.
- If possible, put the trampoline on the lawn. Do not place it on a slippery surface!
- Trampolines shall neither be assembled over the concrete, asphalt or any other hard surface nor in the vicinity of other mutually conflicting facilities such as diving pools, swings, slides, climbing frames.
- Please pay attention to keep an appropriate and clear space over head or above the trampoline! A clear and free space of at least 9.5m is necessary above the trampoline. Do not use the trampoline in closed areas, in sheltered areas, or under trees. Please clear the surrounding tree branches, electric cables, etc. to avoid injury.

- Make sure there is enough horizontal activity space. The trampoline must keep a distance of at least 3m from the buildings, the walls, the fences or the electric cables.
- The metal frame of the trampoline will conduct electricity. Please assemble the trampoline away from all power supplies. All electrical equipment must never be allowed to come in contact with the trampoline.
- The trampoline in the vicinity of other recreational facilities and constructions must not be used.
- If the trampoline is placed in shadows or dark areas, make sure there is adequate lighting.
- Nothing may be placed under the trampoline.
- After assembling the product according to the instruction manual, please make sure that all screws, bolts and nuts are correctly assembled and tightened, and that all frame legs are mutually inserted together.
- Try to avoid moving the well assembled trampoline, because it could bend under the tension of the springs. If you have to do this, please consider the following:
  1. During transportation, at least 4 people must be evenly spaced around the trampoline to lift the trampoline off the ground.
  2. The trampoline must be carried horizontally.
  3. Be careful when moving the trampoline, otherwise the frames may be bent.
  4. If this happens, please arrange 4 people to restore the frame to its original shape.

## Usage

- Children can only use trampolines under the supervision of experienced adults with appropriate knowledge.
- Incorrect use and abuse of the trampoline are dangerous and can cause serious injury.
- Be aware of the fact that a trampoline's attached springs can generate tremendous elasticity and propel the person on the jumping mat to unusual heights and cause the body to move in a variety of unusual and extreme directions. Use the trampoline only if you are physically fit and know the danger that may arise during use.
- Use the product only on even, non-slippery and sturdy surface.
- Please empty your pocket before jumping. Do not carry any objects to the trampoline, and do not put anything on it.
- Do not wear any slippers or tennis shoes when jumping. Trampoline jumpers should be barefoot, or only wear socks or gymnastic shoes. No firm shoes may be carried since they lead to excessive wear of the trampoline.
- No clothes with hooks or parts may be worn when jumping on the trampoline, in order to avoid hooks getting caught.
- Clothing should consist of a T-shirt and short trousers. Beginners can also wear loose protective clothing, such as long-sleeved shirts and training pants, until they can properly control the landing. This prevents wear on elbow and knee skin due to improper landing.
- Always keep the front opening door of the safety enclosure net closed before jumping.
- Do not eat during or just before jumping.
- For correct climbing on and off the trampoline, a fixed rule must be followed by beginning users. Therefore, you must always use the ladder that comes with the package to enter or leave the trampoline through the scheduled entrance. Do not jump directly onto the trampoline or jump down from the trampoline.
- Do not attempt to enter the trampoline by crawling from under the safety enclosure net.
- Do not jump from trees, balconies or other such high places on to the trampoline, and do not use the trampoline as a springboard.
- Never jump off directly from the trampoline to the ground, regardless of whether there being a soft mat on the ground.
- When climbing on or off the trampoline, children who use the trampoline need assistance. Always keep an eye on the ladder and hold the handle of the vertical bars on it when climbing on or off the trampoline, and ensure that there is a firm contact between the foot and the horizontal bar of the ladder.
- To climb on the trampoline correctly, put hands on the frames, climb onto the frames, cross the springs, and stand on the jumping mat.
- To climb off the trampoline correctly, go to the edge of the trampoline, sit down and then leave the trampoline through the ladder.
- The trampoline must not exceed the specified maximum load.
- Make sure that no more than one person is using the product at the same time. Two or more people jumping at the same time will increase the risk of injury!
- Always stay in the center of the jumping mat. Stop jumping immediately if you have moved more than 50m from the center, and then get back to the center of the mat to resume jumping. This will reduce the risk of getting injured by landing on the spring guard mat.
- Do not stand on the spring guard mat since it is not intended to support the the weight of a person.
- To stop jumping, bend your knees when your feet come in contact with the jumping mat. Master this technique before trying newer ones.

- Master basic jumps before trying advanced skills. You can combine these basic moves in a variety of combinations with or without straight intermediate jumps to carry out various sequences on the trampoline.
- Avoid jumping too high. Keep your jumps low till you have sufficient control on your jumps and always land on the middle of the trampoline. Keep your eyes on the trampoline as it helps to control the jumps.
- Please only make easy and short rotation when jumping.
- Very serious injury (such as paralysis, fracture or death) may occur when landing on the head or neck. Especially jumping in the air performing somersaults will be particularly dangerous!
- Pay attention that do not let your arms and legs close to the parts of the body in movement. Do not insert any material into the existing opening edges of the product.
- Do not jump for such a long time without a break as exhaustion may cause you to have an accident.
- Jumpers should take turns jumping in a short time. Jump for a long time will increase the risk of injury.
- Do not use the trampoline under the influence of alcohol or drugs(incl. over the counter or prescription medication).
- Please only jump on a dry jumping mat! Using the trampoline in strong winds is not allowed. Wet mat and moist weather will cause risk of injury.
- Avoid the jumping mat in contact with sharp objects.
- No one under the trampoline. Trampolines do not provide weather protection!
- When using a trampoline outdoors, the wind or air movement should be calm or slight. Do not use it under strong wind.
- In winter of some countries, the snow load and very low temperatures may destroy the trampoline. It is recommended to regularly clear the snow and store the safety enclosure net and jumping mat indoor and keep dry.
- Do not use a trampoline when damage or an abnormality is detected or when it can not meet the conditions. Please ensure that sports equipment shall not be used until returned to their condition.
- The owner of the trampoline is responsible for ensuring that all users are familiar with the instructions in this manual.

## Care and Maintenance

- The trampoline is made of high quality material. If you care and maintain it correctly, you will be satisfied with it for many years. Please pay attention to these maintenance instructions.
- Do not make any structural changes.
- Check all springs or bolts connections regularly and tighten them if necessary to prevent them from being lost when used.
- Check regularly whether the spring guard mat is fixed in place.
- If sharp edges or corners develop, the product may not be used any more.
- Check the trampoline for any missing parts, damage and traces of wear and tear before and after each use. Defective or missing parts must be replaced immediately.
- Weather such as direct sunlight, rain, snow and extreme temperatures can damage the jumping mat, spring guard mat and safety enclosure net. Please check regularly whether these parts have been damaged and whether they are still able to withstand the weight of the user. Please replace the jumping mat and spring guard pad when damage occurs.
- For your own safety, use the original spare parts only, which can be sourced from Songmics. If in any doubt, please contact our service team.
- Protect products from splashing, damp, high temperature and direct sunlight. If you do not use the trampoline, we recommend you use a suitable protective cover to protect the trampoline from weather effects. If exposed outside without protection, the damage that occurs will not be covered by the warranty.
- Severe winds can blow away the trampoline. Please note that if severe winds are expected, please move the trampoline to a sheltered location or take it apart. The safety enclosure net and trampolines may play a similar role as sails, causing danger to other objects and people.
- Keep the trampoline safe from impermissible access when not in use. The supervisor must remove the ladder when leaving the trampoline area so that unsupervised children under 6 years do not get on the trampoline.
- Trampolines should always be stored in a cool and dry place, or also in the original cartons. Lubricate all joints for protection before storage.
- Store the product in a safe and weatherproof place to avoid damage or injury to the product or people.
- Please note that the detergent, water temperature and washing method you use is appropriate. We recommend that users should gently wipe off with warm water and a soft brush.

## Warnings

### Danger for Children

- **WARNING!** Trampolines over 50cm (20inch) in height are not recommended for children under 6 years of age! Children do not recognize the potential dangers from this product. Keep children away from this product.
- Trampolines are not toys. The product has to be stored out of reach of children and pets.
- Be aware that the packaging material is not suitable for children! There is danger of suffocation!

### **Risk of Injury**

- Using of the trampoline can, as in all active leisure kinds of sports, lead to injury. Even landings on the jumping mat can lead to injury, especially to the back, neck or head.
- Do not land on the head or neck. There is the risk of paralyzing death, even landing in the middle of the trampoline. Do not attempt to somersault to avoid the risk of landing on head or neck.
- Trampolines are jumping devices, enabling the user to jump into unusual heights as well as into a multiplicity of body movements. Jumping from the trampoline, hitting the frames or springs, or incorrect landing on the trampoline can lead to injury.
- Make sure that no more than one person is using the product at the same time. If more than one person jump on the trampoline and lose control of their trajectory, the possibility of an injury increases that users may collide or fall off of the trampoline. This may lead to injury of skull, neck, back or legs.
- The trampoline can only be used under the guidance of experienced people or proven instruction manual. Do not use the trampoline without supervision, regardless of age or experience.
- Always follow the safety and warning instructions of the trampoline. Use of the trampoline may lead to a serious risk of injury, including permanent injury, such as paralysis or even death.
- Product defects are announced immediately by the dealer, manufacturer or importer, and shall be fixed immediately for further use. The buyer or user of the trampoline has to inspect the device regularly for wear or damage.
- The safety enclosure net and trampolines are likely to play a similar role as sails. At times when this happens, it will cause a very large force and "floated" trampoline will be a great danger to other objects and people. Under the weather effect of heavy thunderstorms and violent wind, the trampoline should be fixed well to prevent being blown away. Therefore, a sufficient number of anchorages are required (no less than one per leg; not included in the package) to ensure using the appropriate fixing material. Alternatively, you should move the trampoline into a protected area or disassemble it. In the case of bad weather, we are not responsible for the damage in the case that the trampoline had not been fixed thoroughly.

### **For the Supervisor**

- Obey all safety rules and make yourself familiar with the information in the user manual.
- All users of the trampoline need a supervisor, regardless of the age and the experience of the user.
- Trampoline can only be used when the jumping mat is clean and dry. A jumping mat with wear or damage must be replaced immediately.
- Objects, which could be dangerous to the user, should be vacated from the area.
- Do not carry pets on the jumping mat to protect the health of your animal and jumping mat.
- Avoid unauthorized and unsupervised use of the trampoline.
- Ensure that the user enters the trampoline through the safety enclosure net as the warning signs on the spring guard mat are readable.

### **For the Jumpers**

- Do not use trampolines under the influence of alcohol or drugs (incl. over the counter or prescription medication).
- Please study the fundamental jump and body positions carefully before trying difficult jumps.
- Stop rebounding by bending your knees when your feet come to contact to the jumping mat.
- This technique should be practiced while you are learning the balance and control of previous manoeuvre. If you always lose balance in jumping or if you are just learning the basic on how to jump on a trampoline, then you should learn how to control your weight distribution. A controlled jump is considered landing on the same spot that you took off from. If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you regain control and stop your jumping.
- Please take turns jumping and pay attention to other users.
- For further information or exercise documents, please turn to a trained trampoline teacher. Use of the trampoline, as in all active leisure kinds of sports, may lead to injury. But there are ways to reduce the risk of injury. In the following sections, the basic cause of accidents are emphasized and tips are given regarding the responsibility of supervisors and users to avoid accidents.

### **Accident Categories**

- Somersaults: Landing on the head or neck, even if it may happen in the center of the trampoline, increases the risk of neck and back injury, which can lead to paralysis and even death. This can occur if the user makes an error and falls forward or backward. No somersaults should be attempted on the trampoline.
- The probability of an injury increases if more than one person jumps on the trampoline and loses control of their jump. Users may collide with each other, fall off of the trampoline, fall on the springs, or land wrongly on the jumping mat. Smaller users will be more easily hurt in that case.
- Climbing on and off the trampoline: The jumping mat is approximately a meter above the ground. Jumping off the trampoline on to the floor or another surface can lead to injury. Jumping on the trampoline from a building roof, a terrace or other objects can lead to injury. Small children need assistance when climbing on and off the trampoline. Be careful when climbing on and off the trampoline. Do not step on the springs or spring guard mat. Do not use the spring guard mat for climbing on and off the trampoline.
- Hitting the frames or springs: It can lead to injury by hitting the frames or falling into the springs when jumping up and down on the trampoline. Please stay in the center of the mat when jumping. Make sure the spring guard mat remains in place and cover the frames and springs. The spring guard mat is not intended to support the weight of a person. Do not step onto or jump directly to the spring guard mat.
- Loss of control: When users lose control of their jump, they can land on the jumping mat in the wrong way, or land on the frames or springs, or fall off of the trampoline. A controlled jump is one where the jumper lands and jumps from the same spot. Before a more difficult jump maneuver is practiced, the basic controlled jump should be mastered perfectly and continuously. If trying a jump maneuver that exceeds the abilities of the jumper, there is a danger of losing control. In order to regain control of the jump and land correctly, knees should be completely bent upon landing.
- Under the influence of drugs or alcohol: The possibility of injury rises, if the user is under the influence of drugs or alcohol. These substances weaken the response, faculty of judgment, spatial awareness, coordination and motor functions of the concerned users.
- Collision with objects: The possibility of injury will increase, if other people, animals or objects are under the trampoline in the jump, jumping on the trampoline while carrying sharp or fragile objects, or placing the trampoline too close to electric cables, tree branches or other obstacles.
- Poor maintenance of the trampoline: Users can hurt themselves if the trampoline is in bad condition. A torn jumping mat, a bent frame, missing springs or missing spring guard mat must be replaced before using the trampoline. The trampoline should be examined before each use.
- Weather conditions: A wet jumping mat is too slippery for safe jumping. Gusting or heavy winds can lead to a loss of control when jumping. In order to lower the possibility of an injury, the trampoline should be only used under suitable weather conditions.

