



BCAN BT4

Bungee Trampoline

USER MANUAL

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Scan me for assembly video

ABOUT US

Trusted by Millions of Families Worldwide

Born from three generations of craftsmanship in the fitness equipment industry, FED Fitness carries decades of professional experience in design, material innovation, and manufacturing.

But expertise alone isn't enough. We founded FED Fitness on one simple belief — that fitness should be accessible, enjoyable, and part of everyday life. We design with care to make home workouts easy, convenient, and fun, so families can move together, connect deeper, and live healthier — whether in the living room or the backyard.

At FED Fitness, our products are our core and pride. Every detail — from structure to screw — is crafted for longevity and effortless use, so you can focus on what truly matters: feeling the move.

...



BCAN
Fitness Trampolines

OUR CULTURE

VISION

Blend fun with fitness in a way that resonates with every home. Our founder realized that many people crave a workout that's both effective and enjoyable which led to the creation of BCAN mini trampolines.

RESPONSIBILITY

Sustainability is at our core. We employ eco-friendly practices and materials, mindful of our environmental footprint. As we look to the future, we continue to innovate and hope to give back to society.

JUMP INTO JOY

BCAN invites you to rediscover the joy of movement. Jump into a world where fitness meets fun — one bounce at a time. Welcome to BCAN, where every jump is a step towards a healthier, happier you.



Jump into action
with the BCAN
Mini Trampoline!



WARNING



No flips or somersaults!



Do not exceed weight limit

Dynamic load-bearing:

38" (96.5cm): 400lbs (180kg)

40" (102cm): 400lbs (180kg)

48" (122cm): 450lbs (205kg)

Static load-bearing: 500lbs (227kg)



**Remove all sharp objects
before jumping!**



ONLY one user at a time!



Do not use if you were injured!

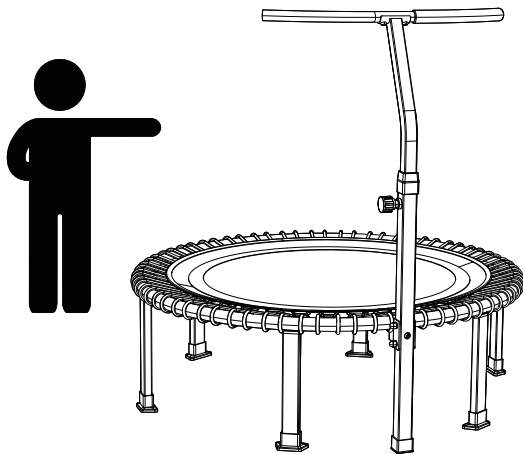


Do not use if you are pregnant!

WARNING

Daily Inspection Before Using

- Check the legs for tightness and any signs of cracking.
- Examine the bungee cords for looseness or damage.
- Inspect the frame for any twisting or cracking.
- Inspect the mat and its stitching for tears.



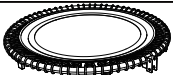
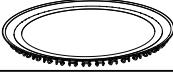
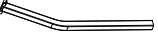
CAUTIONS

Consult your physician before starting this or any exercise program. Especially if you are over 35, have never exercised before, are pregnant, or have any health conditions. To help reduce the risk of serious injury, please read all safety instructions carefully before using the BCAN Soft Land Pro Trampoline.

1. Before each use, carefully inspect the trampoline for bent tubes, a torn mat, loose or damaged bungee cords, and check the overall stability.
2. Before starting this or other exercise or diet program, consult your physician. If you experience dizziness, nausea, chest pain, back pain, or any unusual symptoms, stop immediately and seek medical attention.
3. Misuse or abuse of the trampoline may result in serious injury or death.
4. This product is for adults only. Users should read and understand all warnings and safety instructions before using the trampoline.
5. Do not consume alcohol or drugs before using the trampoline.
6. Do not smoke, eat, drink, chew gum, or hold objects while using the trampoline.
7. The max dynamic weight capacity is 400 lb for the 40" trampoline and 450 lb for the 48" trampoline, with a max static weight capacity of 500 lb.

8. Halt bouncing by bending knees upon landing. Master this skill first.
9. Keep bounces low and controlled. Always land in the center.
10. Ensure at least 10ft overhead clearance from ground to top (clear of wires, ceiling fans, hazards).
11. Position the trampoline at least 6ft/1.8m away from walls, furniture, or other objects.
12. Only one user at a time; multiple users may result in serious injury.
13. Keep the trampoline clear of objects, pets, and children during use.
14. Do not wear hard-soled shoes, such as tennis shoes, while using the trampoline.
15. Do not use the trampoline if it is wet, damaged, dirty, or worn out.

