

## ASSEMBLY, INSTALLATION, CARE, AND USE INSTRUCTIONS

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



**Certified by ASTM (U.S.).**

\*Not for commercial use  
\*Not recommend for children under 6 years old

6184-H71B/OR 6184-H812B/GY

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## IMPORTANT

- If you have any questions, suggestions, and (or) comments, please feel free to contact us at your earliest convenience. Exacme Customer Support are standing behind to help all the time. You are promised to receive a reply in 24 hours.
- Check the Spam, your Message Settings if you do not receive a reply as it probably is blocked. Our Customer Support will always get back to you no later than the timeframe.
- Add the following email address to your contact list in case of any blocking.
- Email: [sales@exacme.com](mailto:sales@exacme.com).

# 01 SAFETY INSTRUCTIONS

Trampolines, especially backyard trampolines, make it easy to enjoy bounce at home. However, the risk of injuries accompanies as with any kind of sports. To enjoy the EXACME trampolines, whether you are the owner, supervisor, or jumper, you should read, understand, and practice safe instructions as below.

## Supervisor

Supervisors need to understand and enforce all safety rules and guide lines, provide knowledgeable advice and guidance to players, and ensure that they are informed. If supervision is unavailable or inadequate, players should not be allowed to use the equipment.

- Ensure the jumper(s) are within the weight limit when playing on the trampoline.
- Inspect the trampoline before each use for bent tubes, torn mat, loose (broken) springs, and overall stability of the trampoline.
- Small children should be assisted when getting in (off) the trampoline.
- Do not allow any jumpers to start bouncing on the trampoline unless you've inspected it and ensure it's in good condition.
- Do not place the trampoline indoors, on concrete floors, hard ground (e.g. rock), or slippery surfaces.
- Do not place any objects on the trampoline while anyone is playing on the trampoline.
- Do not allow any activity underneath the trampoline.
- Do not allow somersaults.
- Beware of weather conditions and do not allow use on rainy, windy, or snowy days.
- Secure the trampoline when not in use to prevent unsupervised or unauthorized use.

## Jumper

Jumpers should read, understand, and practice all safety tips and guidelines before using the trampoline.

- Do not use the trampoline without an adult or knowledgeable supervision, regardless of your skill level or age.
- Do not take in any alcohol or drugs before/when using this trampoline.
- Do not use a trampoline when being impacted by alcohol or drugs.
- Do not smoke, eat, or drink when using the trampoline.
- Do not chew gum, sweets, etc. when using the trampoline.

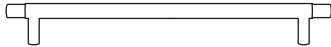






- Do not hold any objects in your hand when using the trampoline.
- Do not wear hard-soled shoes (for example, tennis shoes), watches, jewelry, or other accessories when playing on a trampoline because it will cause excessive wear on the mat.
- Do not try difficult maneuvers until you have mastered the previous maneuver.
- Do not perform any type of somersaults (backward or forward) on the trampoline.
- Do not step directly onto the frame pad or grasp the frame pad. Place your hand on the frame and either step or roll up onto the frame, over the springs, and onto the trampoline mat.
- Initially, you should get accustomed to the feeling and bounce of the trampoline. The focus must be on the fundamental of your body position. You should practice each bounce (the basic bounces) until you can do and control it at ease.
- To break a bounce, bend your knees sharply before they contact the trampoline mat. This technique should be practiced while you are learning each basic bounce. The braking skill should be used whenever you lose balance or control of your jump.
- Keep each of your bounce in control. Ensure your take-off point is the same as the landing point. Never move up to the next bounce without mastering the previous, or you'll increase your chances to get injured.
- To stop your bounce, bend your knees when you land on the mat with your feet.
- When getting off, move over to the side of the trampoline and place your hand onto the frame as support, and step from the mat to the ground.


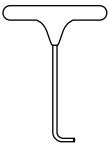



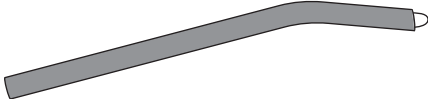
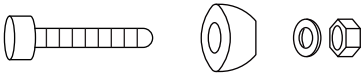

Jumping


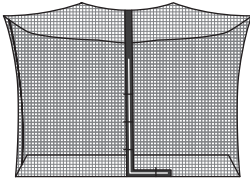
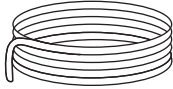
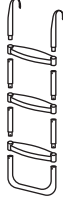


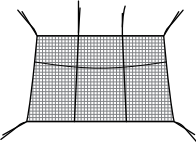
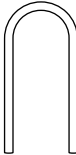
Jumpers should also practice the following important guidelines to ensure safe bounces.

- Do not use the trampoline when it is wet, damaged, dirty, or worn out.
- Do not use the trampoline if there are pets, kids, or any objects underneath the trampoline.
- Do not use the trampoline without attaching the frame pad. Tie the frame pad down before each use.
- Do not use the trampoline as a device to bounce onto or into another object.
- Do not jump into (off) the trampoline.
- Do not jump or step onto or grasp the frame pad.
- Do not get off by jumping off the trampoline and landing on the ground, even if it's a grassland.
- Do not attempt to somersault.
- Do not bounce recklessly on the trampoline because it will increase your chances of getting injured.
- Do not bounce on the trampoline for extended periods because fatigue can increase your chances of injury.
- Keep all objects that could interfere with the jumper away from the trampoline.
- Stay in the center of the mat. This will reduce your risk of getting injured by landing on the frame or springs.
- Keep your eyes on the mat to maintain control. If you do not, you could lose balance or control.
- Beware of what is overhead, underneath, and around the trampoline.

02PART LIST

Part Number	Diagram	Part Name	Quantity (7*10FT)	Quantity (8*12FT)
A		Top Rail with Leg Sockets	4	4
B		Left L-Shaped Top Rail	2	2
C		Right L-Shaped Top Rail	2	2
D		W-Shaped Leg Base	4	4
E		Vertical Leg Extension	8	8
F		Trampoline Jumping Mat	1	1
G		Frame Cover/ Spring Pad	1	1

Part Number	Diagram	Part Name	Quantity (7*10FT)	Quantity (8*12FT)
H		Galvanized Spring	68	84
I		Spring Puller	2	2
J		Upper Net Pole with Foam	8	8
K		Lower Net Pole with Foam	8	8
L		Plastic Pole Cap	8	8
M		Pole Sleeve	8	8
N		Bolt Set	16	16
O		M6/M8 Hexagon Socket Wrench	1	1

Part Number	Diagram	Part Name	Quantity (7*10FT)	Quantity (8*12FT)
P		Allen Key	1	1
Q		Safety Net	1	1
R		String for Bottom Net	1	1
S		Ladder	1	1
T		Ladder Screw Set	6	6
U		Screw Driver	1	1
V		Storage Bag	1	1
W		Lawn Stake for Trampoline	4	4

# 03 PLACEMENT

Before assembling, you should find a safe area to place the trampoline. Measure your yard to find out how much space you have. Keep the following two parameters in mind

- The minimum space required overhead the trampoline is 24 feet (about 7.3 meters);
- The minimum space required around the trampoline is 8.2 feet (about 2.5 meters).

## Dos

- Ensure the place is clear of any obstacles including but not limited to debris, walls, fences, branches, slopes, and electrical power wiring;
- Ensure the place is flat and even. If the ground is not level, never try to make it serve as the jumping area;
- Install the trampoline in a well-lighted area;
- Install the trampoline on the lawn without obstacles underneath, surrounded, and overhead because it keeps the trampoline stable and firm from sliding with traction as well as protects the jumper from severe injuries in case of falling;
- Adjust somewhere a little uneven (only applicable for the place where the rise/gradient is no more than 3 degrees across the whole space) if you have to place the trampoline there.

## Don'ts

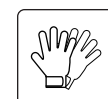
- Do not install the trampoline on hard ground such as driveway, asphalt, or concrete;
- Do not install the trampoline on a hill or anywhere the slope is greater than 3 degrees across the whole space.

# 04 ASSEMBLY

## Installation Requirement



- (1). Assembly requires 2-3 people, please keep children or kids away from the trampoline and enclosure until the trampoline is completely installed.