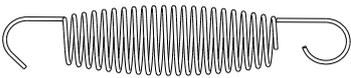
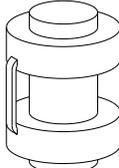
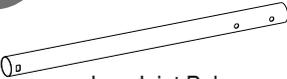
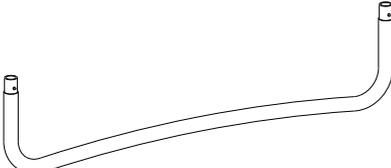
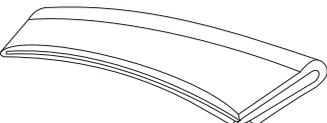
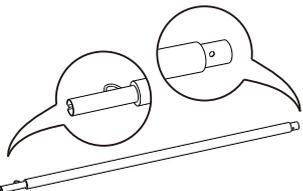
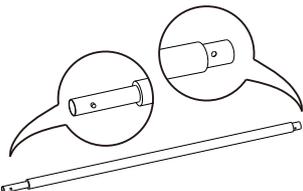
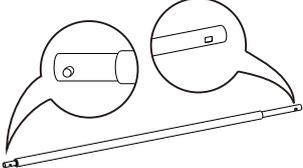
## **Methods of Accident Prevention**

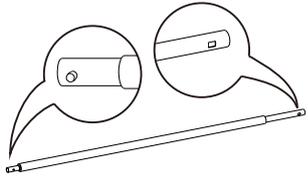
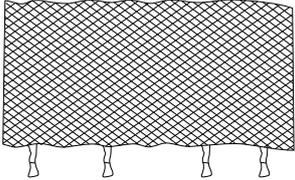
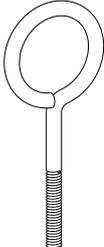
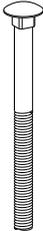
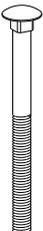
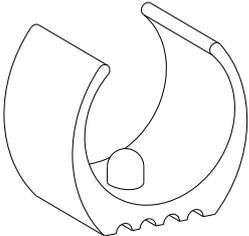
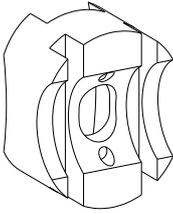
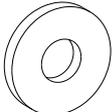
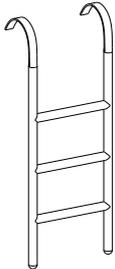
### **Role of the User in Prevention Accidents**

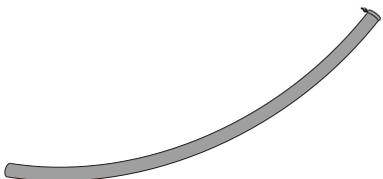
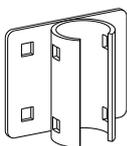
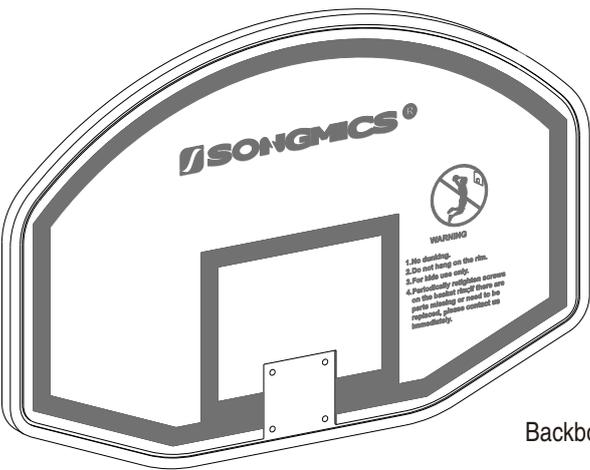
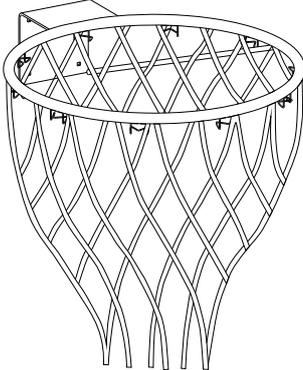
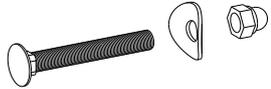
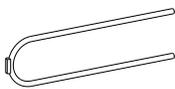
- A basic knowledge of the trampoline by the user is essential for security.
- All users of the trampoline must learn firstly how to accomplish a low controlled jump as well as the fundamental landing positions and combinations before turning to advanced jump exercises.
- Users need to understand why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

### **Role of the Supervisor in Prevention Accidents**

- It lies in the responsibility of the supervisor to guarantee that the users use the trampoline under a reasonable and experienced supervision.
- Rules and warnings in this manual must be applied and known by the users of the trampoline in order to reduce the possibility of accidents and injury.
- In the case that supervision is not possible or sufficient, the trampoline should be taken apart and stored in a secured place to guard against unauthorized use.

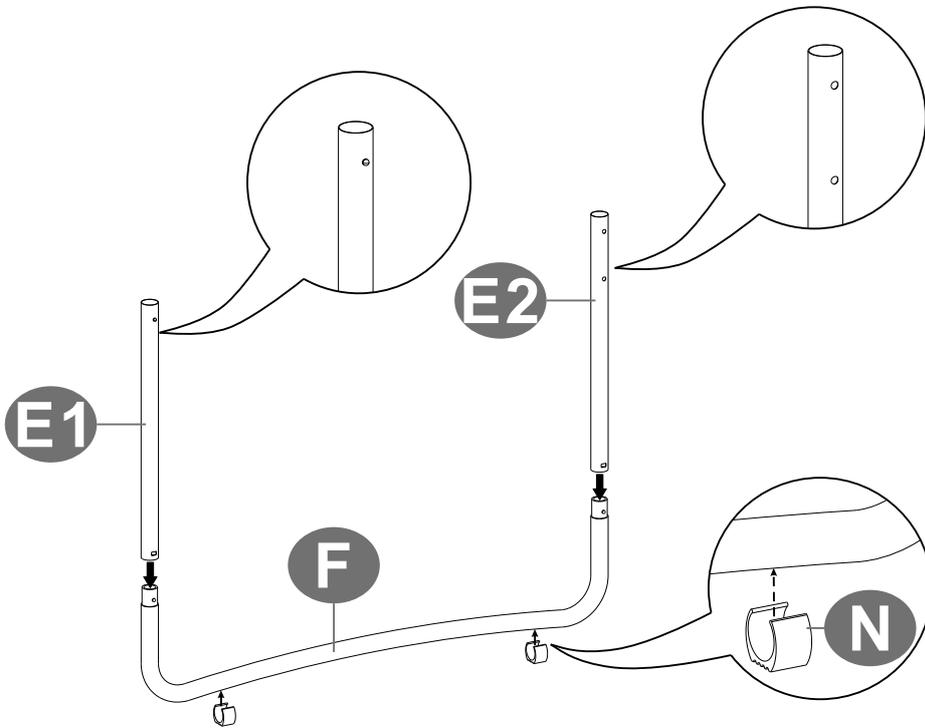
<p><b>A</b> × 1</p>  <p>Jumping Mat</p>	<p><b>B</b> × 96</p>  <p>Spring</p>	<p><b>C1</b> × 6</p>  <p>Top Frame</p>
<p><b>C2</b> × 6</p>  <p>Top Frame</p>	<p><b>D</b> × 5</p>  <p>Enclosure Pole Cap</p>	<p><b>E1</b> × 6</p>  <p>Leg Joint Pole</p> <p><b>E2</b> × 6</p>  <p>Leg Joint Pole</p>
<p><b>F</b> × 6</p>  <p>U-shaped Leg</p>	<p><b>G</b> × 1</p>  <p>Spring Guard Mat</p>	<p><b>H</b> × 5</p>  <p>Rope</p>
<p><b>I1</b> × 1</p>  <p>Φ 32 × 1.5 × 1060mm Enclosure Pole (Upper)</p>	<p><b>I2</b> × 5</p>  <p>Φ 25 × 1.2 × 1060mm Enclosure Pole (Upper)</p>	<p><b>J1</b> × 1</p>  <p>Φ 32 × 1.5 × 1060mm Enclosure Pole (lower)</p>

<p><b>J2</b> × 5</p>  <p>Φ25 × 1.2 × 1060mm Enclosure Pole (lower)</p>	<p><b>K</b> × 1</p>  <p>Safety Enclosure Net</p>	<p><b>L1</b> × 5</p>  <p>M6 × 50mm Loop Screw</p>	
<p><b>L2</b> × 1</p>  <p>M6 × 55mm Loop Screw</p>	<p><b>M1</b> × 5</p>  <p>M6 × 80mm Long screw</p>	<p><b>M2</b> × 1</p>  <p>M6 × 85mm Long screw</p>	
<p><b>N</b> × 12</p>  <p>Leg Guard Mat</p>	<p><b>P</b> × 12</p>  <p>Plastic Pad</p>	<p><b>Q</b> × 12</p>  <p>Universal Pad</p>	
<p><b>R</b> × 8</p>  <p>Universal Pad</p>	<p><b>S1</b> × 12</p>  <p>M6 Universal Screw Cap</p>	<p><b>S2</b> × 4</p>  <p>M8 Universal Screw Cap</p>	<p><b>T</b> × 1</p>  <p>Ladder</p>

<p><b>U</b> × 4</p>  <p>M8 × 30mm</p> <p>Medium Screw</p>	<p><b>V</b> × 6</p>  <p>Protective Sleeve</p>	<p><b>W1</b> × 1</p>  <p>Hinge</p>
<p><b>X</b> × 1</p>  <p>Backboard</p>	<p><b>Y</b> × 1</p>  <p>Basket Rim</p>	<p><b>W2</b> × 2</p>  <p>Screw</p>
<p><b>Z1</b> × 2</p>  <p>Spring Hook</p>	<p><b>Z2</b> × 1</p>  <p>Allen Wrench</p>	<p><b>Z4</b> × 1</p>  <p>Mat for Changing Shoes</p>
<p><b>Z3</b> × 1</p>  <p>Wrench</p>	<p><b>Z5</b> × 6</p>  <p>U-type to nail</p>	

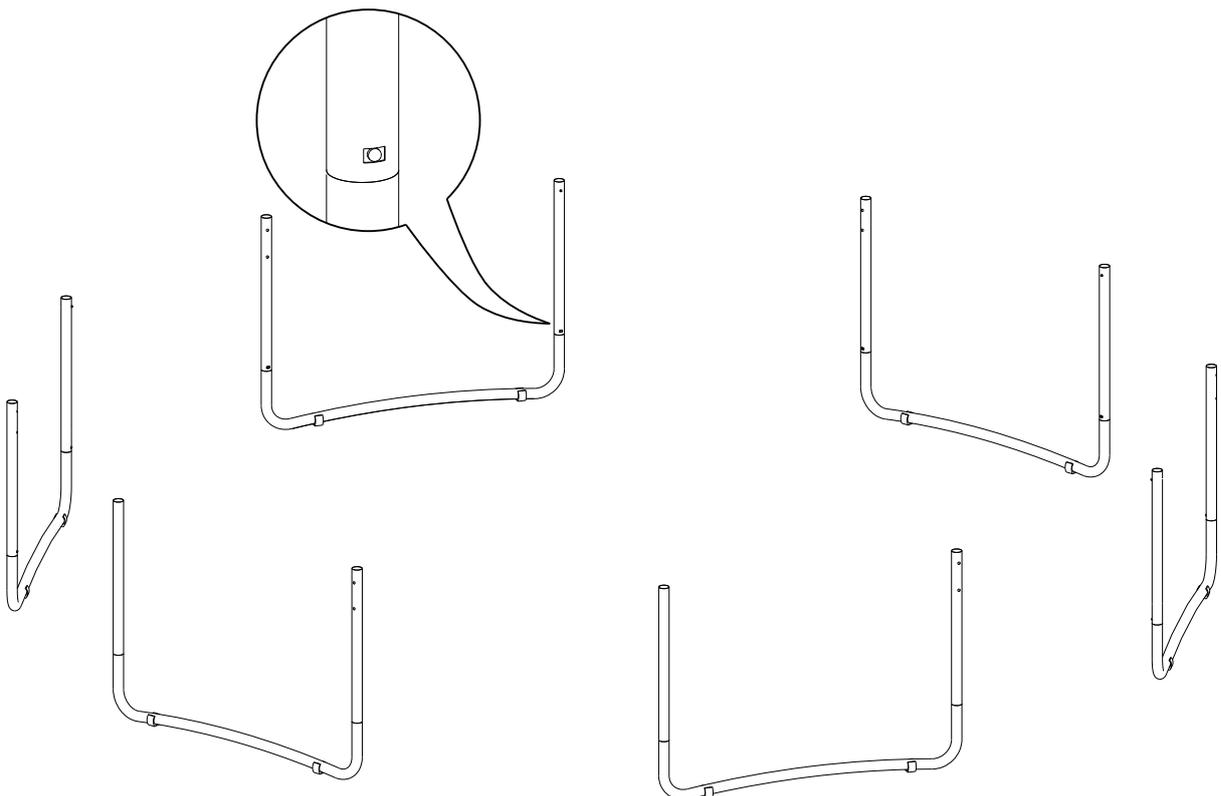
**1**

- Attach the U-shaped leg (F) to the leg joint pole (E) together in strict accordance with the instruction as shown in the picture.