Parts List (BT4-BABTFS/ TX-B6392C)

BCAN Fitness Trampolines			38" (96.5cm)	40" (102cm)	48" (122cm)
#1		Main Frame (Includes Pre-Assembly #2 & #3)	1pc	1pc	1pc
#2		Jumping Mat	1pc	1pc	1pc
#3		Bungee Cord - 8mm (Black)	30pcs+ 2 spares	36pcs+ 2 spares	42pcs+ 2 spares
#4		Bungee Cord - 9mm (Green)	20pcs+ 2 spares	20pcs+ 2 spares	24pcs+ 2 spares
#5		Frame Leg	6pcs	6pcs	6pcs
#6		Handrail Leg	1pc	1pc	1pc
#7		Handrail Support	1pc	1pc	1pc
#8		Handle Bar with Foam	1pc	1pc	1pc

BCAN Fitness Trampolines			38" (96.5cm)	40" (102cm)	48" (122cm)
#9		Adjustment Knob	1pc	1pc	1pc
#10		M8*16 Screw	6pcs	6pcs	6pcs
#11		Φ 8 Spring Washer	9pcs	9pcs	9pcs
#12		D8 Flat Washer	9pcs	9pcs	9pcs
#13		M8*55 Screw	2pcs	2pcs	2pcs
#14		M8 Screw Nut	2pcs	2pcs	2pcs
#15		M8*50 Screw	1pc	1pc	1pc
#16		M8*12 Screw	2pcs	2pcs	2pcs

BCAN Fitness Trampolines			38" (96.5cm)	40" (102cm)	48" (122cm)
#17		T-hook	1pc	1pc	1pc
#18		Wrench	1pc	1pc	1pc
#19		Hex Key	1pc	1pc	1pc
#20		Triangle Tool	1pc	1pc	1pc
#21		Silicone Cover	1pc	1pc	1pc

Note: Comes with two sets of bungee cords, and you can choose the best combination according to your needs and preferences.

#3 = 8mm Black Bungee Cord

#4 = 9mm Green Bungee Cord

Elastic Strength & Bungee Cord Quantity

38" (96.5cm)	#3 x30	#3 x26 & #4 x4	#3 x22 & #4 x8	#3 x18 & #4 x12	#3 x14 & #4 x16	#3 x10 & #4 x20	
	Soft	Soft	Medium	Medium	Strong	Extra Strong	
40" (102cm)	#3 x36	#3 x32 & #4 x4	#3 x28 & #4 x8	#3 x24 & #4 x12	#3 x20 & #4 x16	#3 x16 & #4 x20	
	Soft	Soft	Medium	Medium	Strong	Extra Strong	
48" (122cm)	#3 x42	#3 x38 & #4 x4	#3 x34 & #4 x8	#3 x30 & #4 x12	#3 x26 & #4 x16	#3 x22 & #4 x20	#3 x18 & #4 x24
	Soft	Soft	Medium	Medium	Strong	Extra Strong	Extra Strong

Body Weight & Recommended Elastic Strength

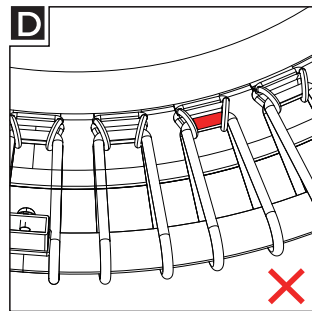
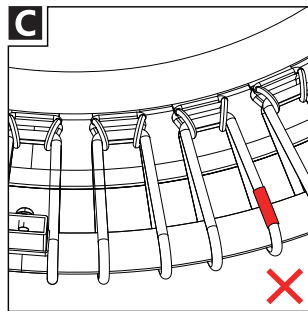
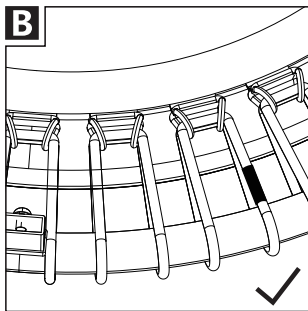
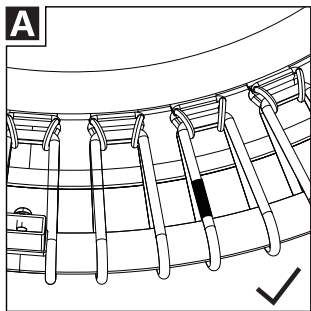
WEIGHT	SOFTER BOUNCE	NORMAL BOUNCE	FIRMER BOUNCE
Up to 90LBS (40KG)	Soft	Soft	Medium
91-120LBS (40-55KG)	Soft	Medium	Medium
121-150LBS (55-68KG)	Medium	Medium	Strong
151-190LBS (68-86KG)	Medium	Strong	Strong
191-230LBS (86-105KG)	Strong	Strong	Strong
231-270LBS (105-122KG)	Strong	Extra Strong	Extra Strong
271-330LBS (122-150KG)	Extra Strong	Extra Strong	Extra Strong
331-400LBS (150-180KG)	Extra Strong	Extra Strong	Extra Strong
401-450LBS (180-205KG)		Extra Strong	