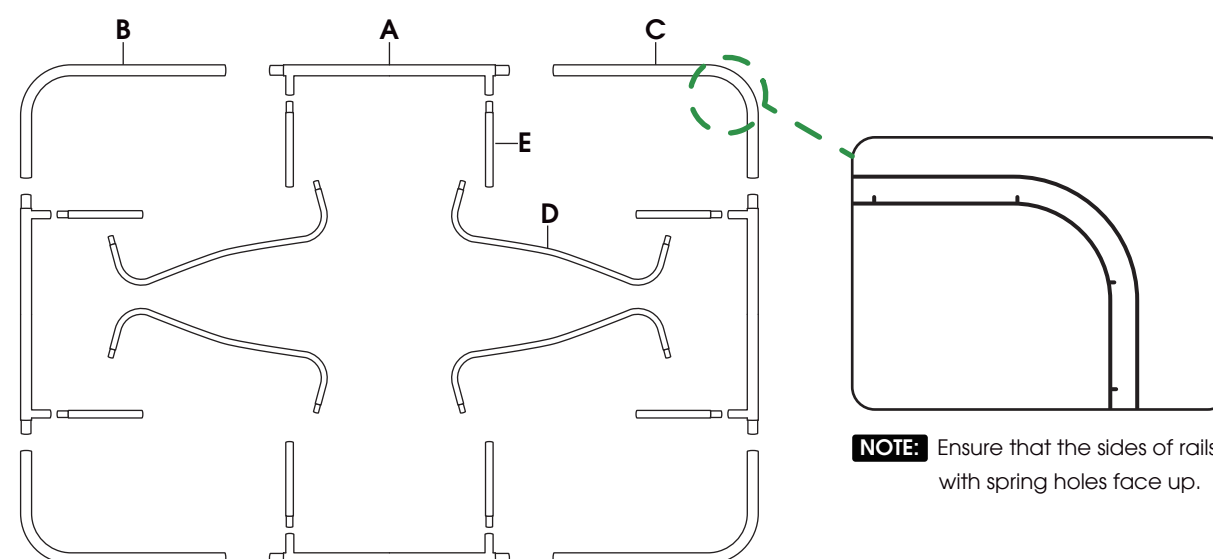
- (2). Use gloves to protect your hands from pinch during assembly.

## Installation Steps

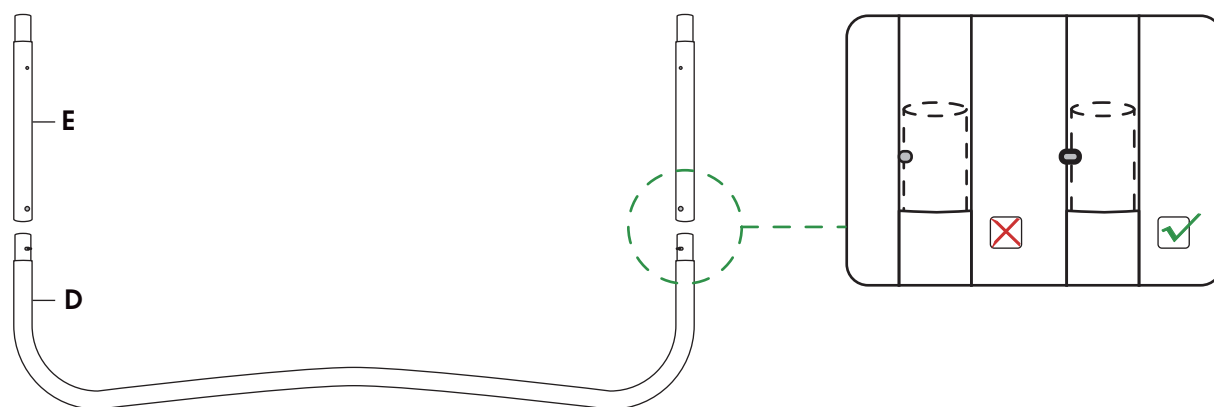
There are total 3 boxes.

Before assembly, please open all 3 boxes and put all parts on the ground. Check the PART LIST to confirm you have got all correct parts. If there is part missing or defective, please just contact us at [sales@exacme.com](mailto:sales@exacme.com) or **3235971109 / 8776080775**. We will replace them for free.

## Step 1 Frame Layout

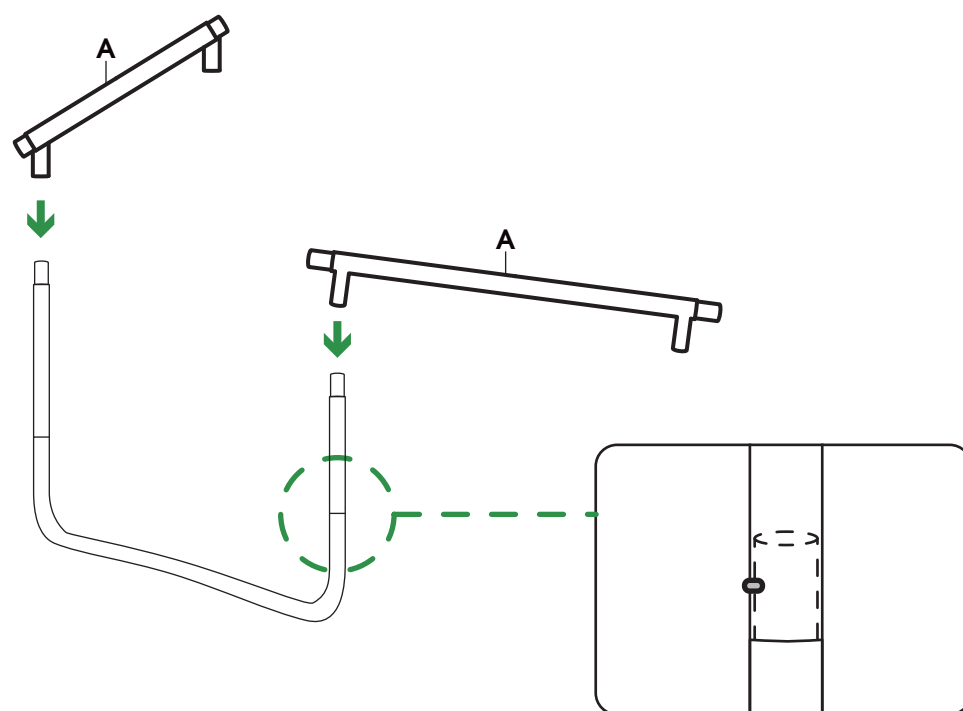


## Step 2 Support Assembly



## Step 3 Frame Assembly

(1). Two people are required. One lifts the Support Assembly from Step 2 to a standing (vertical) position, inserts one of the sockets of the Straight Top Rail into the Vertical Leg Extension portion of the Support Assembly; the other holds the adjacent top rail and inserts socket of the top rail into the other Support Assembly as shown.