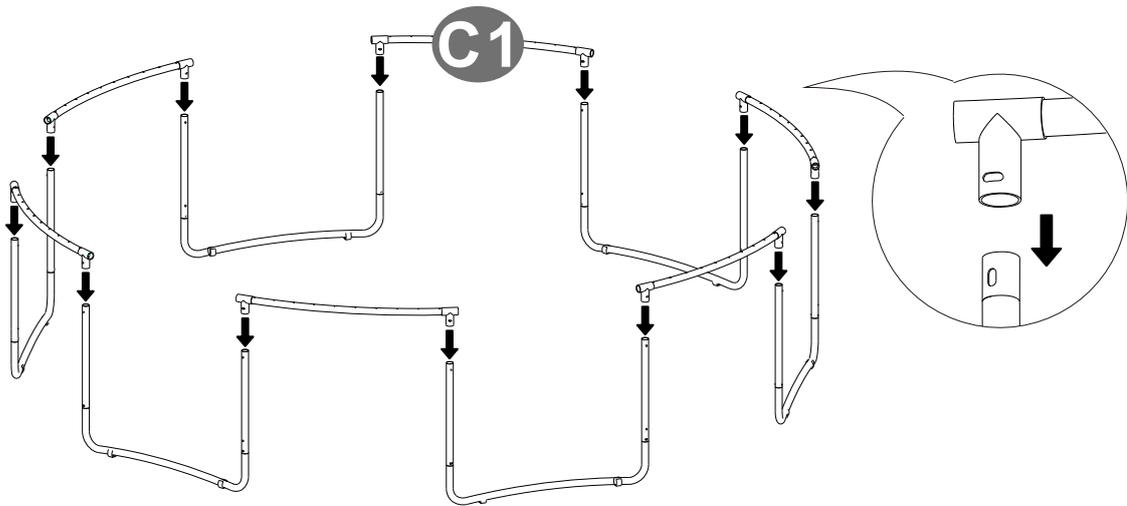
**2**

- After assembly of the 6 groups of U-shaped legs is complete, ensure that all the pins are ejected.

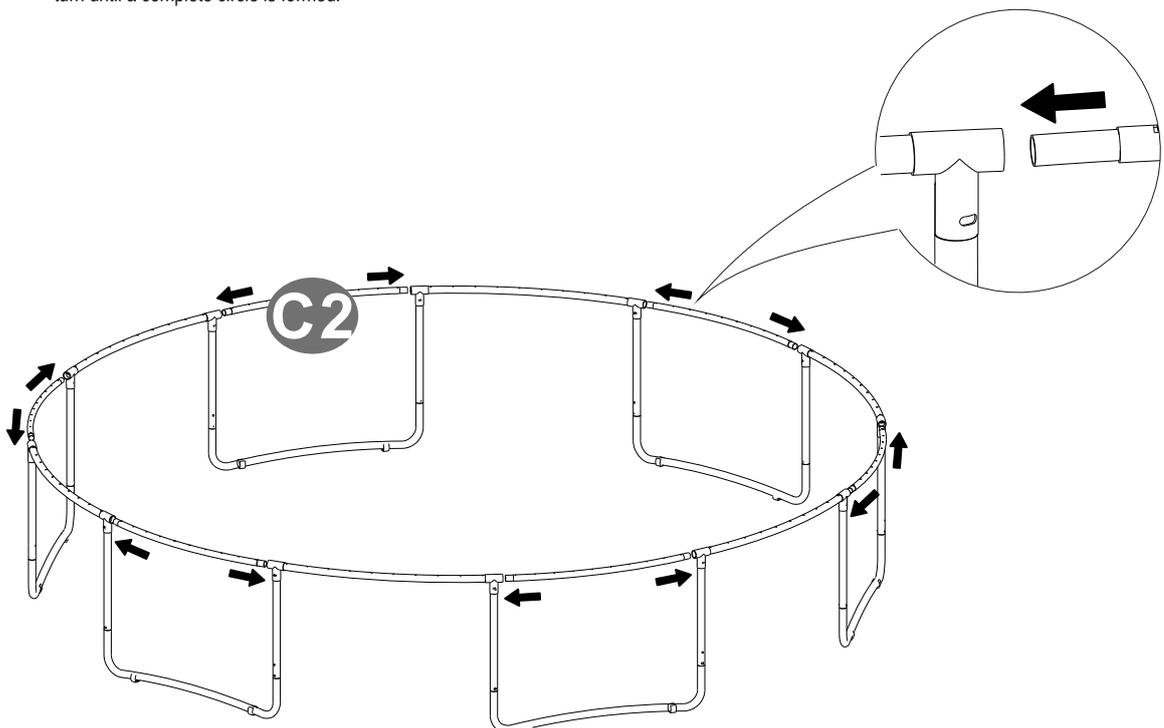


**3**

- As shown in the picture, attach the properly assembled U-shaped legs with the top frame(D) to ensure that the leg joint pole(E) is completely inserted into the T-shaped jacket attached with the top frame(D) (adjust the opening direction of the side hole of the leg joint pole(E) before pressing to ensure that the screw hole of both the leg joint pole(E) and the T-shaped jacket is facing one-to-one.)

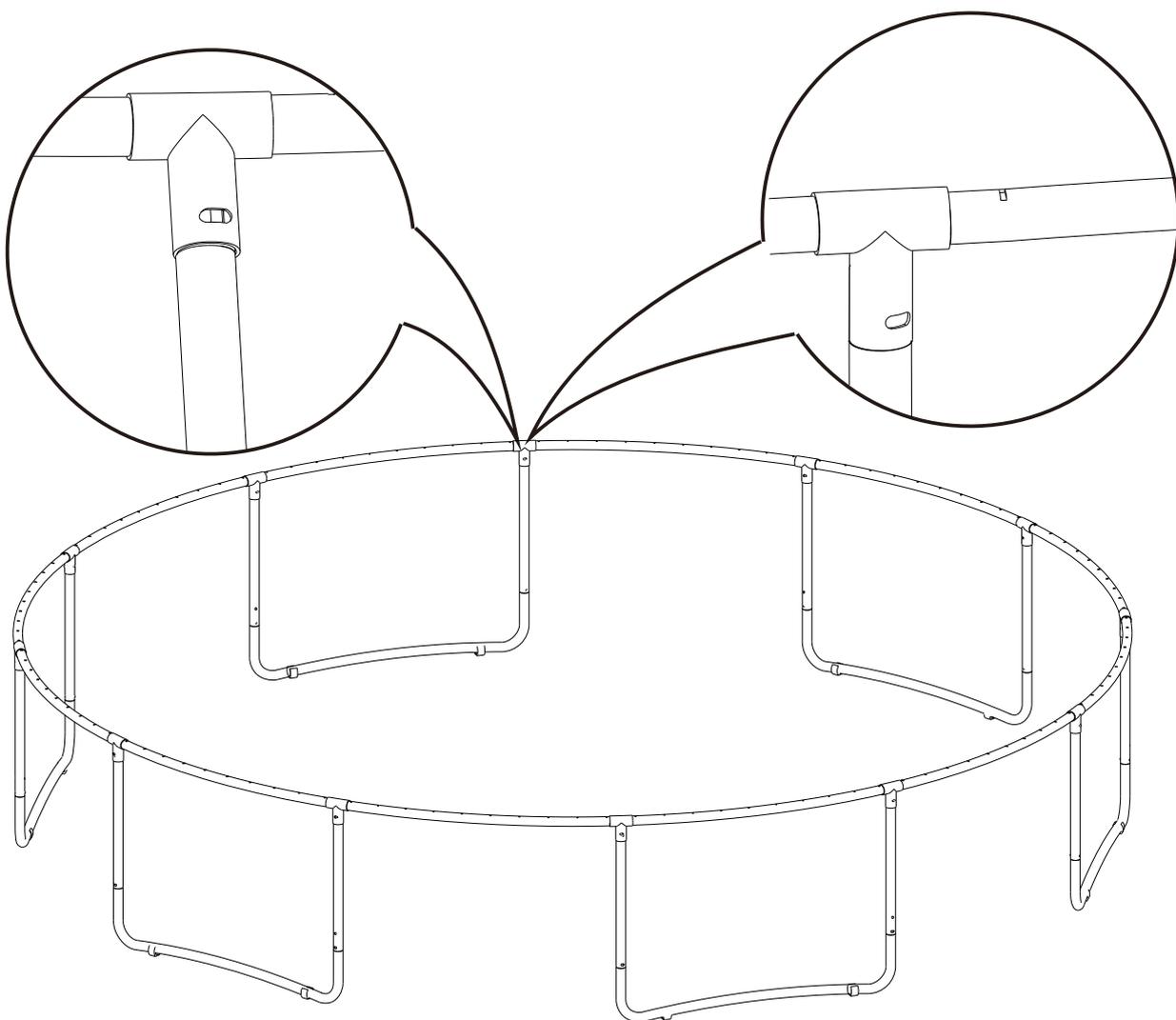
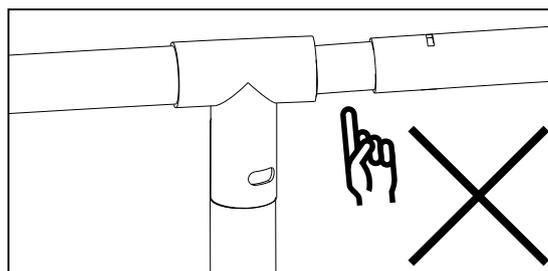
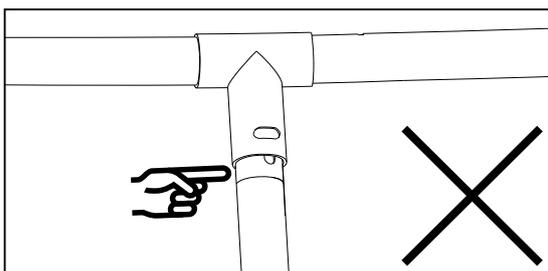


- As shown in the picture, insert the four top frames© into the middle of the two top frames(D) in turn until a complete circle is formed.

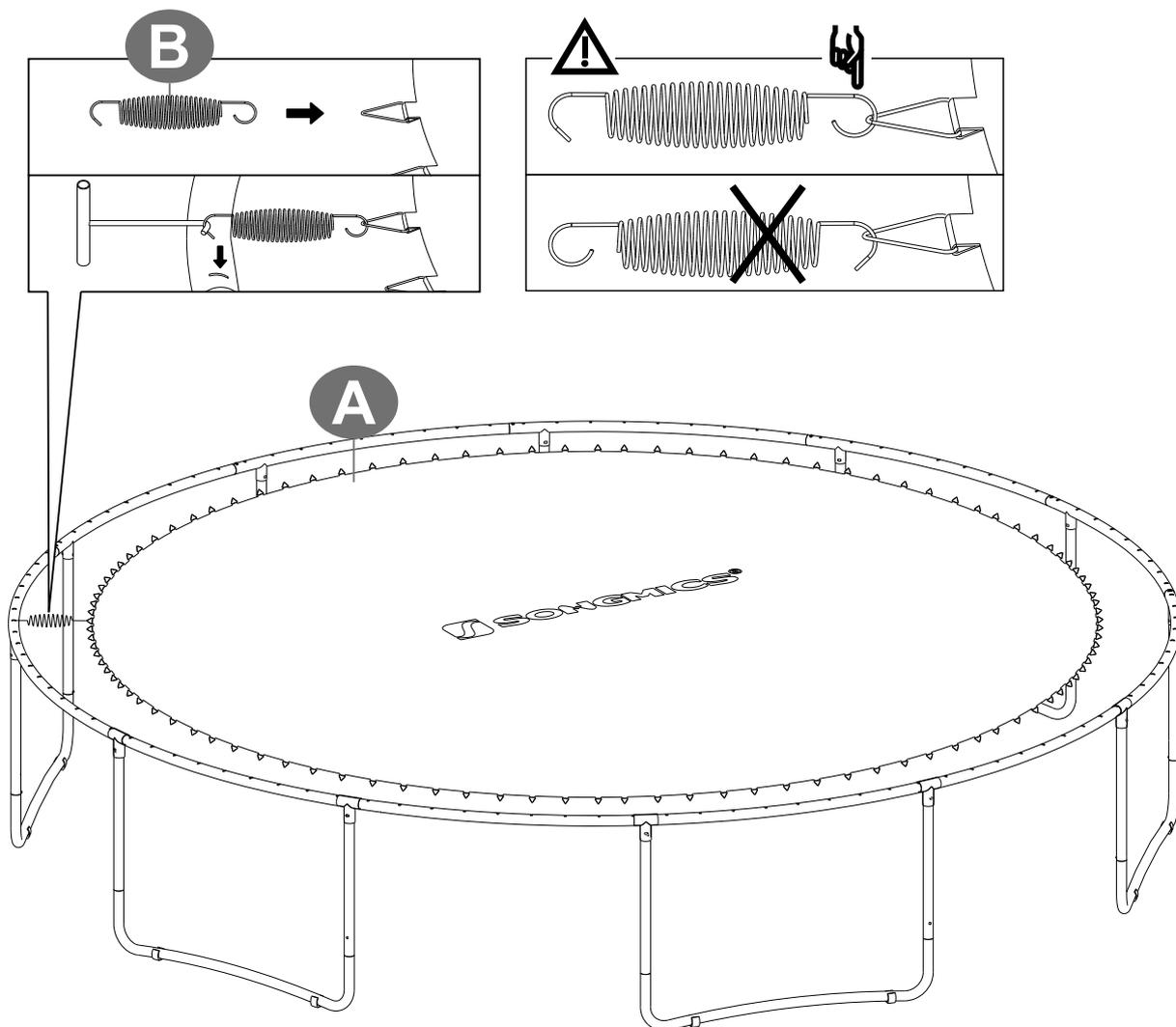


4

- Check each joint of both the top frames and the U-shaped legs to ensure that each part is firmly fixed.

