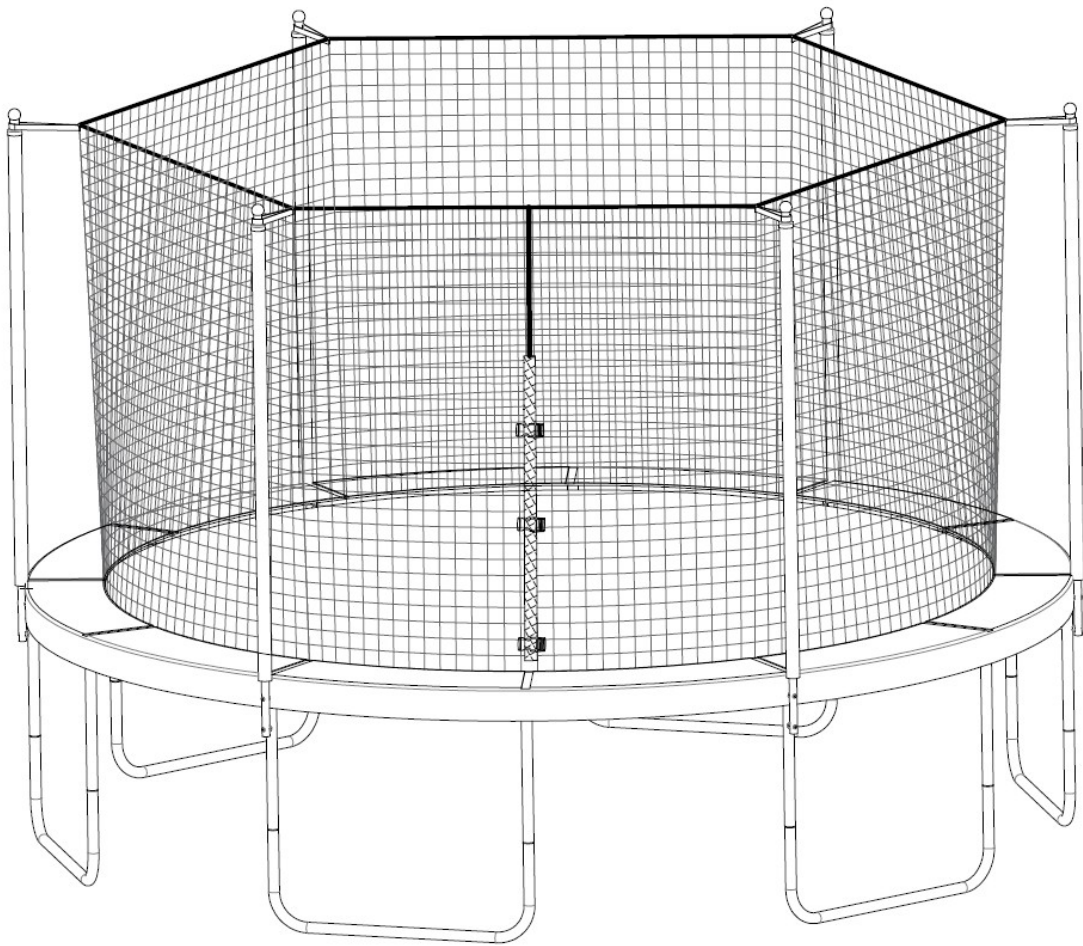

GVDV 14FT TRAMPOLIN USER MANUAL



Support Email: **support@gvdv.com**

READ THIS FIRST!!!

If any parts are missing or damaged, please contact the seller for assistance.

Note: We are not responsible for any injuries that may happen while using the trampoline.