Pre-installation Inspection

- **Check the Metal Clip Position**

Metal clips must be attached **ONLY** to the correct position (Fig. A & B).

DO NOT allow the clips to touch the frame tubing (Fig. C) or hook onto the inside of the mat's metal hooks (Fig. D), as this may damage components or cause improper function. Please refer to pages 20-21 for Instructions on adjusting the bungee cords.



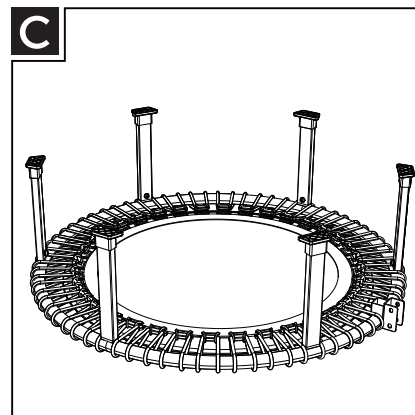
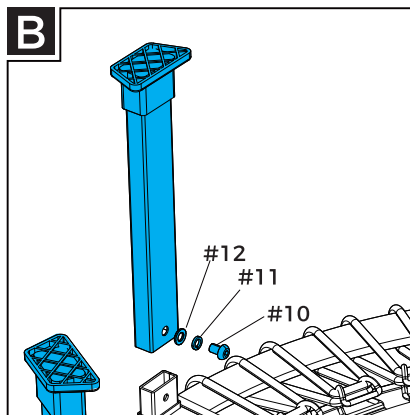
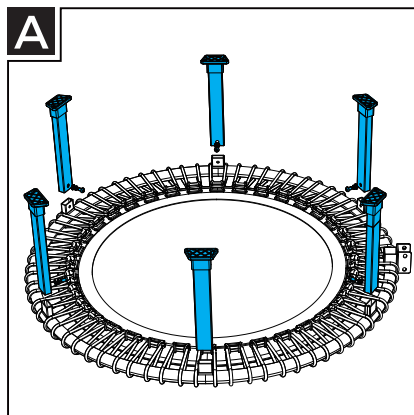
- **Verify Even Distribution of Both Bungee Sets**

If installing both sets yourself, ensure the bungees are evenly distributed. For detailed installation steps, refer to pages 15-21.

Assembly Instructions

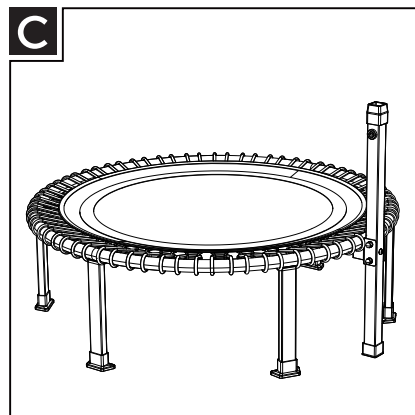
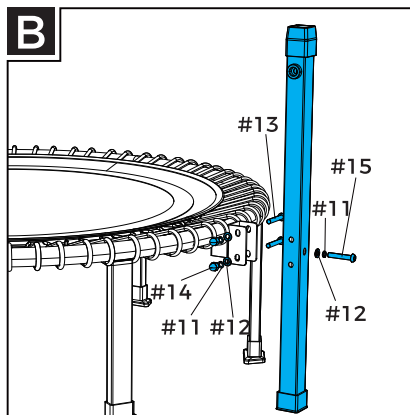
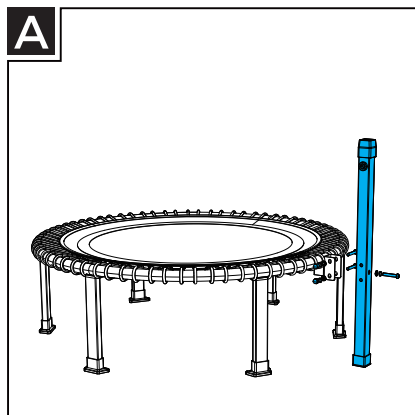
Step 1. Install the Legs