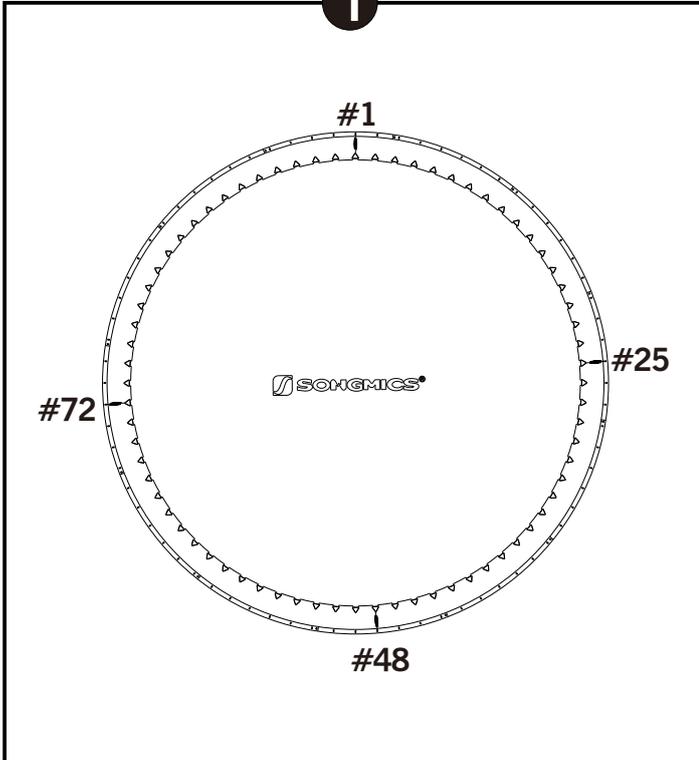


5

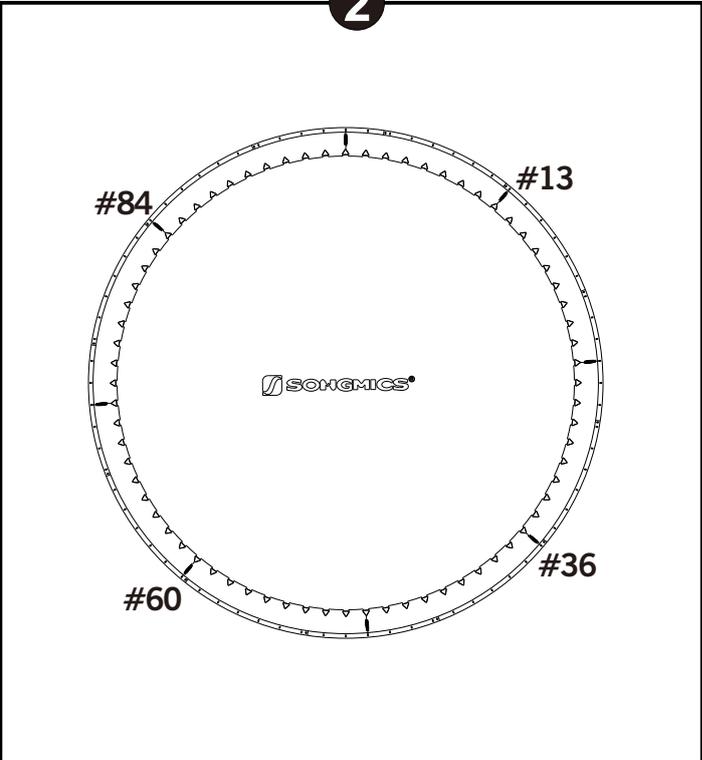


- For assembly of the jumping mat (A) and springs (B), please strictly refer to the following methods:
- A. First, select a spring hole on the top frame as a starting point and mark it, and then, as shown in the picture, find the 18th, 36th and 54th spring holes by counting.
- B. In the same way as detailed above, find the triangular ring in corresponding number on the jumping mat (A), and mark it.
- C. Hang one end of the spring onto the triangular ring of the jumping mat (A) and the other end onto the top frame with a spring hook (T).
- Note: The 2 ends of the springs (B) are not the same that the degree of bending of hanging at one end of the triangular ring is larger than hanging at the other end, as shown in the picture.
- D. Follow the illustrations to assemble the symmetrical two springs (B) in turn until all the springs (B) are placed on frames securely.