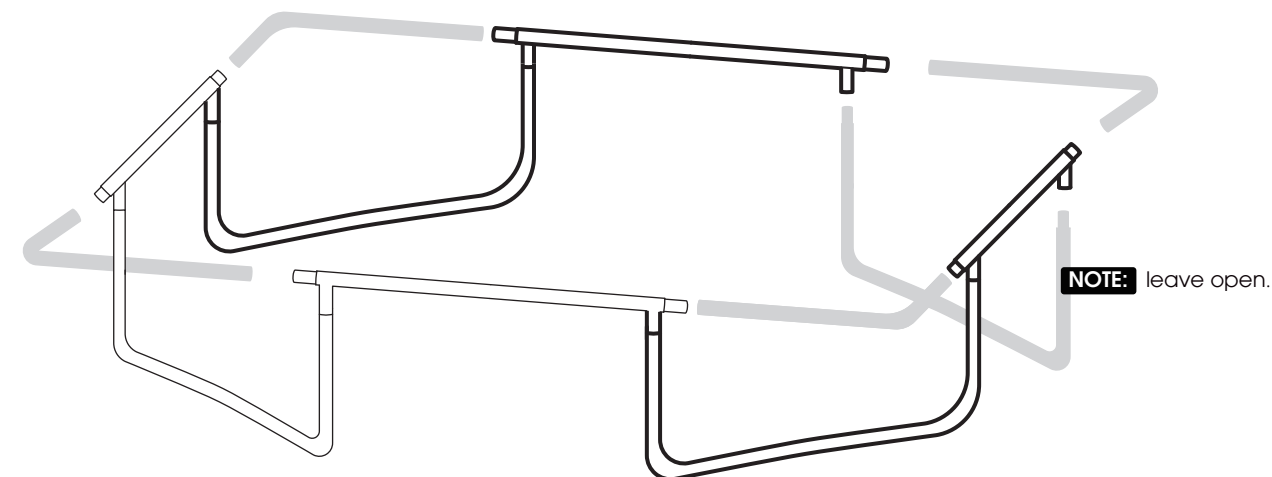


**NOTE:** The small beads on all W-shaped legs must face inside the frame.

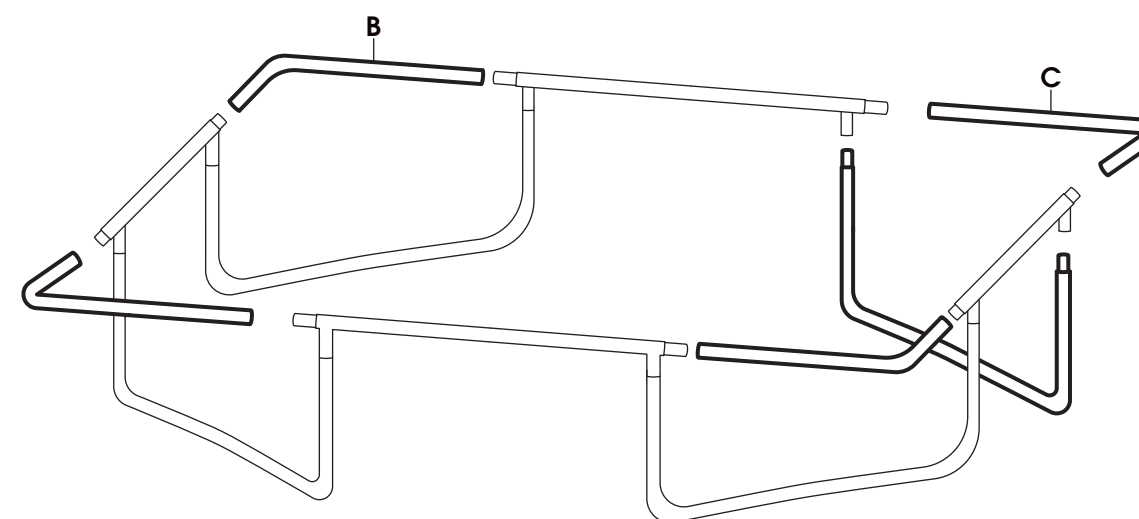
(2). Repeat the step to connect the other three supports assembly to the top rails.

### Important:

Please leave two sockets of top rail open. It helps you adjust the whole frame easily when assembling the L shaped top rails.



(3). Assemble the rest L shaped top rails to straight top rails together. Slide a section (male) tubing that is smaller on one end into the adjacent section(female) that has larger opening.



### Important:

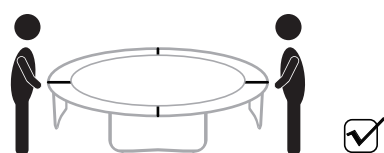
The small beads on all W-shaped legs must face inside the frame.

## Step 4 Spring Loading & Attaching the Jumping Mat to the Frame

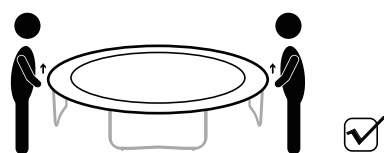


- Failure to follow instructions may result in spring damages or frame warping/displacement.
- Normally, more and more force is required as you keep going on attaching springs to the frame because the tension gradually gets stronger. Pay attention to the following safety guidelines when loading springs.

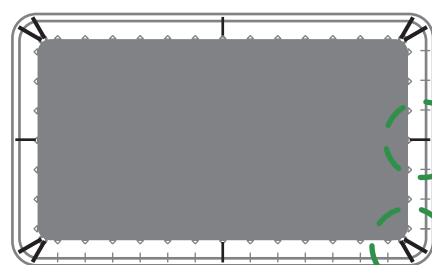
- Wear heavy-duty working gloves to protect your hands and avoid pinches;
- Use the Spring Puller;
- Ensure all spring hooks be facing down;
- Ensure all spring hooks be securely pulled into the frame holes;
- Ensure all springs are dry as wet springs are very slippery;
- Do not assemble the springs one by one which may cause deformation due to uneven force;



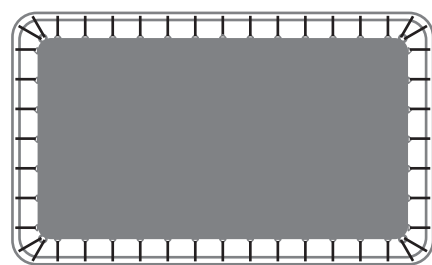
- When you move the trampoline, do not pull the trampoline from one side. It is better 2-3 people to lift the trampoline on opposite sides of frame and make sure frame legs are in a vertical position.



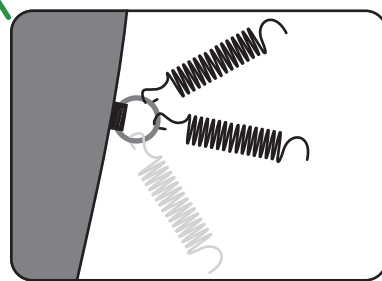
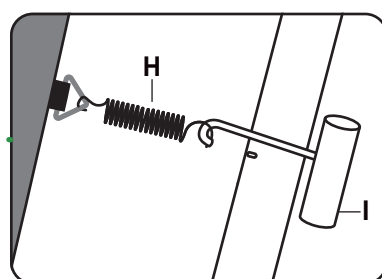
Please firstly install 4 springs the same as the picture. (VERY IMPORTANT)



Attach the springs on 4 corners



Attach remaining springs from opposite direction, until all the springs are placed on the frame



**7×10FT:** Attach 2 springs to the round metal ring.  
**8×12FT:** Attach 3 springs to the round metal ring.



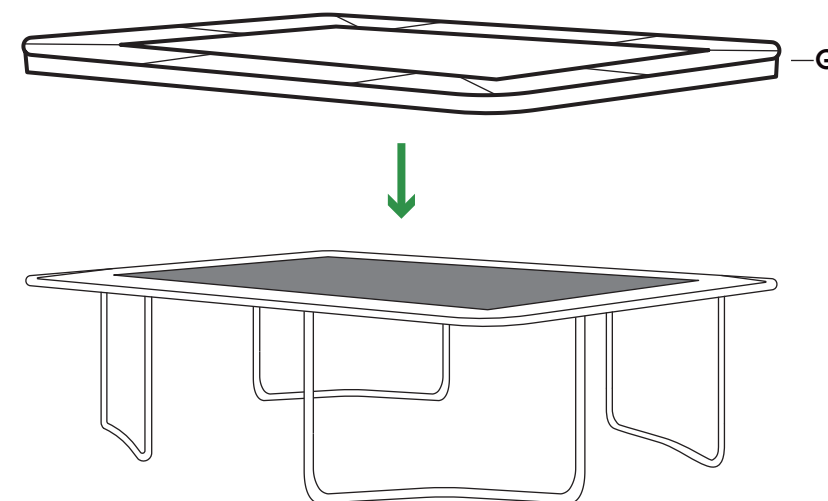
Always install the springs in the opposite position to make the tension of springs averagely distribute after one spring is attached, or you'll find it's getting harder to attach the springs, even unable to attach it in the end.