**Only one person is allowed on the trampoline at a time.
Max. User weight 120Kgs**

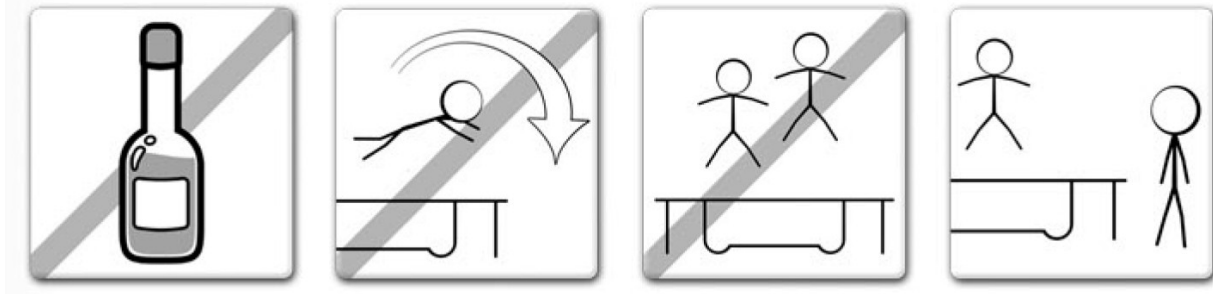
General Safety Instructions Before Using Your Trampoline:



Read and understand all the information in this manual. Physical sports and activities carry the risk of injury. Follow safety rules and tips to ensure enjoyment and prevent injuries.

- Consult a doctor before engaging in any physical activity.
- Check your trampoline before each use, focusing on bolts, jump mat, and pads. Do not use if any parts are missing or worn.
- Always use the provided safety enclosure.
- Ensure the trampoline is used by only one person at a time.
- Supervise all users, regardless of skill level.
- Do not use a trampoline if you have consumed alcohol or narcotics.
- Climb on and off the trampoline carefully; do not jump onto or off it, and avoid using it to bounce onto other objects.
- Stop exercising if you feel unwell, experience joint or muscle pain, or feel dizzy. Dizziness indicates fatigue; stop bouncing and lie down if it occurs.
- Wear appropriate clothing, such as sports wear and socks. Never wear shoes on the mat.
- Be aware that the trampoline allows higher jumps than on the ground. Start with low bounces to get comfortable.
- This manual includes proper assembly, care, maintenance, safety tips, warnings, and jumping techniques for your trampoline's safety and longevity. Familiarize yourself with these instructions. Users must know their limitations regarding trampoline skills.

- The safety enclosure prevents falls but should not be jumped into unnecessarily.
- Assemble the trampoline on grass or BSI-approved safety matting.



USE OF TRAMPOLINE

Initially, familiarize yourself with your trampoline and understand the springiness of each bounce. Focus on body position and technique until you can perform each skill effortlessly and with control.



- Before attempting to jump too high, learn the technique for stopping to prevent injury if you feel you're losing control.
- When landing on the trampoline, bend your knees to absorb the bounce. This position is illustrated in the image to the left, with arms extended for better balance.
- This skill is useful when you want to stop bouncing due to fatigue, loss of control, or other reasons.



SOMERSAULTS (FLIPS): Do not attempt any type of somersault, whether backward or forward, on this trampoline. If you make a mistake, you may land on your head or neck, increasing the risk of severe injuries such as spinal fractures, which can lead to death or paralysis.



FOREIGN OBJECTS : Do not use the trampoline if pets, other people, or any objects are underneath it, as this increases the risk of injury. Do not hold or place any foreign objects on the trampoline while in use. Avoid setting up the trampoline under overhanging objects such as tree branches or wires to reduce the risk of injury.