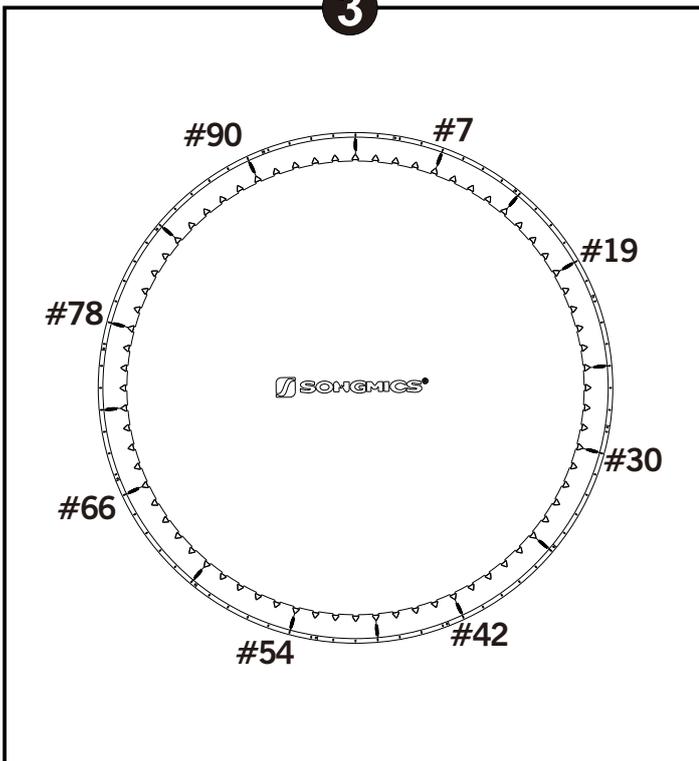
**1**



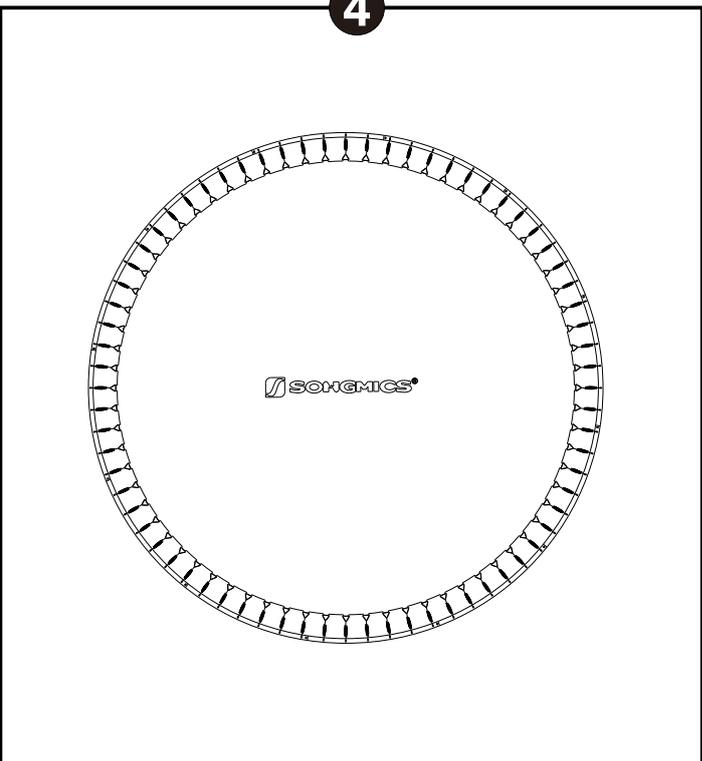
**2**



**3**



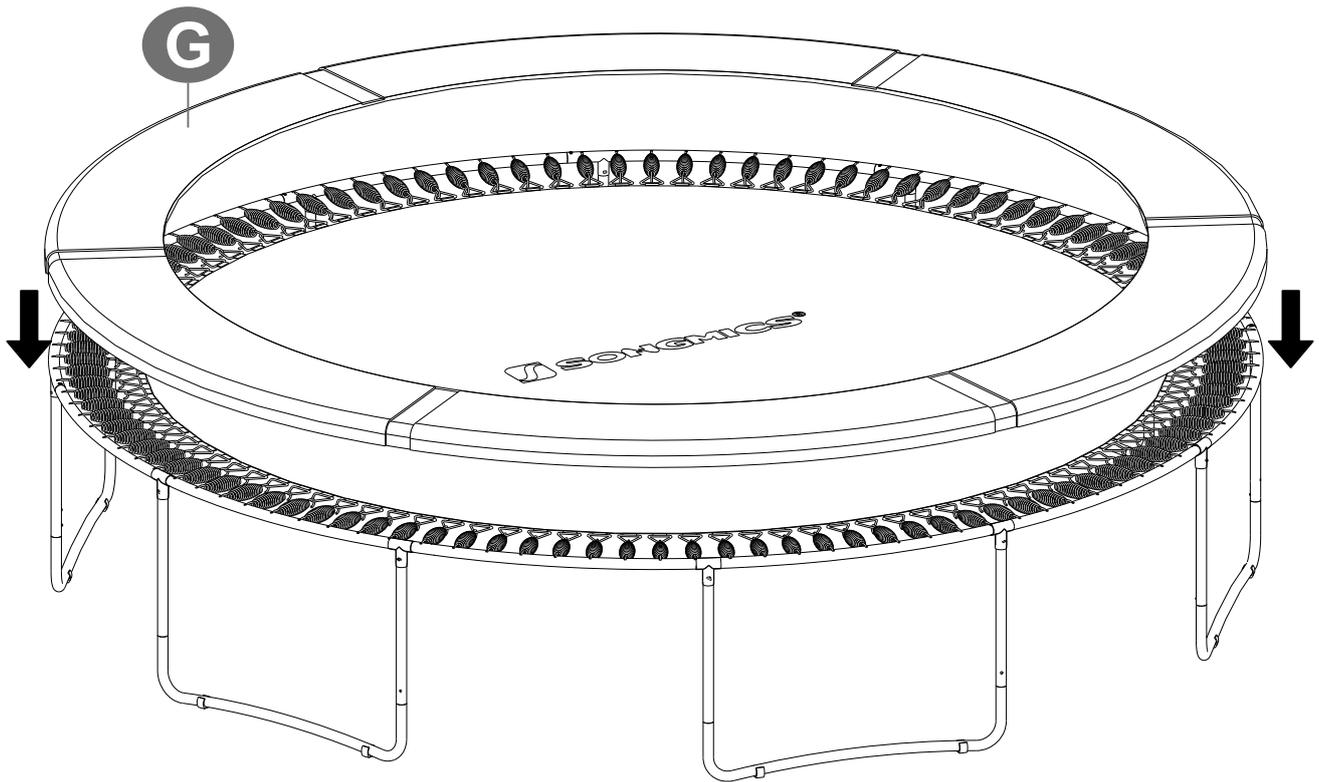
**4**



6

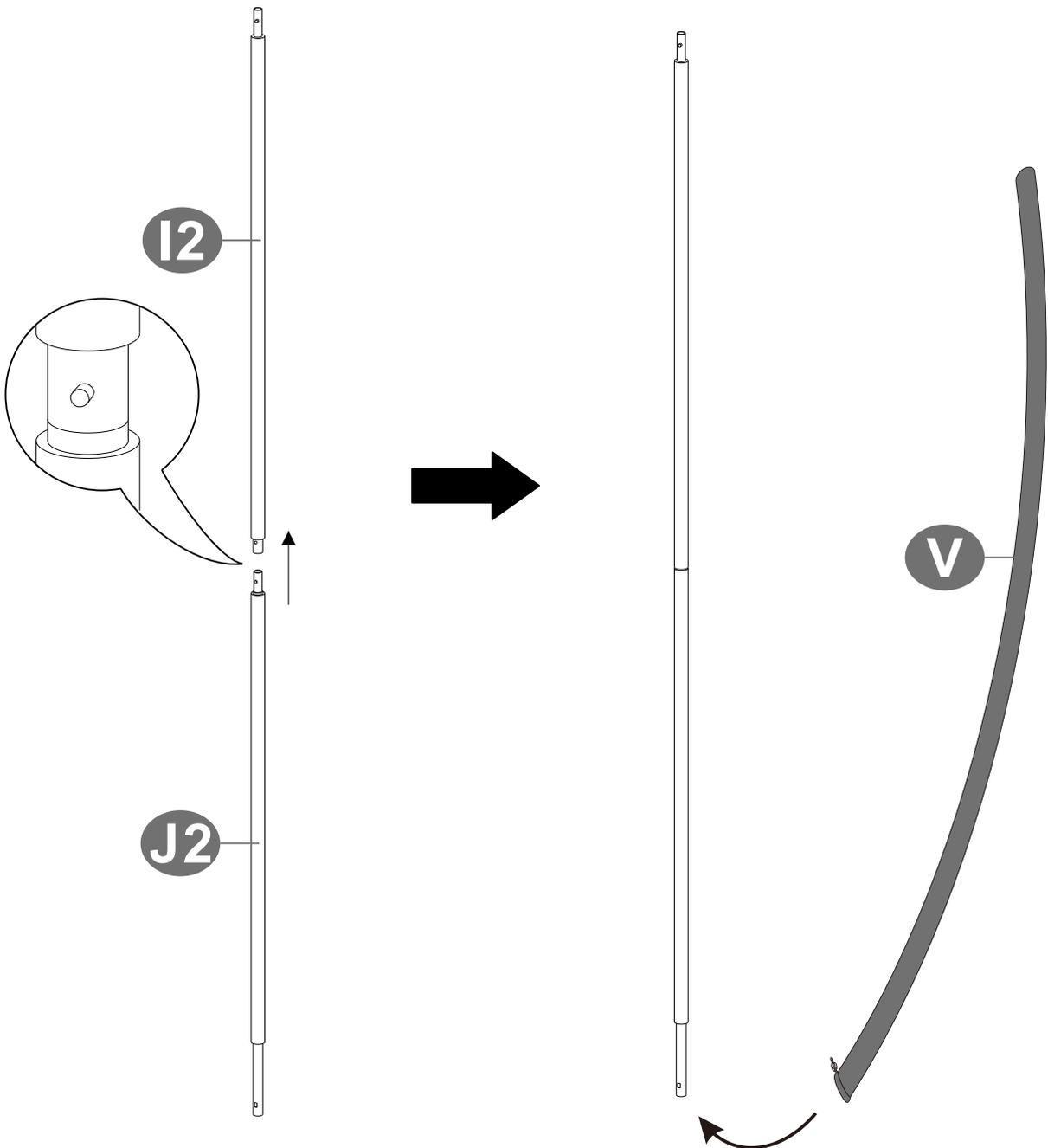
Spring Guard(G) Assembly

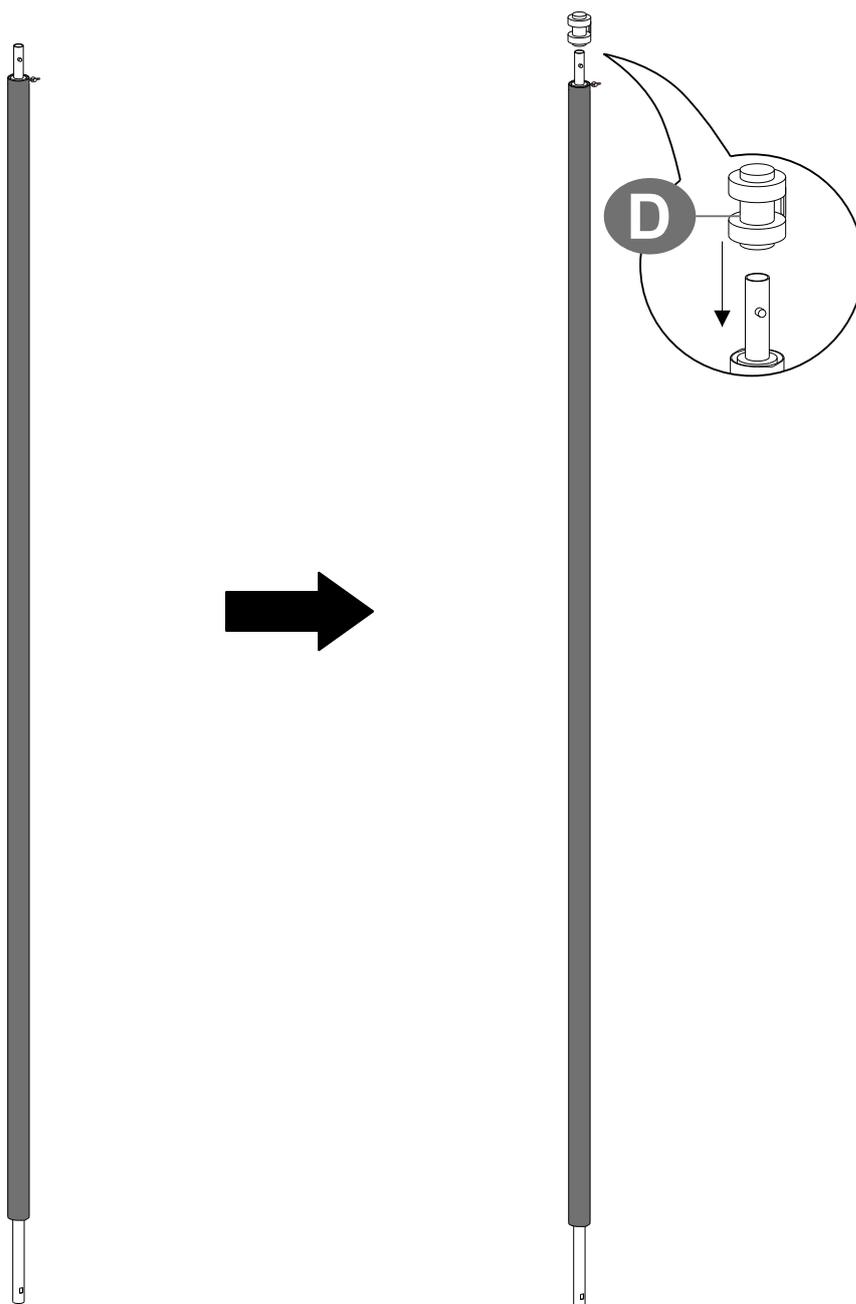
- Do not attach the rubber band on the bottom of the spring guard mat to the circle frame until step 15.



7

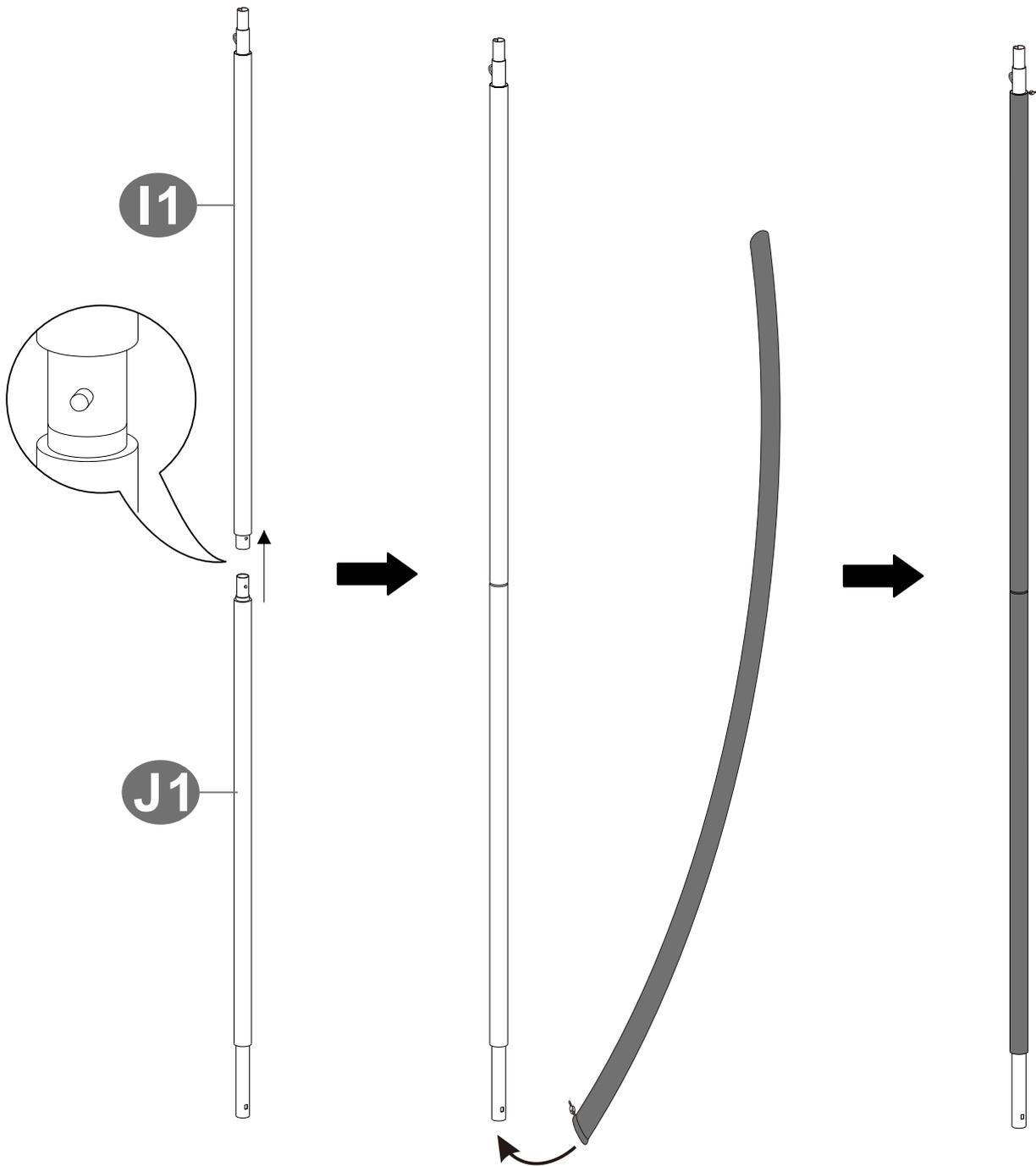
- Connect the Part I2 and Part J2 by spring button clips, making sure that the side with spring button of Part I facing upward; put on the protective sleeve (V) from the bottom and fasten the rail and foam tightly, finally attach enclosure pole caps to the rail on the top tightly with spring button.