## Step 5 Frame Pad/Spring Cover

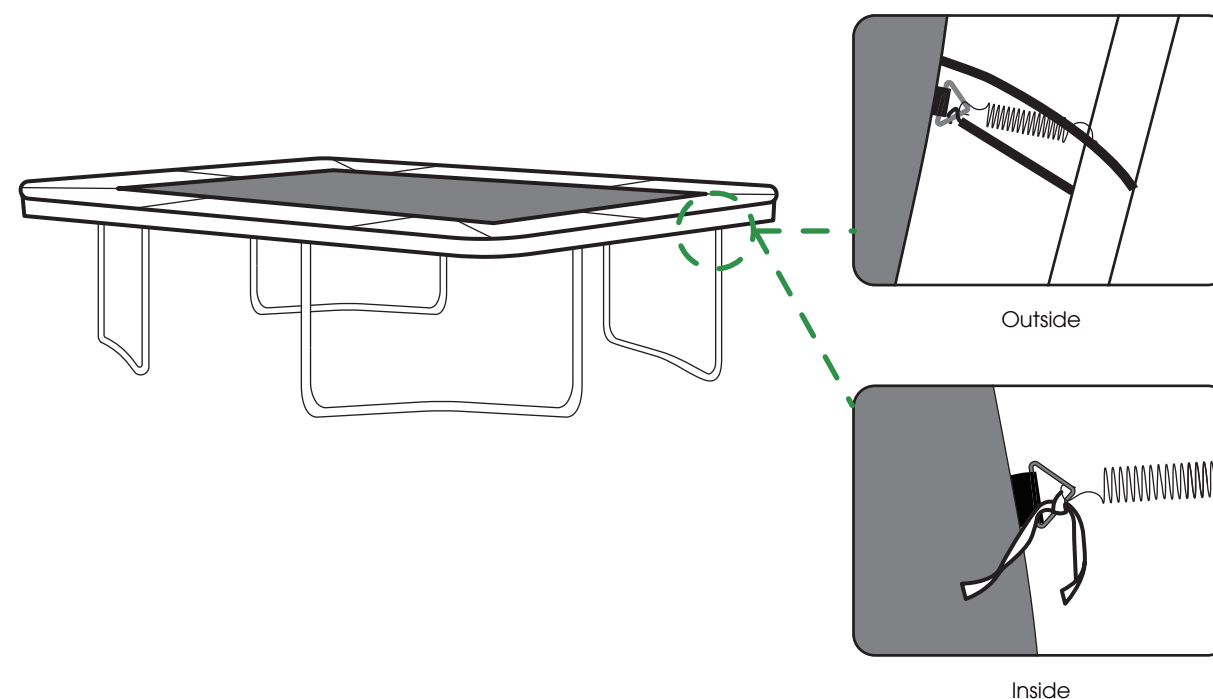


- Never use the trampoline without attaching the frame pad.
- Do not use the trampoline even if there's only one spring/V-ring damaged or missing.

- (1). Lay the frame pad over the trampoline springs so that the springs and the steel frame are covered. Please ensure that the Frame Pad covers all metal parts.



- (2). Attach the hook of the elastic strap to the V-rings circling around the outside of the top rail frame and tie the two sewed straps of pad inside to the V-rings of the jumping mat.

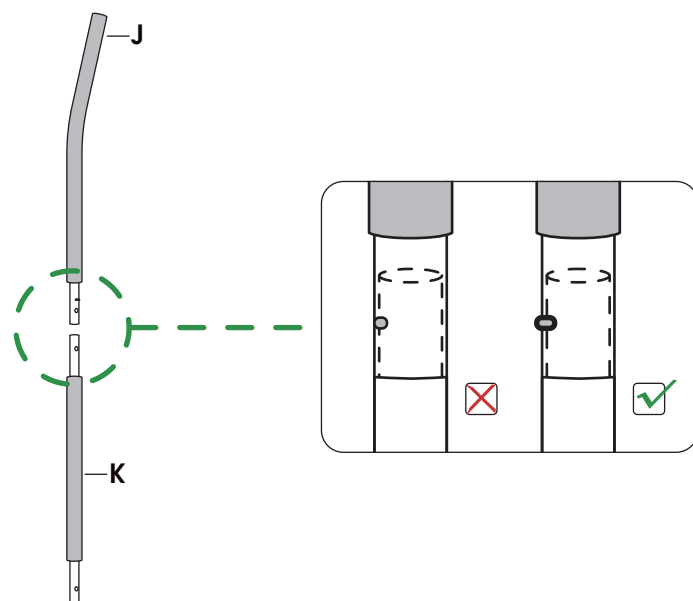


## Step 6 Net Poles

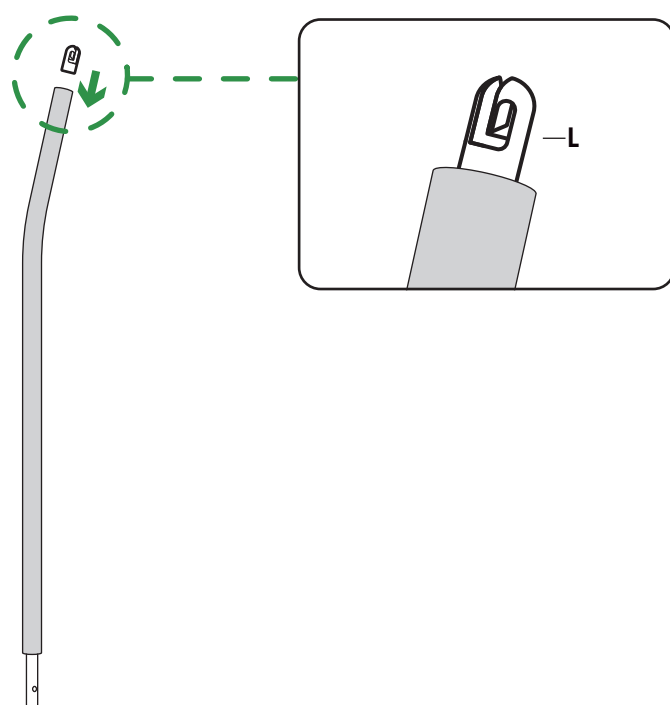


• Two adults in good physical condition are required for the following assembly.

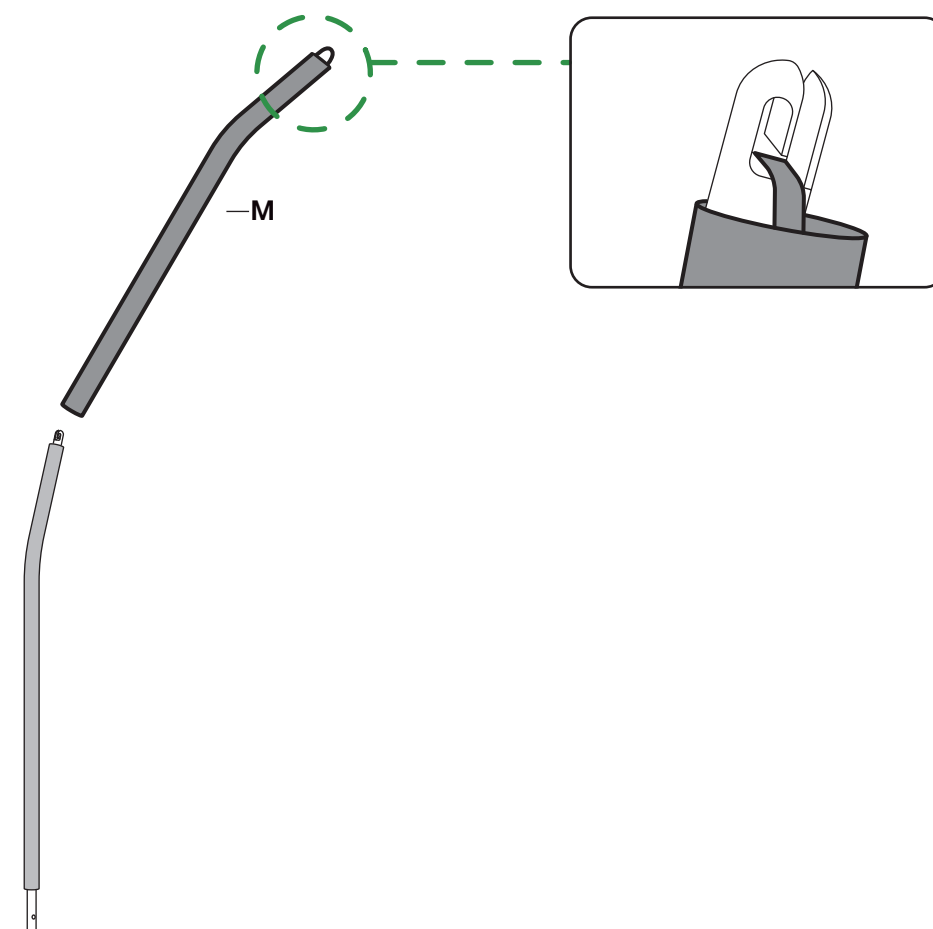
(1). Combine the upper and lower pole into a complete pole.