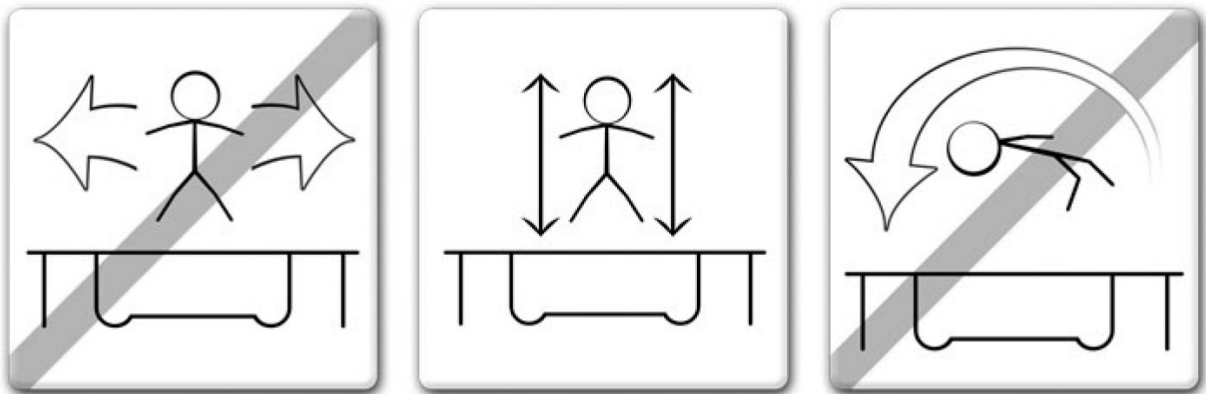


POOR MAINTENANCE OF TRAMPOLINE: Using a trampoline in poor condition can increase the risk of injury. Before each use, inspect the trampoline for bent steel tubes, torn mat, loose or broken springs, and overall stability.

WEATHER CONDITIONS: Weather conditions can affect trampoline safety. A wet mat may cause slipping and injury, while strong winds can lead to loss of control.

RESTRICTING ACCESS: To ensure safety, keep the trampoline access ladder in a secure location when not in use, preventing unsupervised children from accessing the trampoline.

RISK OF ACCIDENTS



To minimize the risk of accidents, trampoline users should:

- Maintain control of their jumps and body position at all times.
- Avoid attempting skills that exceed their level of competence.
- Ensure they take off and land in the center of the trampoline.
- Jump vertically and avoid bouncing towards the springs.
- Consult a certified trampoline instructor before trying advanced techniques.

To minimize the risk of accidents, the supervisor should:

- Fully understand and enforce all safety rules and guidelines.
- Inform the trampoline user about their correct and incorrect actions to ensure their safety.
- Be aware of and communicate all safety warnings to the trampoline user.

IMPORTANT: If the trampoline cannot be supervised, it should be secured and made inaccessible to prevent use until supervision is available.

TRAMPOLINE TECHNIQUES

● BASIC SKILLS

BASIC SKILL 1: The Basic Bounce



- Start from a standing position, with feet shoulder width apart head up and eyes on the trampoline bed.
- Swing arms forward and up above head in a circular motion.
- Bring legs and feet together in " mid-air " position and point toes.
- Land back on the mat with feet shoulder width apart (same as start position).
- Why not try moving onto the next skill once comfortable and proficient.

BASIC SKILL 2: The Knee Drop

- Start with a low basic bounce (as detailed in BASIC SKILL 1).
- Land on knees shoulder width apart, keeping back straight and a strong body position using arms out to the side or in front to maintain balance.
- Bounce back to basic bounce position by using bounce momentum and swinging arms above head.



- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

BASIC SKILL 3: The Seat Drop

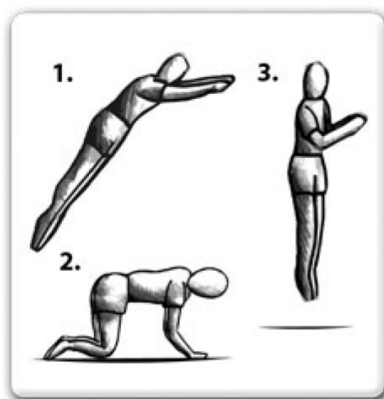


- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Land with legs out straight in front of you, with hands either side of your hips and back straight in a strong body position.
- Use the bounce momentum aided with a push from hands to return to a standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

IMPORTANT: Please consult a trained trampoline instructor before attempting any more advanced skills to ensure highest possible safety levels are maintained.