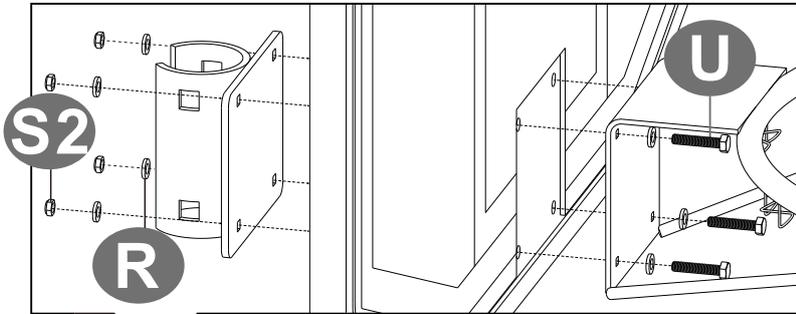


**8**

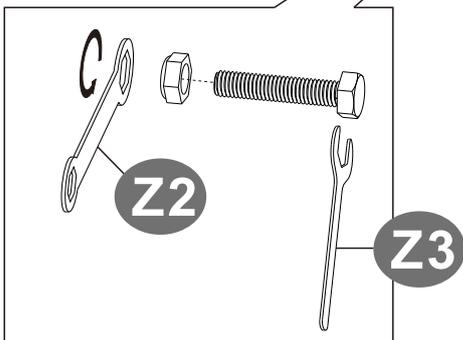
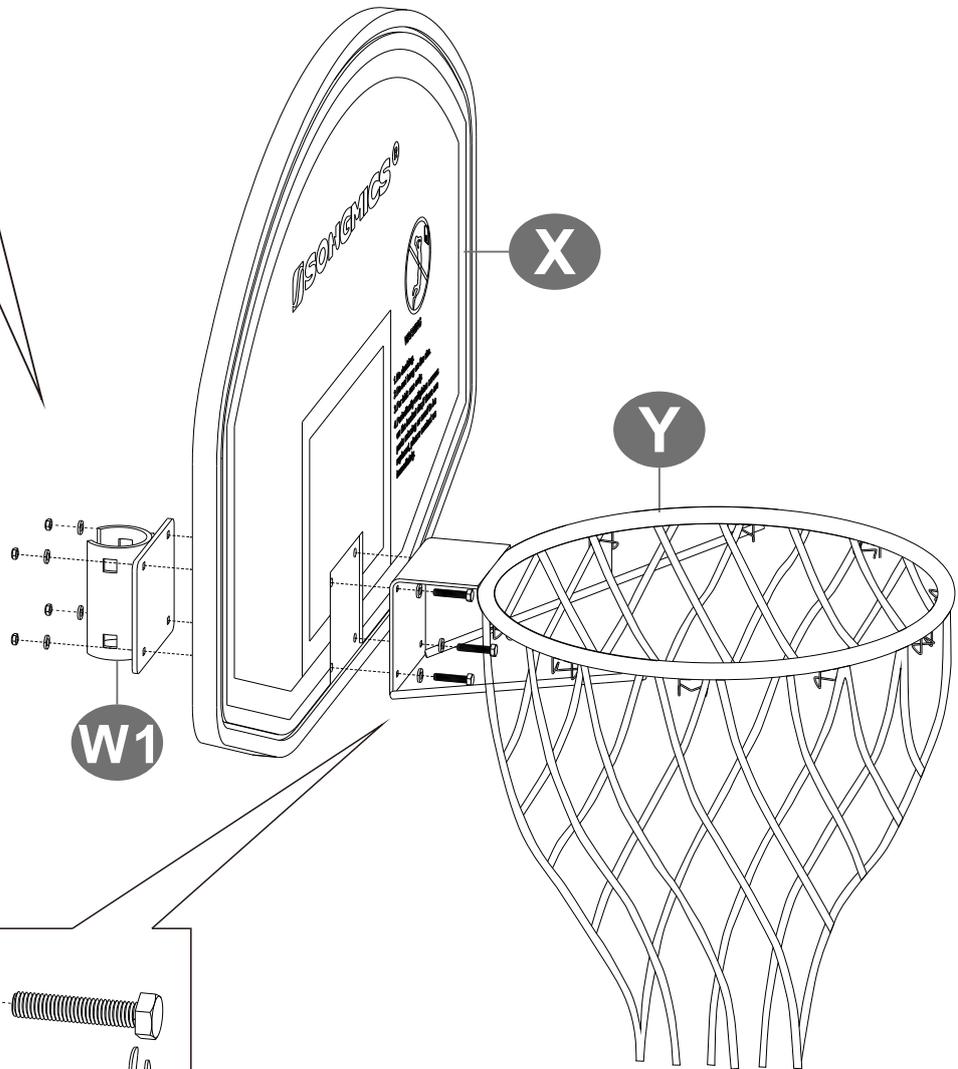
- Connect the Part I1 and Part J1 by spring button clips, making sure that the side with spring button of Part I facing upward; put on the protective sleeve (V) from the bottom and fasten the rail and foam tightly.



9

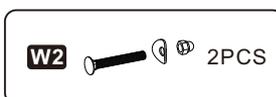
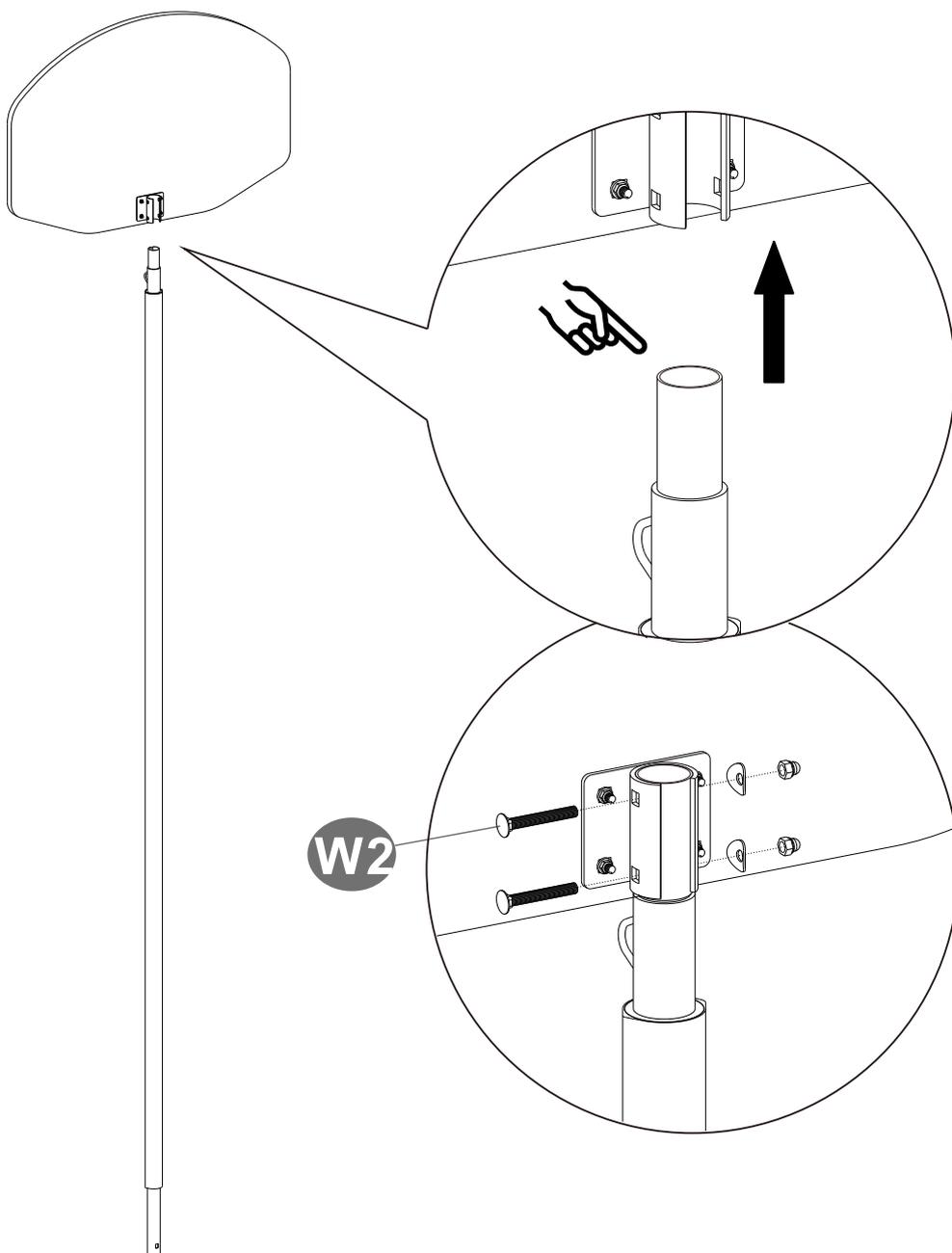


- First, fix the backboard (X) and basket rim (Y) together with the hinge (W1) and screws (U, R, S2).

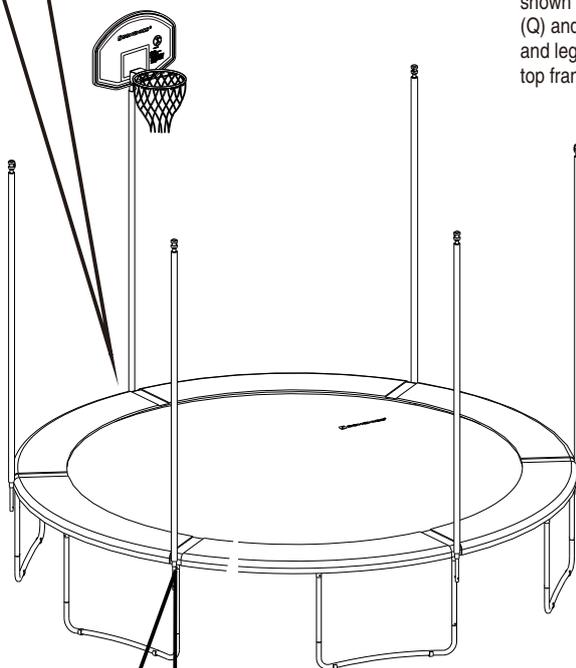
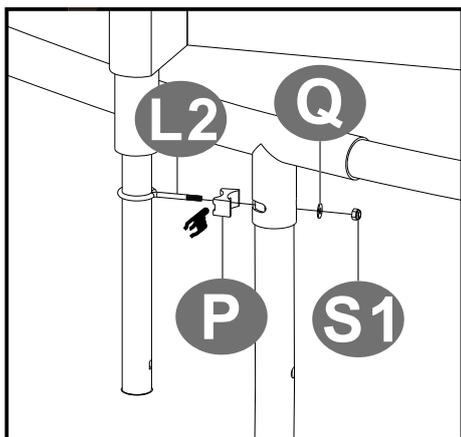


<b>R</b>		8PCS
<b>S2</b>		4PCS
<b>U</b>		4PCS

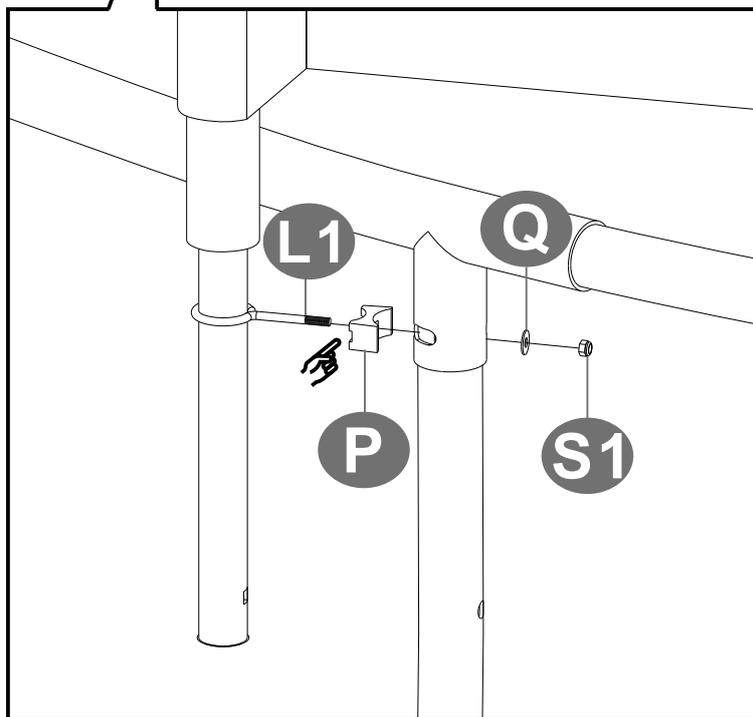
10



11

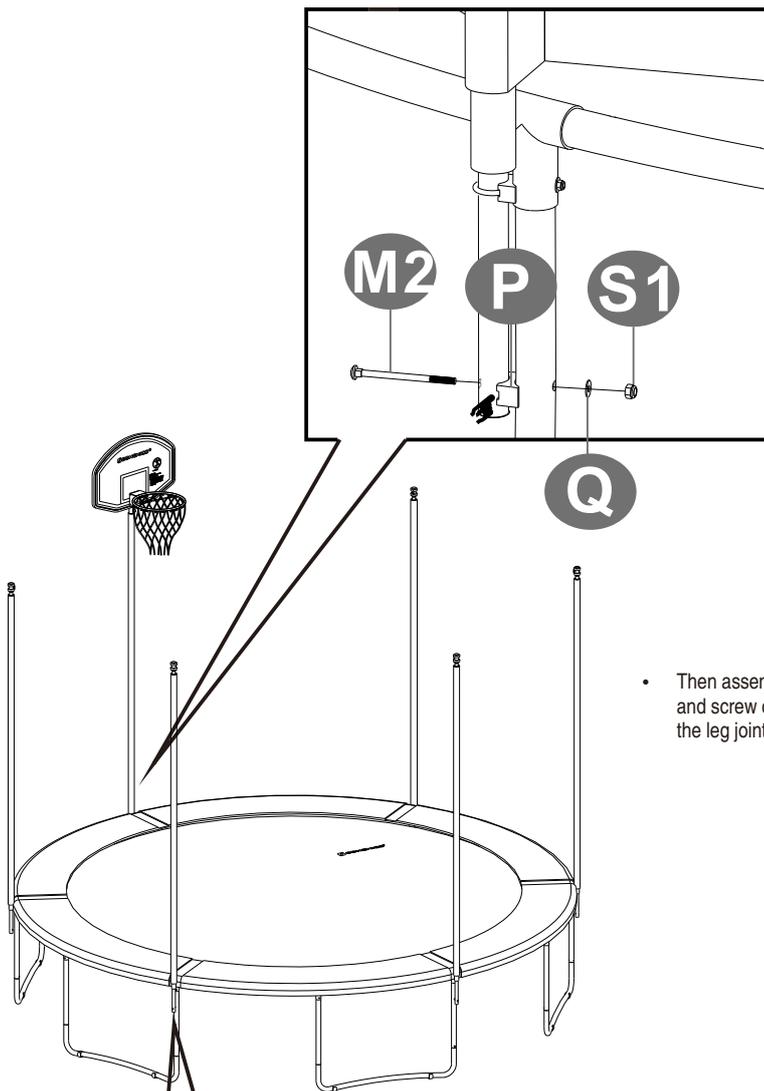


- Assemble the backboard on the rail which is connected by Part I2 and J2 with eyebolts (L2) and screws (M2).
- Erecting one of the enclosure pole, one person should support it while another person assembles the loop screw (L) into the pole, and then as shown in the picture, assembles the loop screw (L), plastic pad (P), gasket (Q) and crew cap (S) into the connecting parts between T-shaped jacket and leg joint pole and into the connecting parts between lower part of the top frame and enclosure pole.