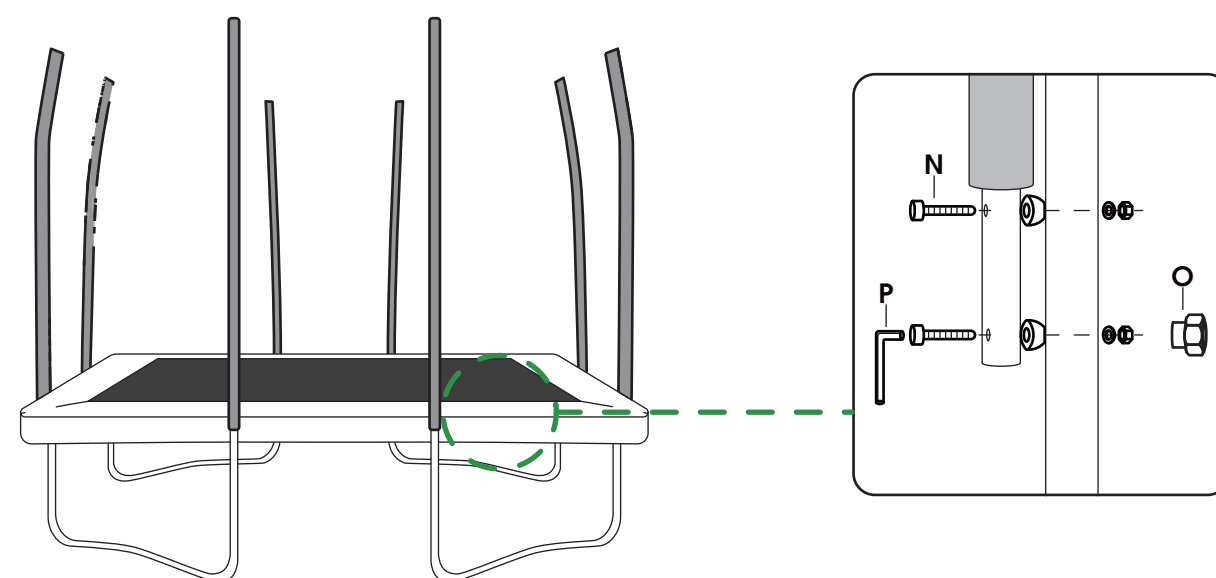
(2). Put on the black pole caps on all 8 top of upper net poles.



(3). Slip the pole into gray sleeve and hook the string of top of sleeve onto the hook of black pole caps.



(4). Install the Net pole, Repeat the same step and assemble all the poles to the frame.



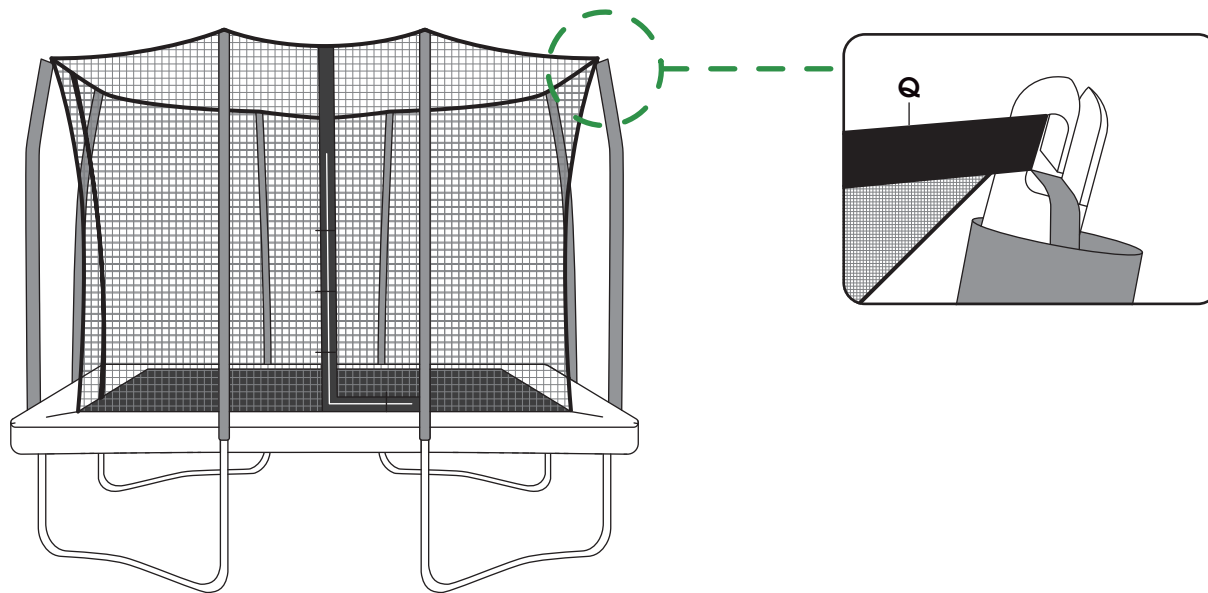


## Step 7 Enclosure Net

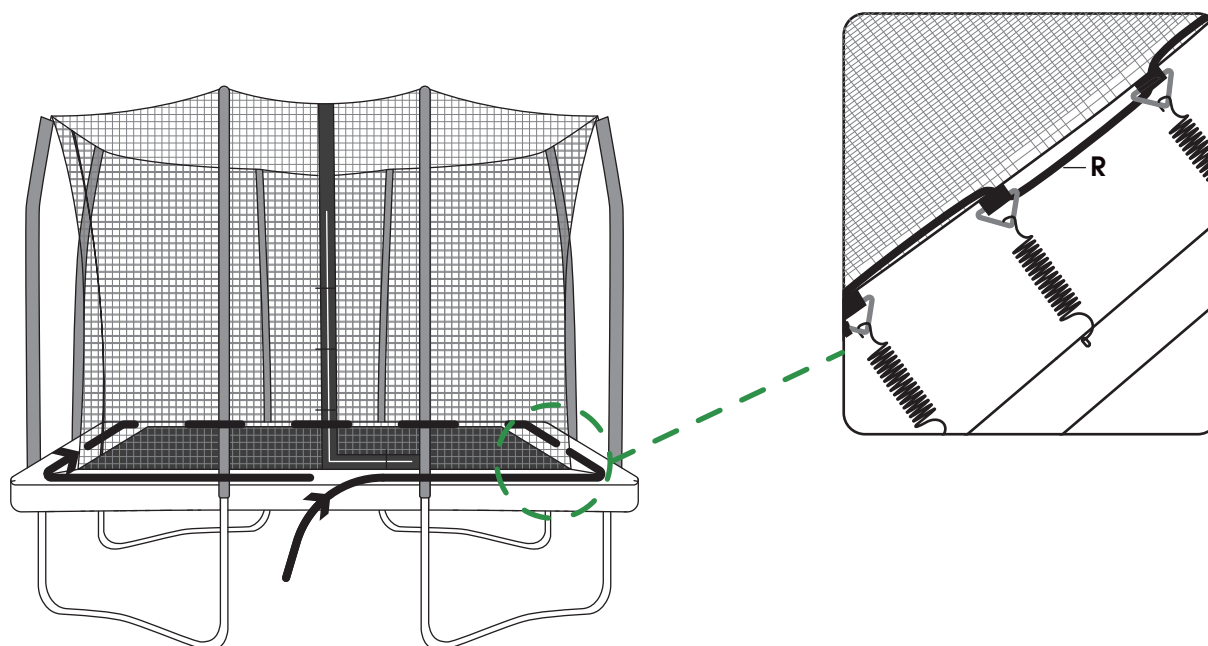
### Important:

- The enclosure has both zipper entries on 10FT/12FT long side and 7FT/8FT short side.

(1). Hook the cloth of top net to the plastic pole caps and 8 places in total.