● ADVANCED SKILLS

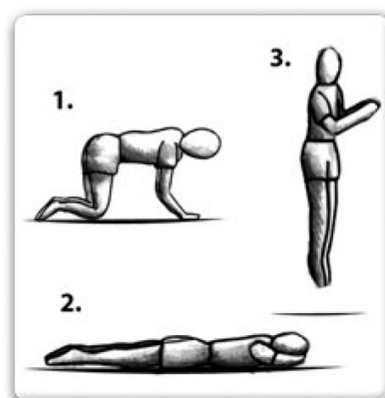
ADVANCED SKILL 1: The Basic Bounce



- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Land on your hands and knees at the same time, ensure that back is horizontal to the bounce mat and hands & legs are shoulder width apart also.
- Use the momentum of bounce and push off hands to regain the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.
- Try moving onto the next skill once comfortable and proficient.

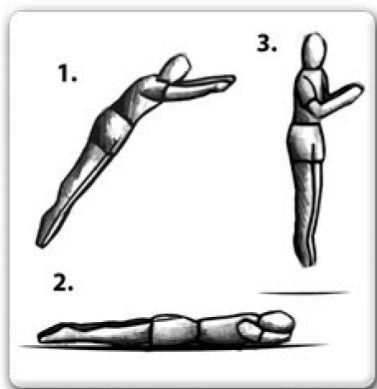
ADVANCED SKILL 2: Hands and Knees to Front Drop

- Land on your hands and knees at the same time, ensure the back is horizontal to the bounce mat and hands & legs are shoulder width apart also.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of body touching the mat at same time.
- Push off hands and recover the standing position.



- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height .Trying moving onto the next skill once comfortable and proficient.

ADVANCE SKILL 3: The Front Drop



- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of body touching the mat at the same time.
- Push off hands and recover the standing position.
- Once mastered at this height try bouncing a little higher, but remember to always stay in control of your height.

IMPORTANT: Should you wish to progress any further and learn more advanced techniques for trampoline, please consult a qualified and registered instructor.

TRAMPOLINE ASSEMBLY

- **Step-by-Step Construction**
- **Assemble only by adults.**

To assemble this trampoline, you will only need the special spring loading tool included with the product.

When not in use, the trampoline can be easily disassembled and stored.

Please read the assembly instructions before starting the assembly process.

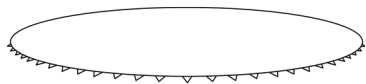


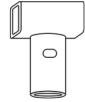
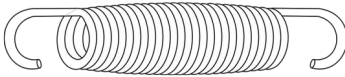



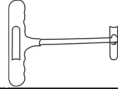





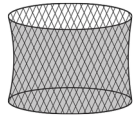
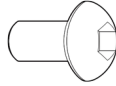
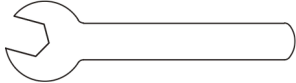

Refer to the table for part descriptions and numbers. The assembly instructions use these references.

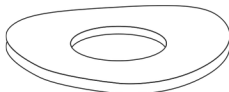

Ensure you have all required parts. If any are missing, please contact the seller.

Wear gloves to protect your hands from pinch points during assembly. Ensure you have ample space and a clean, dry area before starting.

PARTS LIST

Ref Number	Description	quantity	picture
A			

	Frame cover	1pcs	
B	Jumping mat	1pcs	
C	Frame	12pcs	
D	Steel T-Connector	12pcs	
E	Spring	72pcs	
F-1	Leg Extension with Pole hole	6pcs	
F-2	Leg Extension	6pcs	
G	W-Shaped Leg	6pcs	
H	Spring Tool T-Hook	2pcs	
I	Bottom Pole	6pcs	
J	Upper Pole	6pcs	
K	Long Screw	12pcs	
L	Nut	12pcs	
M	Plastic Pad	12pcs	
N	Enclosure Net	1pcs	
O	M6 Bolts	6pcs	
P	Wrench	1pcs	
Q	Alley Wrench	1pcs	