Attach the legs (#5) to the frame, and secure them firmly with M8*16 screws (#10), spring washers (#11) and flat washers (#12).



Step 2. Install the Handrail Leg

Attach the handrail leg (#6) to the frame, and secure it using M8*50 screw (#15), M8*55 screws (#13), and M8 nuts (#14).

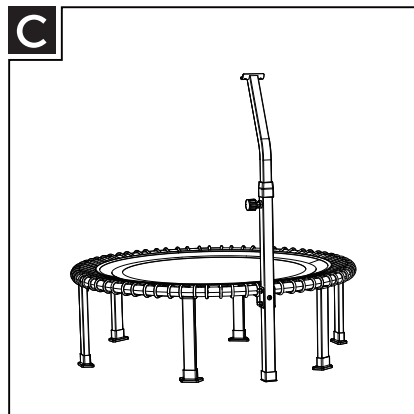
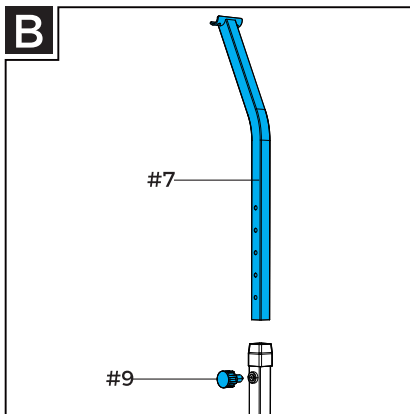
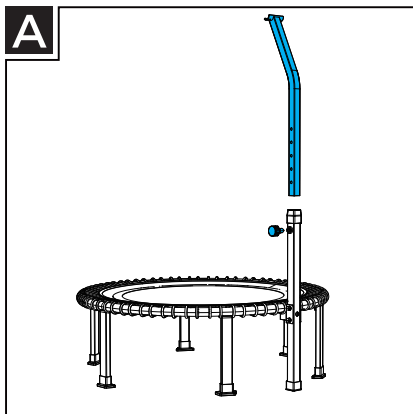


NOTE: Pay attention to the installation direction before installation.

Step 3. Install the Handrail Support

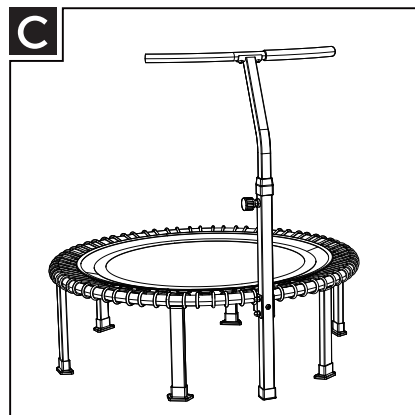
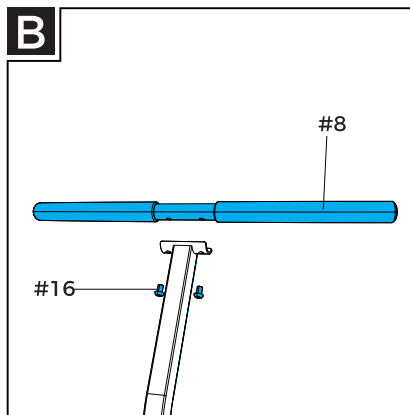
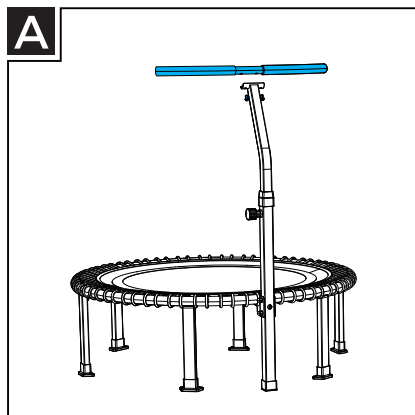
Attach the handrail support (#7) to the handrail leg, and secure it firmly using the adjustment knob (#9).