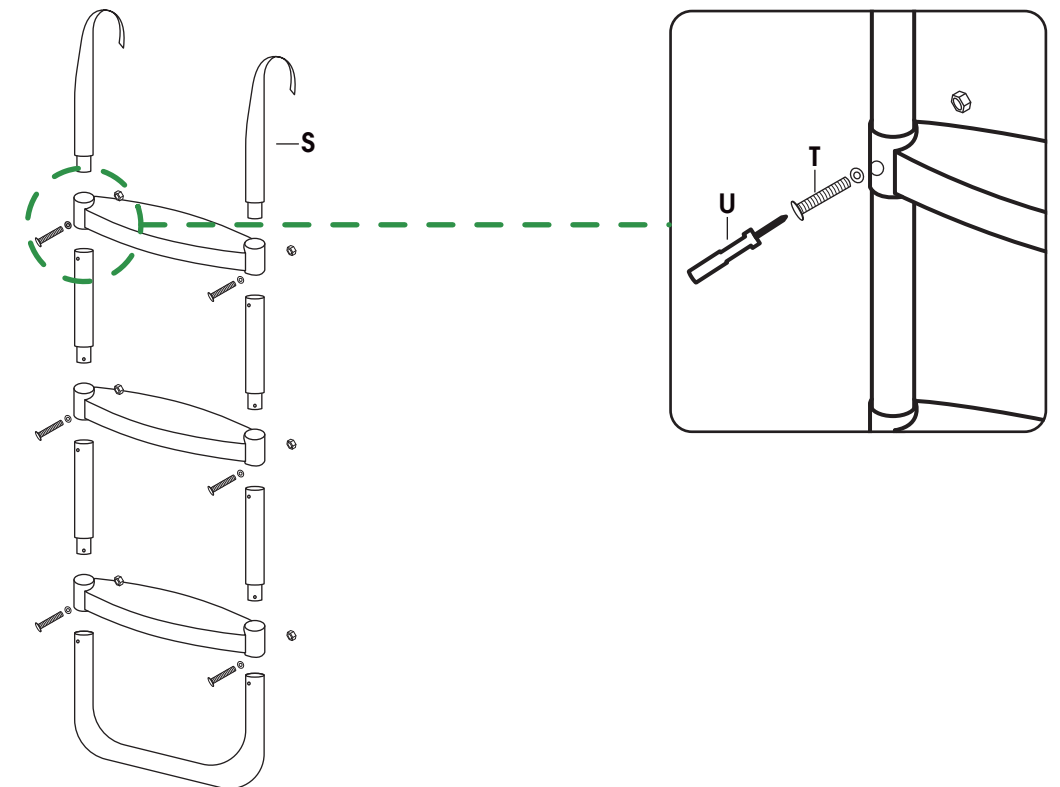


(2). Use strings to go through the slits of the bottom net, then go through the black cloth loop on the jumping mat to fix the net bottom all around.

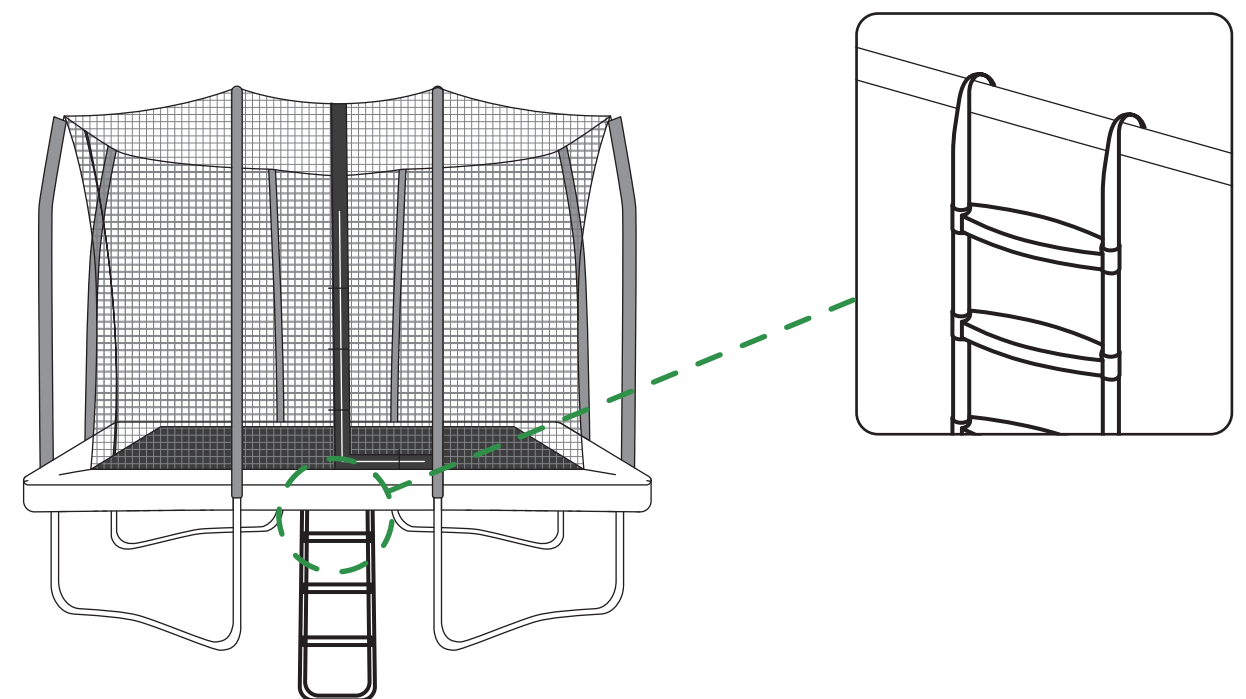


## Step 8 Ladder Assembly

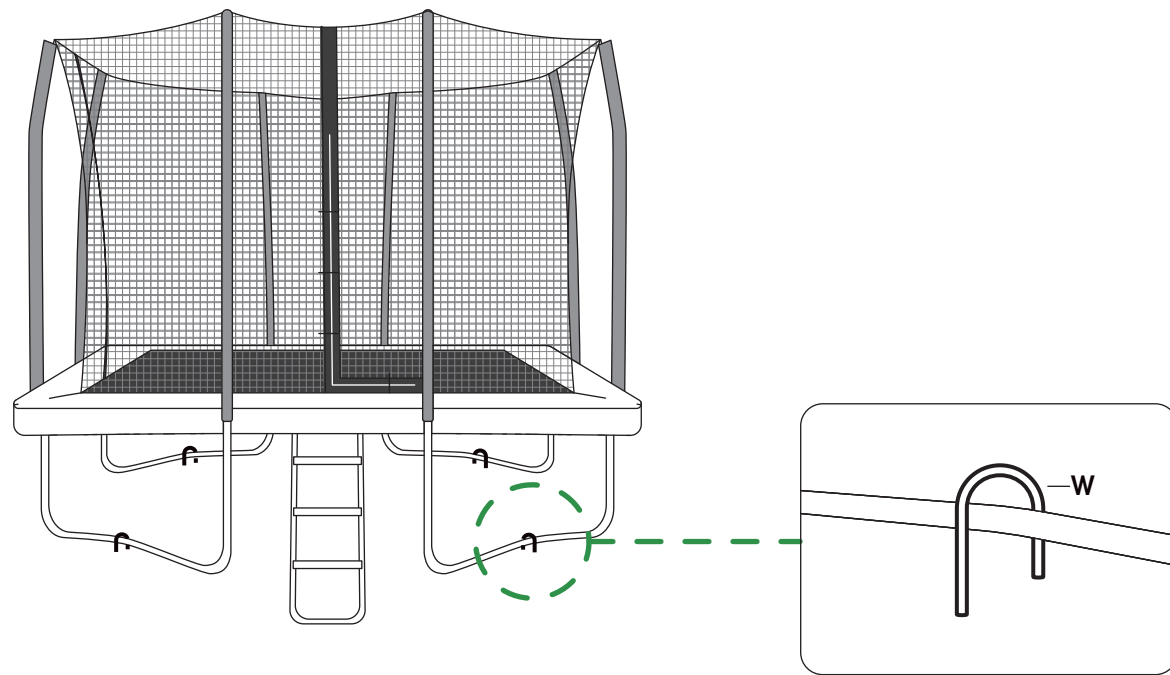
(1). Assemble the ladder with the screw driver included.