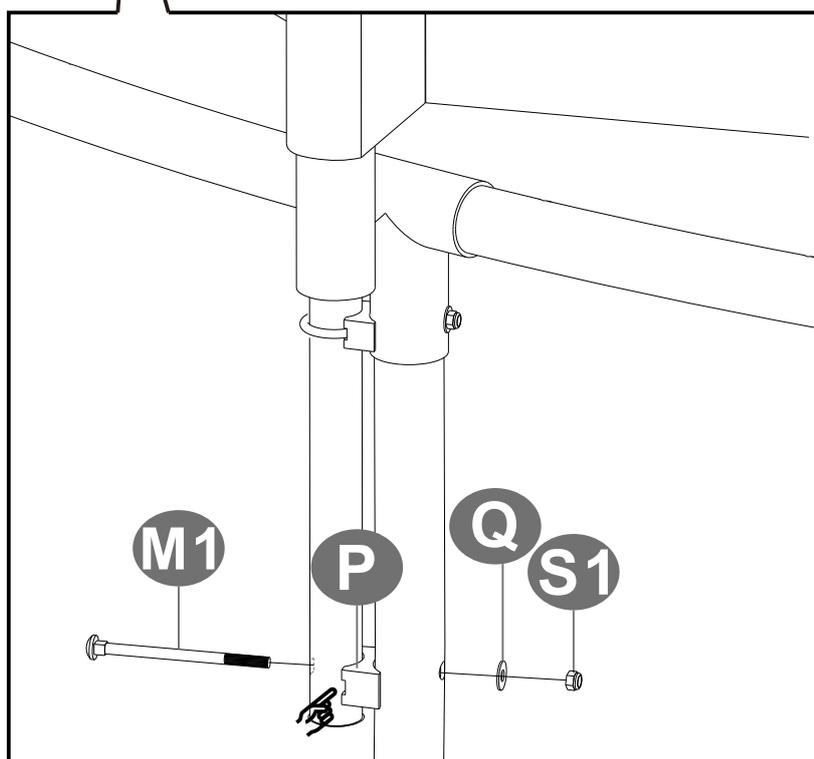


<b>L1</b>		5PCS
<b>L2</b>		1PCS
<b>Q</b>		6PCS
<b>S1</b>		6PCS

12



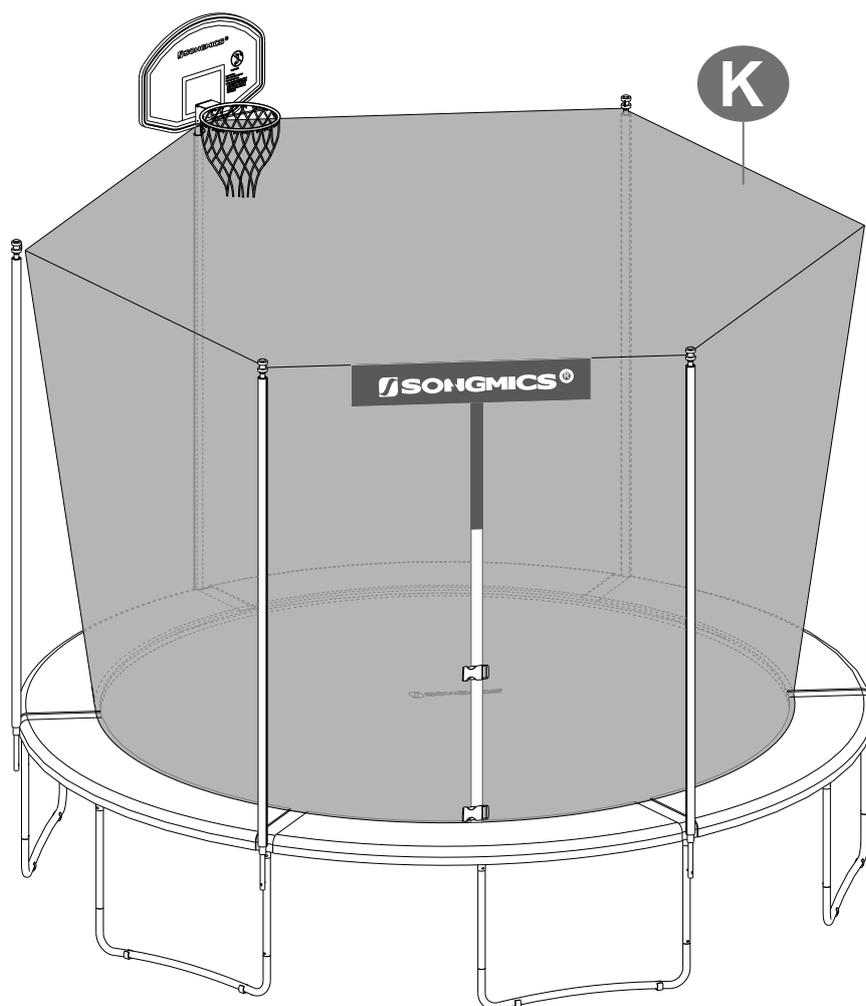
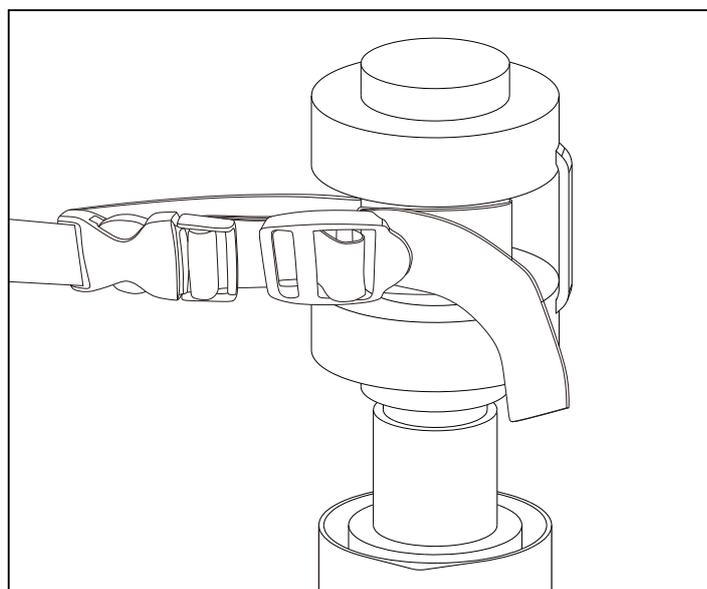
- Then assemble the long screw(M), plastic pad(P), gasket(Q) and screw cap(S) into the bottom of the enclosure pole and the leg joint pole.



<b>M1</b>		5PCS
<b>M2</b>		1PCS
<b>Q</b>		6PCS
<b>S1</b>		6PCS

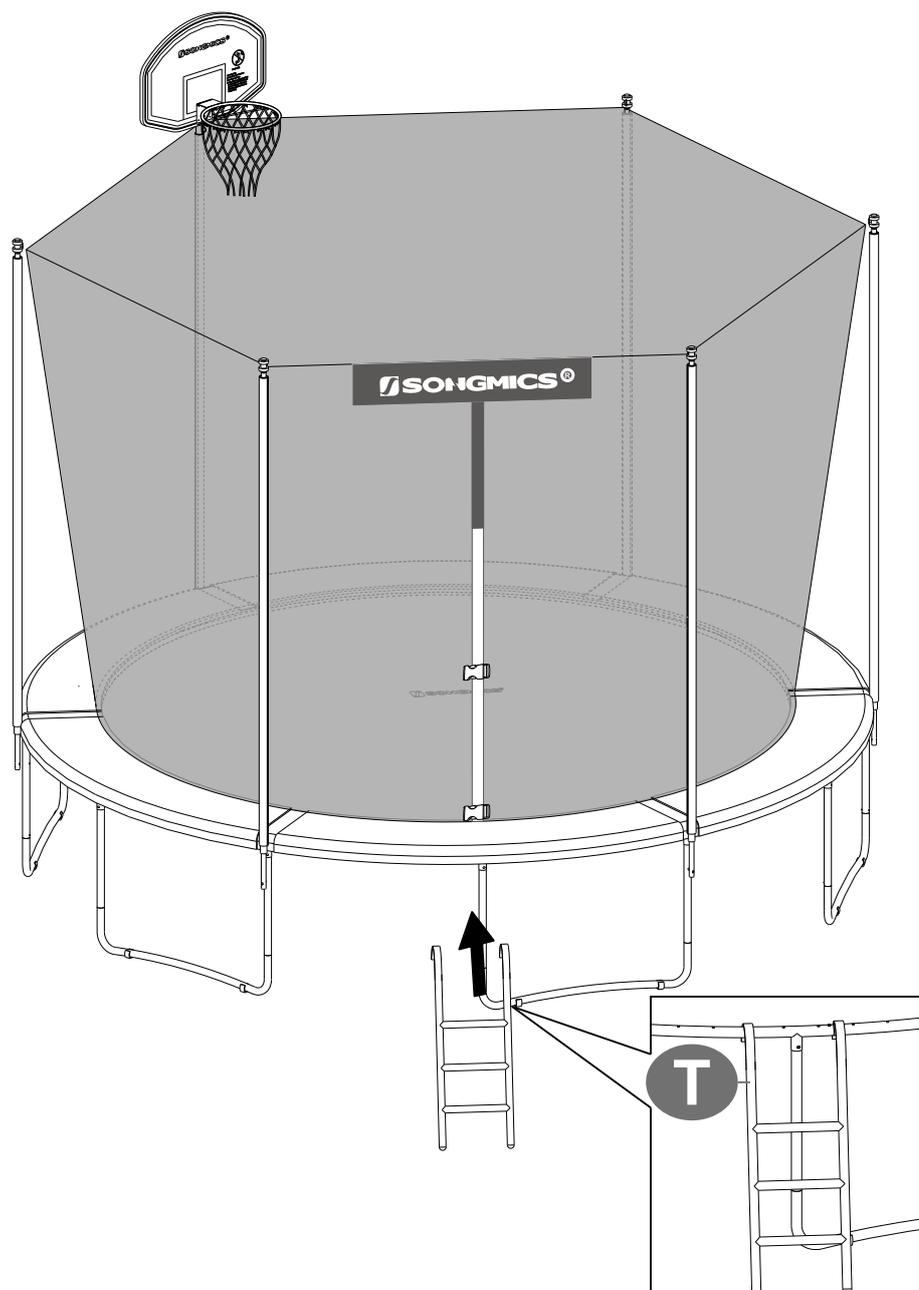
13

- Loop the rope end of safety net through enclosure pole caps and secure them tightly to tighten the safety net for better using effect.