Note: To adjust the handrail height, pull out the adjustment knob and move the handrail up or down to the desired position.



Step 4. Install the Handle Bar

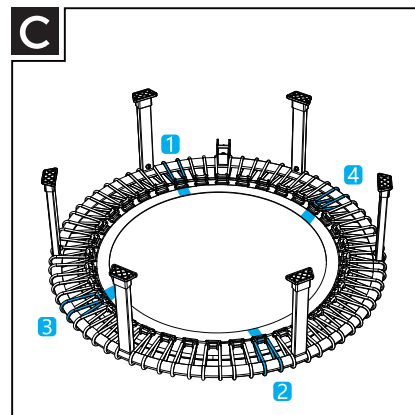
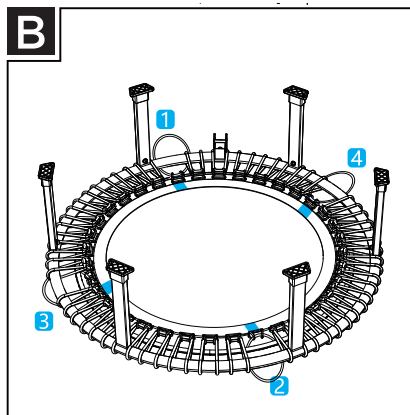
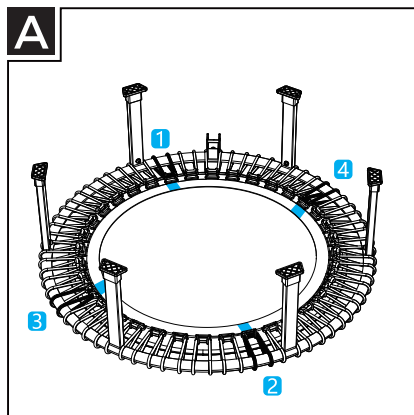
Assemble the handle bar (#8) to the handrail support and secure it using M8*12 screws (#16). Now, the assembly of your BCAN fitness trampoline is complete.



WARNING: The handrail is designed for balance support only. Do not put your full body weight on the handrail, as this may cause tipping.

How to Install / Replace The Bungee Cords

1. Confirm Bungee Cord Configuration



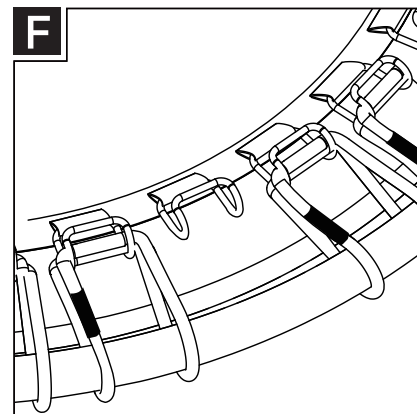
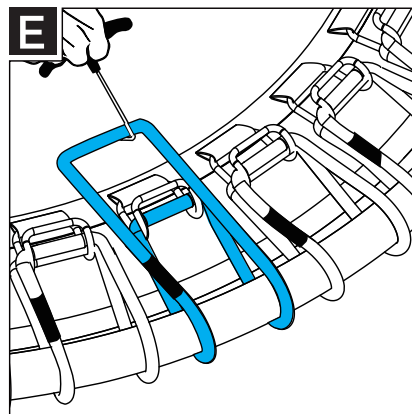
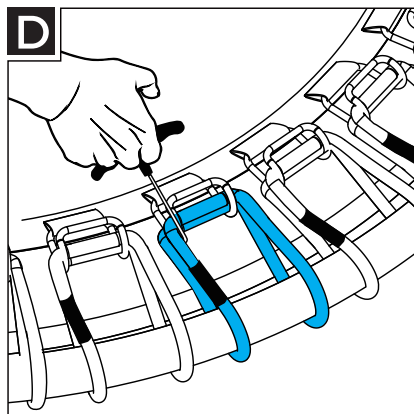
- Refer to pages 12-13, choose desired tension level, and confirm the number of 8mm and 9mm bungee cords that correspond to your selected configuration.