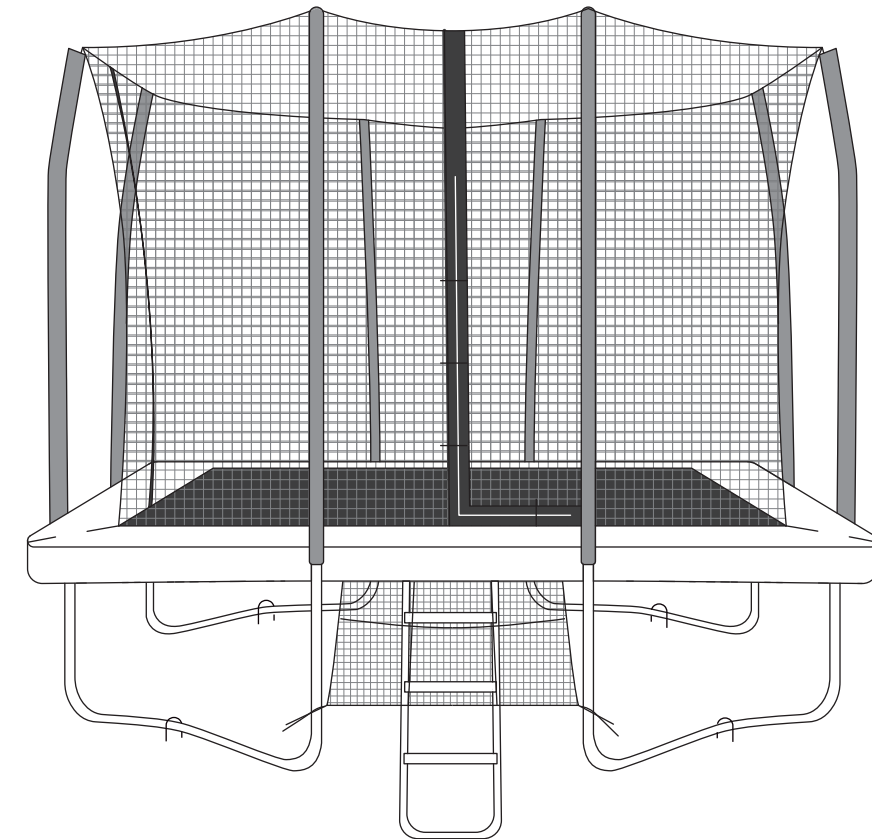
(2). Attach the ladder to the frame where is close to the zipper.



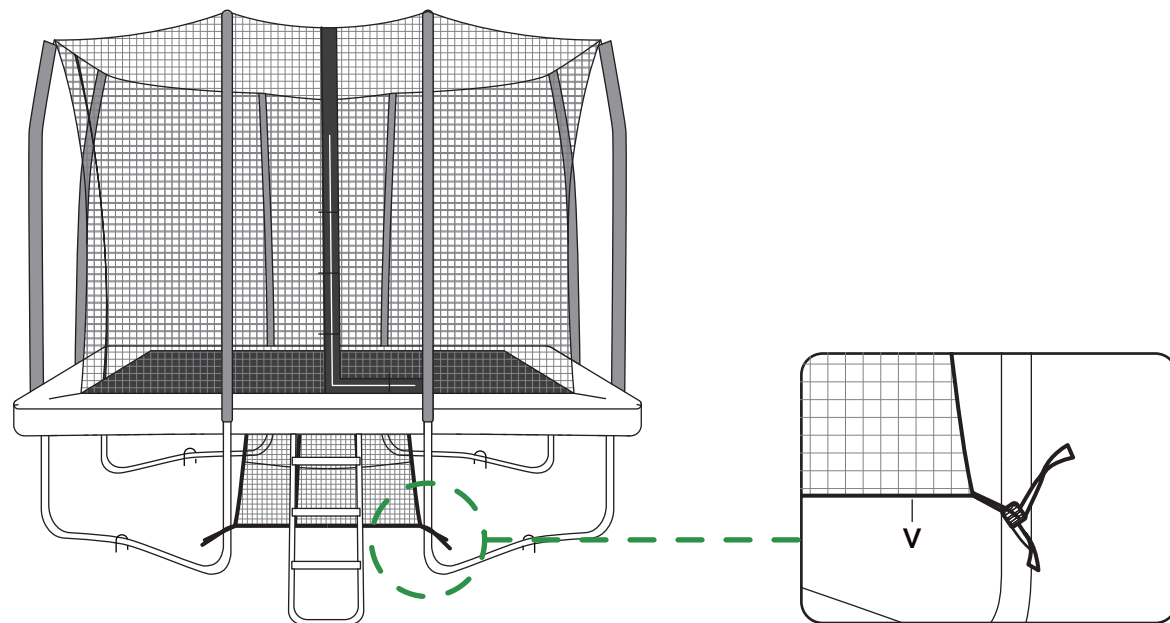
## Step 9 Putting Trampoline Wind Stake



## Installation Completion



## Step 10 Storage Bag Installation



# 05 DISASSEMBLY

- To disassemble, please follow the trampoline and enclosure net combination assembly steps in reverse order.
- Do not attempt to disassemble any trampoline frame parts before the springs and jumping mat have been completely removed.

### Important:

- At least two adults are required for disassembly.
- Wrap all connector points with weather-resistant tapes (duct tape).

# 06 BASIC SKILLS



- All jumpers, regardless of ages and skill levels, should be supervised.
- Never skip basic skills before moving into more difficult bounces.

## Lesson Plan

Practice the following lessons to learn basic steps and bounces. It's the responsibility of the owner (supervisor) to help the jumper to read, understand and practice these lessons before actually getting on and using the trampoline.

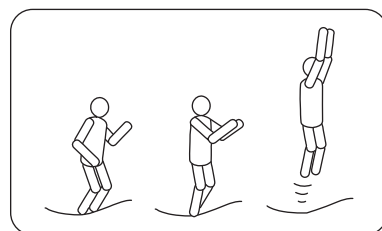
### LESSON 1. Basic Bounce

**Warming-up:** Discuss and demonstrate body mechanics and trampoline guidelines.

1. Demonstrate proper (dis) mounting techniques.
2. Demonstrate and practice the basic bounce.
3. Demonstrate and practice to stop on command.
4. Demonstrate and practice hands and knees moving. Stress should be given on the four-point landing and alignment.

**Jumping Guide:** Make sure to follow the steps below for basic bounce exercises after warm-up.

1. Start from the standing position in the center bed, feet shoulder width apart, arms at side, eyes on end of bed.
2. Swing arms forward and up in a circular motion.
3. Bring feet together while in mid-air and point toes downward.
4. Keep feet shoulder-width apart when landing on the mat.



**NOTE:** Arms need never go above your shoulders or behind your body.

### LESSON 2. Knee Bounce & Seat Bounce

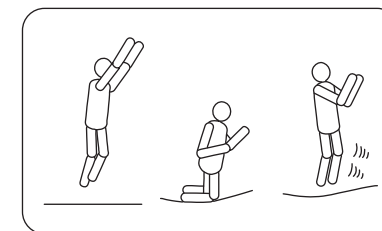
**Warming-up:** Review and practice techniques learned in Lesson 1.

1. Demonstrate and practice the knee bounce. Learn the basic down to the knee and back up before trying half twist to left and right.
2. Demonstrate and practice the seat bounce. Learn a basic seat bounce, add a knee bounce and a hand-and-knee repetition.

**Jumping Guide:** Make sure to follow the steps below for basic bounce exercises after warm-up.

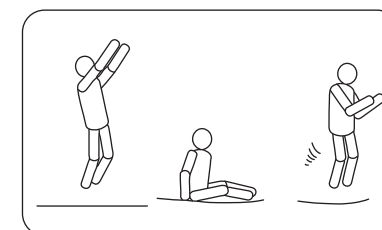
#### 1. Knee Bounce

- (1). Start from the standing position, feet shoulder width apart, arms at side, eyes on end of bed.
- (2). Land on knees while keeping your body erect and back straight. Do not forget to use your arms to keep a balance.
- (3). Bounce back to the starting position.



#### 2. Seat Bounce

- (1). Start from the standing position with feet shoulder-width apart and eyes on the mat.
- (2). Land in a flat sitting position with legs parallel to the mat and hands beside your hips.
- (3). Return to the erect position by pushing up your hands.