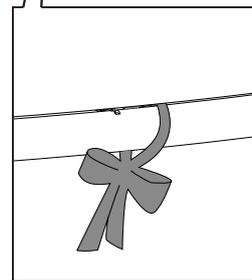
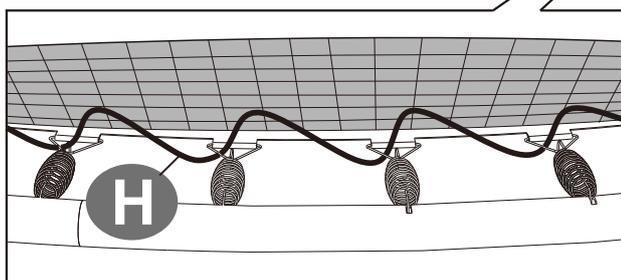
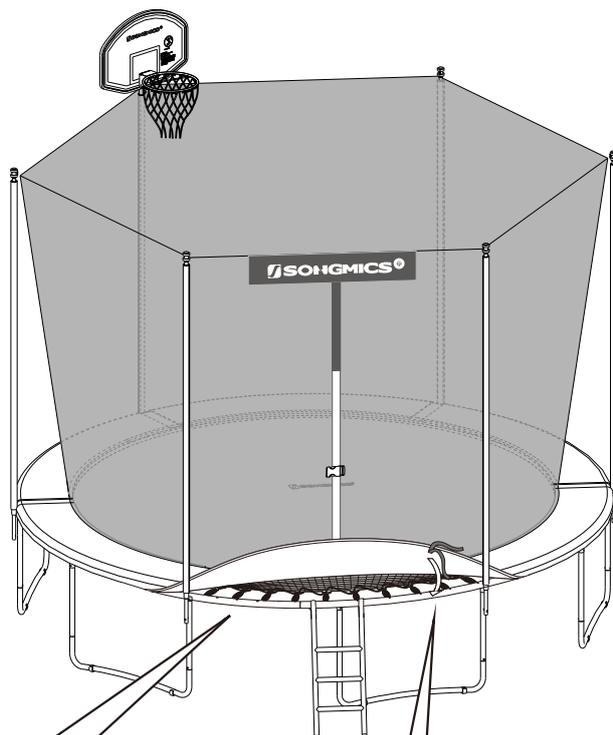
14

- Hang the ladder onto the entrance of the trampoline.

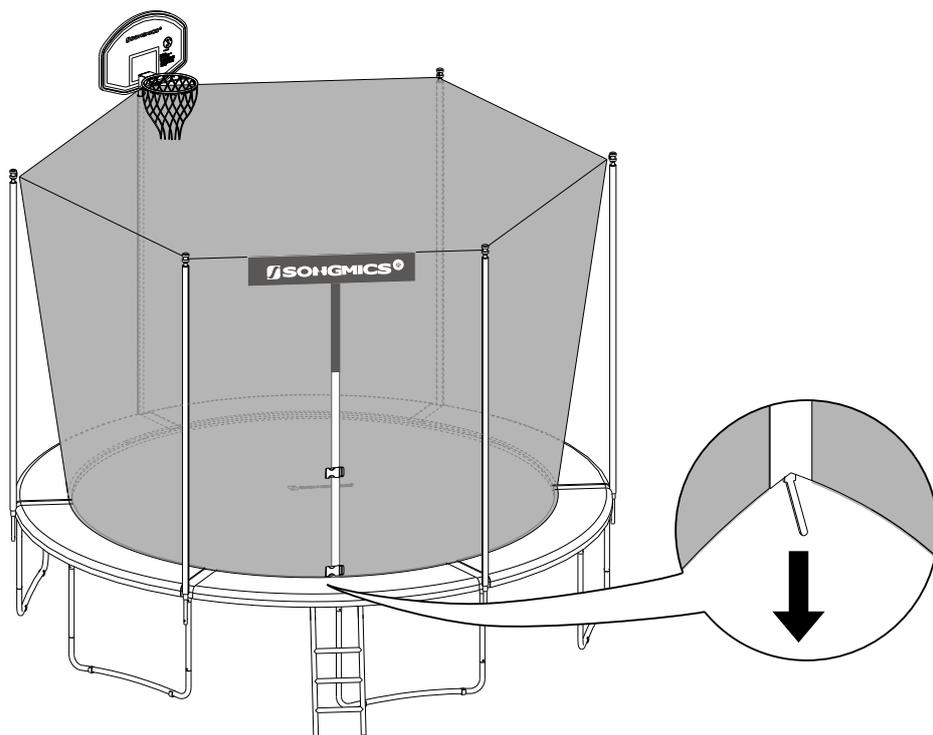


15

- Loop the rope through the preformed hole of the safety net and fix it to the triangle ring; make sure each hole of the safety net are connected with the triangle ring.

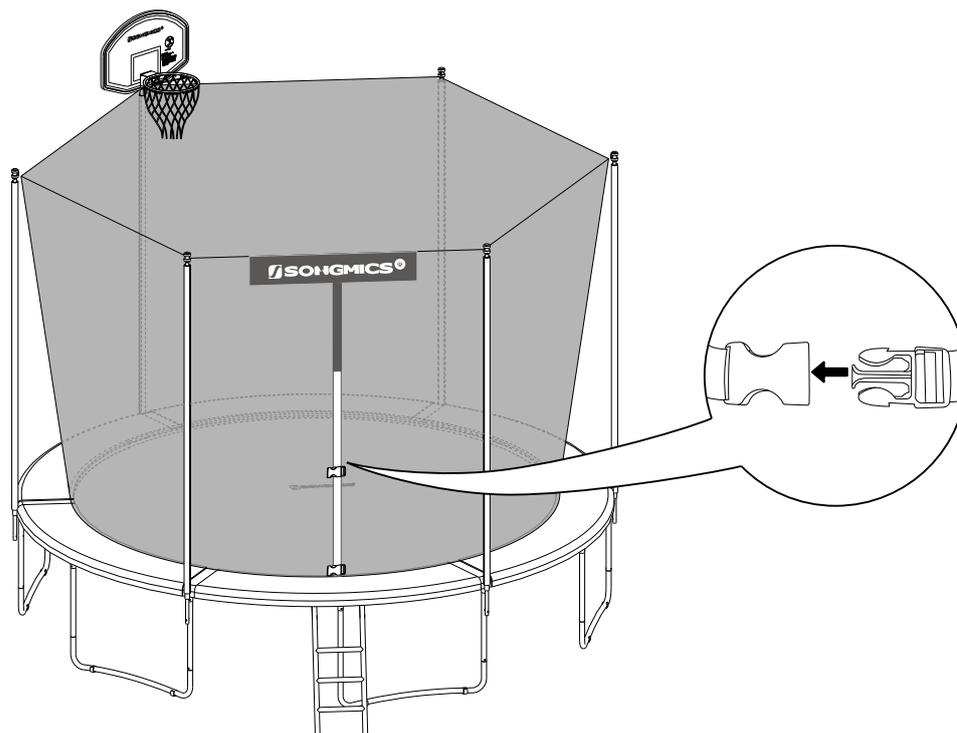


16



17

- Note: You should go around the whole enclosure net again to make sure all the hooks and screws are securely tightened onto the trampoline, which ensures the safety enclosure net is well fixed, otherwise the safety enclosure net cannot take on a role of protection.

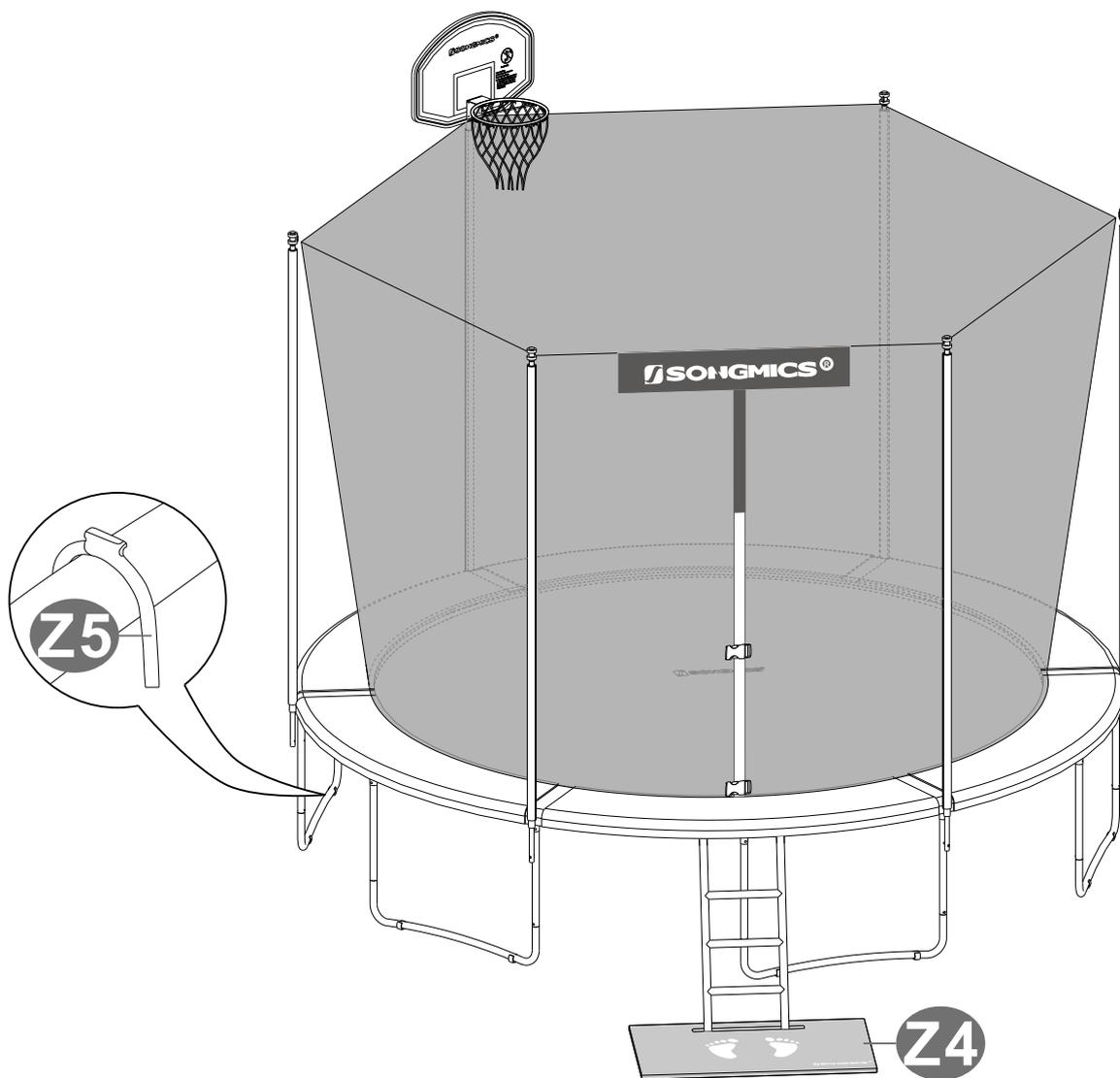


### Important Advice for Usage

- For first time use of the trampoline, users must concentrate on learning fundamental body positions.
- In the learning phase, users must practice and perfect these basic techniques. The deceleration or examining of the jump must be informed firstly and emphasized as a security measure. Users must slow their jump as soon as they begin to lose the balance or lose control of their jump. Bending knees upon landing so as to absorb the energy resulted from the jumping mat bouncing upward. Thus users can stop the jump immediately and avoid loss of control.
- A good, controlled jump on the trampoline will always fall at its starting point. Practice is up to the standard only if the jumper can repeat this practice on a regular basis. Before the jumper can perform all the exercises he has learned before, it cannot attempt the next stage in more difficult practice.
- Daring jumps are not recommended. All skills can be learned in moderate height. What should be emphasized is the jump instead of the control of height. User may not jump alone and unsupervised on the trampoline.
- Do not try complex jumps, or other actions you can not control.
- Failure to follow these instructions will increase your risk of injury.

18

- Please check the structure of trampoline after the whole assembly is finished for safety. Place it in a suitable position for easy access, then secure leg tubes with ground pegs and place the mat (Z5) next to the ladder for convenience.



19



- Start in the center of the jumping mat, keep feet as wide as the shoulder, arms at side, eyes on the end of the mat.
- As you jump from trampoline, swing arms sideways and upwards slightly to pull up the body. Upon landing, keep feet at shoulder width.



- First, assume position of hands and knees bounce. Begin to bounce slightly in this position, kick legs straight and land on stomach, taking some weight on bent forearms as shown in illustration. Then re-assume the position of hands and knees bounce from the trampoline.
- Try the front jump after some simple basic standing jump.



- First, assume a kneeling position in the center of the jumping mat. Keep back straight and eyes on edges of the mat.
- Wave your arms and jump to the starting position.
- After a gentle jump, repeat this position and jump back to the starting position.



- First, assume position in illustration, keeping head straight up and eyes on edges of the jumping mat.
- After a gentle jump, repeat this position and jump back to the starting position.



- Assume sitting position in the center of the jumping mat. Separate legs slightly, support yourself by hands and lean your body slightly forward.
- After a gentle jump, repeat this position and jump back to the starting position.



- Lie on your back on the center of the jumping mat, spread your legs and arms towards sky and raise head. This is your landing position.
- Try this position cautiously from a gentle bounce and jump back to the starting position. Weight should be taken more on your shoulders than on your hips when landing.



- Half Pirouette: Done from the basic standing jump. At the highest height of bounce, rotate 180 degrees taking yourself as a center. Do not lose control and land on your feet.
- Full Pirouette: Done from the basic standing jump. At the highest height of bounce, rotate 360 degrees taking yourself as a center. Do not lose control and land on your feet.



- Leg Bending Jump: Done from the basic standing jump. At the highest point of the bounce, bring knees to chest and grasp with arms, then spread legs.



- Done from the basic standing jump. At the highest point of the bounce, bring knees to chest and grasp with arms, then spread legs.



- Done from the basic standing jump. At the highest point of the bounce, bring legs to chest and keep knees stretched.



- Done like the body bending jump, but separate legs as widely as is comfortable and touch your toes.