(Pre-installed 8mm · Optional 9mm Upgrade)

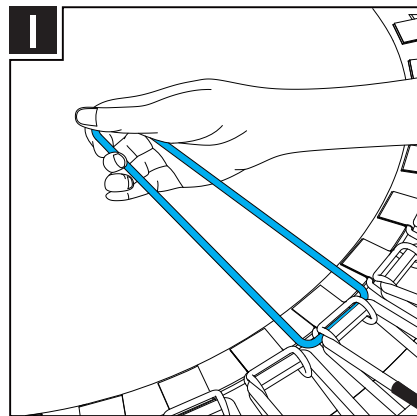
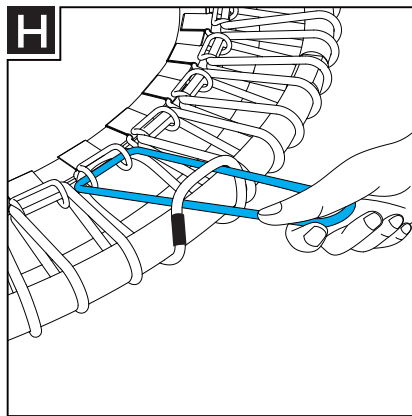
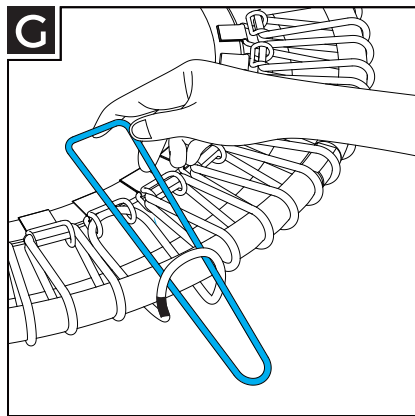
It will be clearer to watch the installation video, please scan the QR code.



2. Remove & Install Bungee Cords



- Remove the 8mm bungee cords diagonally as shown in Figures A-C. For detailed removal instructions, refer to Figures D-F or scan the QR code.



- Install the 9mm bungee cords until all bungee cords are securely in place. For detailed installation instructions, refer to Figures G-I or scan the QR code.

Q&A

Q1: What if the bungee cords snap or the jump mat tears?

A1: These parts are normal wear items. For safety: Bungee cords and jump mat need replacing 6 -12months. If you need replacements, just contact our support team at [support@fedfitness.com].

Q2: What if I'm missing parts or something is damaged?

A2: Contact us immediately at [support@fedfitness.com]. Provide details on which part is missing or damaged, and include a photo if possible. We will send replacements as soon as possible.

Q3: What should I do if a leg feels uneven or loose?

A3: Legs may loosen over time. First try: Tighten the leg screws securely. If the leg remains loose or wobbles, stop using the trampoline and contact our support team at [support@fedfitness.com] for replacement parts.

Q4: Why is my handrail shaking? How do I fix it?

A4: Minor handrail wobble is normal during use. If shaking becomes pronounced, firmly tighten all handrail bolts and nuts. If the issue persists, contact Customer Support at [support@fedfitness.com]. Also, the handrail is designed for balance support only. Do not put your full body weight on it to prevent excessive wear or tipping.

Q5: What should I do if the size I ordered is too large/small?

A5: Please do not return items directly. Contact Customer Support at [support@fedfitness.com] immediately for a prompt and satisfactory solution.

Maintenance

Performing regular maintenance helps prolong your trampoline's lifespan and reduces injury risks.

Essential Maintenance Steps:

- **Pre-use Inspection:** Always check the trampoline before use. Ensure all legs are securely locked.
- **Damage Response:** Stop using immediately if any part is damaged or worn; replace compromised parts.
- **Bungee Cord Care:** Inspect cords monthly for wear/deformation. Replace damaged cords promptly.
- **Hardware Check:** Tighten all screws and connections every 2 weeks to maintain stability.
- **Cleaning:** Wipe frames and mats with a damp cloth. Never use chemicals such as bleach or solvents.

Critical Hazards Requiring Immediate Attention:

- ⚠ **Jump Mat Damage:** Torn or severely worn fabric
- ⚠ **Frame Failure:** Bent/broken support tubes or joints

Warranty

We guarantee BCAN products to be free from defects in material and workmanship under normal use and service conditions. The individual component parts of the trampoline are covered by the following warranties for failures and workmanship defects:

Component	Warranty Period
Frame	1 Year
Jumping mat*	1 Year
Bungee cords*	6 Months
All other components	1 Year

Tips: Bungee cords and jumping mat are consumables and are recommended to be replaced every 6 months. Replacement of components is limited to one instance.

Need Help?

Email: support@fedfitness.com



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