### LESSON 3. Front Bounce

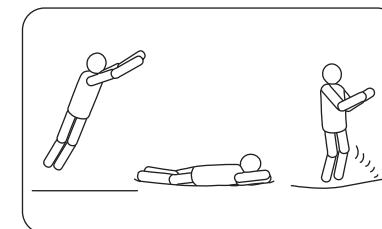
**Warming-up:** Review and practice all skills and techniques learned before.

1. Demonstrate and practice the front drop. Important: all learners should keep the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury.
2. Start with a hand-and-knee bounce and then extend the body into the prone position, land on the mat.
3. Practice routine hand-and-knee bounce, front bounce, seat bounce, and back to feet.

**Jumping Guide:** Make sure to follow the steps below for basic bounce exercises after warm-up.

#### 1. Front Bounce

- (1). Start with the front bounce position.
- (2). Land in a prone position (face down) with your hands and arms extended forward on the mat.
- (3). Push off the mat with arms to return to the standing position.



## LESSON 4. 180 Degree Bounce

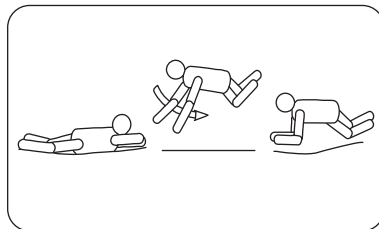
**Warming-up:** Review and practice all skills and techniques learned before.

1. Start from the front drop position and as you make contact with the mat, push off with arms in either the right or left direction, and turn your head and your shoulders in the same direction.
2. Keep back parallel to the mat and head up during the turn.
3. Land in the front drop position after completing the turn.

**Jumping Guide:** Make sure to follow the steps below for basic bounce exercises after warm-up.

### 1. 180 Degree Bounce

- (1). Start with the front bounce position.
- (2). Push off with your left (or right) hand and arms (depending on which way you wish to turn).
- (3). Maintain head and shoulders in the same direction, keep back parallel to the mat and head up.
- (4). Land in a prone position by pushing up with hands and arms to return to the standing position.



## LESSON 5. Pirouette Bounce

**Warming-up:** Review and practice all skills and techniques learned before.

1. Demonstrate and practice the basic bounce, try to turn in the air when jumping. Do not forget to use your arms to keep a balance.
2. Start from half pirouette at first, only try the full pirouette when your bounce technique is getting better.

**Jumping Guide:** Make sure to follow the steps below for basic bounce exercises after warm-up.

### 1. Pirouette

- (1). Start from the standing position with arms at side, eyes on end of bed.
- (2). Half Pirouette: At top of bounce, swiftly turn head and search for opposite end of trampoline. Do not travel. Land on feet.
- (3). Full Pirouette: Done as above, but continue around, until a complete circle has been made. Spot by looking for end bars as you complete trick.



### Attention:

- Jumpers can develop their routines after learning, practicing, and mastering the lessons above. However, they are not allowed to skip these basic skills before moving into more difficult, complicated bounces.

# 07 CARE & MAINTENANCE

## Care

**Using, disassembling, and storing the trampoline correctly as per the following:**

- Inspect, clean, and wash your trampoline mat with a garden hose every two weeks;
- Remove any sharp objects before using the trampoline;
- Ensure there are no leaves, debris, mildew, or bird droppings on the trampoline before using the trampoline;
- Jumpers should either wear socks or be barefoot when using the trampoline;
- Keep your trampoline away from any fire sources such as a grill;
- Do not allow pets or animals to get inside the jumping area;
- Store the trampoline in a dry area with good ventilation when it's not in use.

## Maintenance

**1. Always inspect the trampoline and replace any worn, overused, damaged, or missing parts before each use as they increase the chances of getting injured.**

**2. Be cautious of the following conditions:**

- Punctures, holes, or tears in the trampoline mat;
- Sagging trampoline mat;
- Broken stitching around the edge of the mat or any kind of deterioration of the mat;
- Rotten or frayed fabric at the V-ring straps;
- Bent or broken frame parts, such as the poles;
- Broken, missing, or damaged springs;
- Damaged, missing, or insecurely attached frame padding;
- Protrusions of any types (especially sharp types) on the frame, springs, or mat;
- Other unexpected conditions that are not included.

If any of the conditions mentioned above or something else that you feel could cause harm occurs, disassemble the trampoline, or at last secure the trampoline with a lock or heavy tarpaulin to prevent unauthorized use.

Reuse the trampoline only after you've replaced all broken parts.

# Special Conditions

The owner and (or) the supervisor (jumper) should also pay attention to special conditions as below:

## 1. Windy Conditions

It is possible for the trampoline to be blown about by a high wind.

If you anticipate high winds, disassemble the safety enclosure net and the net poles, then tie the top frame (round, outside portion) of the trampoline to the ground using ropes and stakes. Keep in mind that at least three ties should be used to ensure security and do not just secure the trampoline legs to the ground, or the frame sockets would be pulled out.

If you anticipate severe winds, the trampoline should be moved to a sheltered location or completely disassembled.

## 2. Cold Weather Protection

The ExacMe Trampoline System is designed for outdoor use. However, in climates of cold weather where snow and ice are common, we recommend the trampoline mat, springs, frame pad, and net be removed and stored in a dry area out of the sun. To remove these parts, simply complete the instructions for installing them in reverse order.

## 3. Ice & Snow

Use extreme care in removing any ice and snow that may have accumulated on the mat before removing the mat for storage. We suggest using a high pressure water hose and spraying upward from underneath the trampoline, starting at the mats lowest point.

Another option is to pour hot water on the ice and snow to melt it away. Left unattended in snow and ice, your trampoline mat will accumulate weight in the middle, causing damage to your springs. This type of damage is not covered by warranty.

# 08 WARRANTY

## LIMITED WARRANTY

Top rail, leg extension, w-leg	3 YEARS
Jumping mat, spring cover, net and poles, springs	1 YEAR
Ladder, pole cap / foam cover	3 MONTHS

- NEWACME LLC warranty does not cover but not limited to damages caused by abuse, misuse, commercial and abnormal usage, natural acts of nature, such as wind conditions, hurricanes, thunder, rain, excessive heat and cold conditions or sun damage.
- NEWACME LLC doesn't warranty against fading or discoloration of paint, pad, mat, net or any parts of the trampoline, as we cannot control the type of environment or condition the trampoline is put under.
- Third-party purchases are not covered.
- NEWACME LLC is not responsible for any labor charges or damages that may occur during the installation process.

## REPLACEMENT POLICY

Witnin the warranty time frame, we will replace the defective/missing part under standard shipping rates. We can also sell you replacement part for a discount price when your trampoline is out of warranty policy.

# 09 RETURN

## RETURN & EXCHANGE POLICY

All of items come with a 30-day return/exchange policy.

### Return Shipping Cost:

- During this time, we will cover the shipping cost of return for defective and damaged item, through provide pre-paid return label for customer’s convenience.
- Customer shall be responsible for any return shipping cost for the reason of ordered by mistake, no longer needed, ect.
- A 20% restocking fee will be applied if items returned due to being refused by the customer or deemed undeliverable by freight carrier. The fees will be deducted directly from refund of your order.

## KINDLY NOTE

- Returns must be shipped within 30 days of delivery in "as new" condition in the original packaging.
- Please disassemble the item before you return it, otherwise, there will be a huge cost as oversized.
- Please do not purchase shipping label by yourself for damaged trampoline.

### Important:

Order number and photos or videl clips (if applicable) are required for warranty application.

# 10 CUSTOMER SUPPORT

If for any reason, we have fallen short of your expectations, or if you have any questions and suggestions, please refer to the following contact information, we will do our best to work with you to make sure you are entirely satisfied.

	<p><b>1-323-597-1109</b></p> <p><b>1-877-608-0775</b></p>
	<p><b>sales@exacme.com</b></p> <p>(Respond within 24 hours)</p>
	<p><b>2411 Bear Corbitt Rd STE 1</b></p> <p><b>New Castle, DE, 19720</b></p>
	<p><b>2808 Vail Ave</b></p> <p><b>Commerce, CA, 90040</b></p>

## CUSTOM-MADE SERVICE

- Do you have any specified requirements for the trampoline or other related product, like size, color, shape, material or some more?
- ExacMe is dedicated to providing premium products for customers, we believe listening to customers is the way to create great products.
- Do not hesitate to contact us if any requirements. We would be glad to provide you personalized service and products to meet all your needs.