R	Screw Nut	12pcs	
S	Straps	6pcs	

STEP 1: - Top Frame Assembly

- 1. Locate the twelve frame rails (C) and twelve metal T-connectors (D).**
- 2. Insert a rail into a T-connector. See *Figure 1*.**
- 3. Insert a second rail into the other end of the T-connector.**
- 4. Continue connecting T-connectors and rails until you've built the round trampoline frame. Each T-connector will connect two rails. See *Figure 1*.**

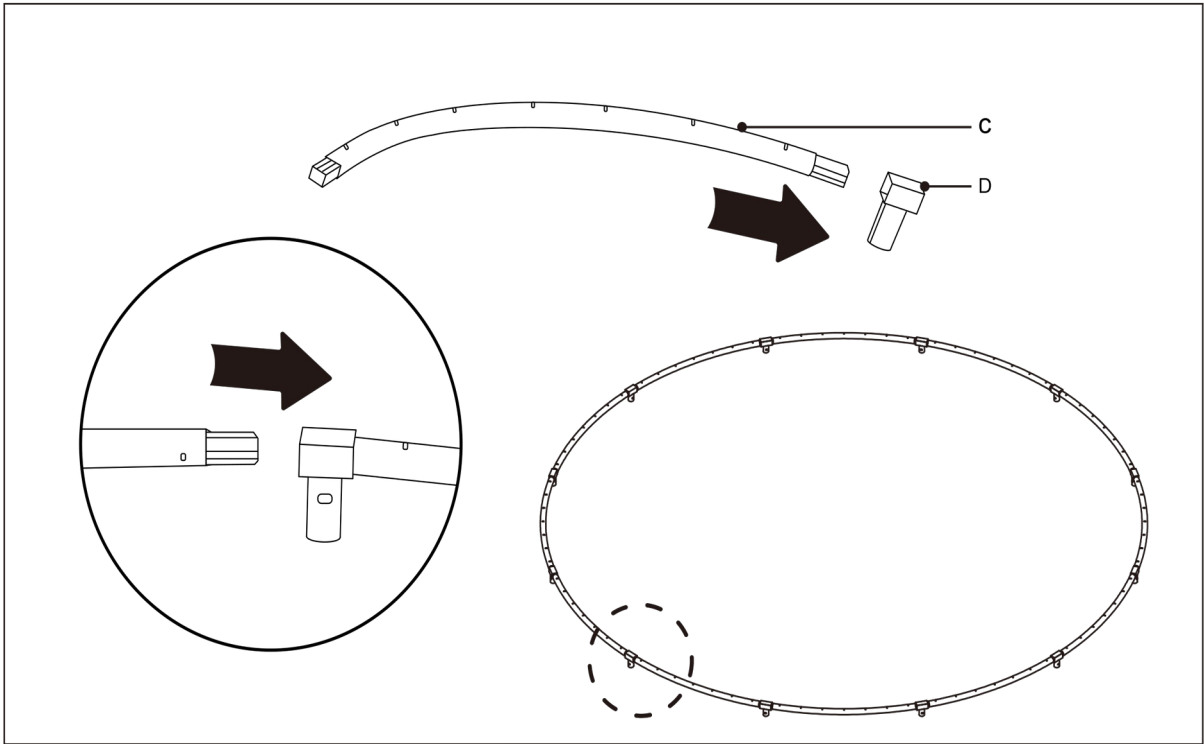


Figure 1

STEP 2: Attach the Legs

1. Locate the Six legs (G), six leg extensions with poles hole (F-1) and six leg extensions (F-2). Pls check the ball of the leg and find the correct first, click the leg extensions with poles hole(F-1) on left and click leg extensions(F-2) on right as the picture later, make sure the upper hole of leg extensions (F-2) face to centre of trampoline. See the Figure 2

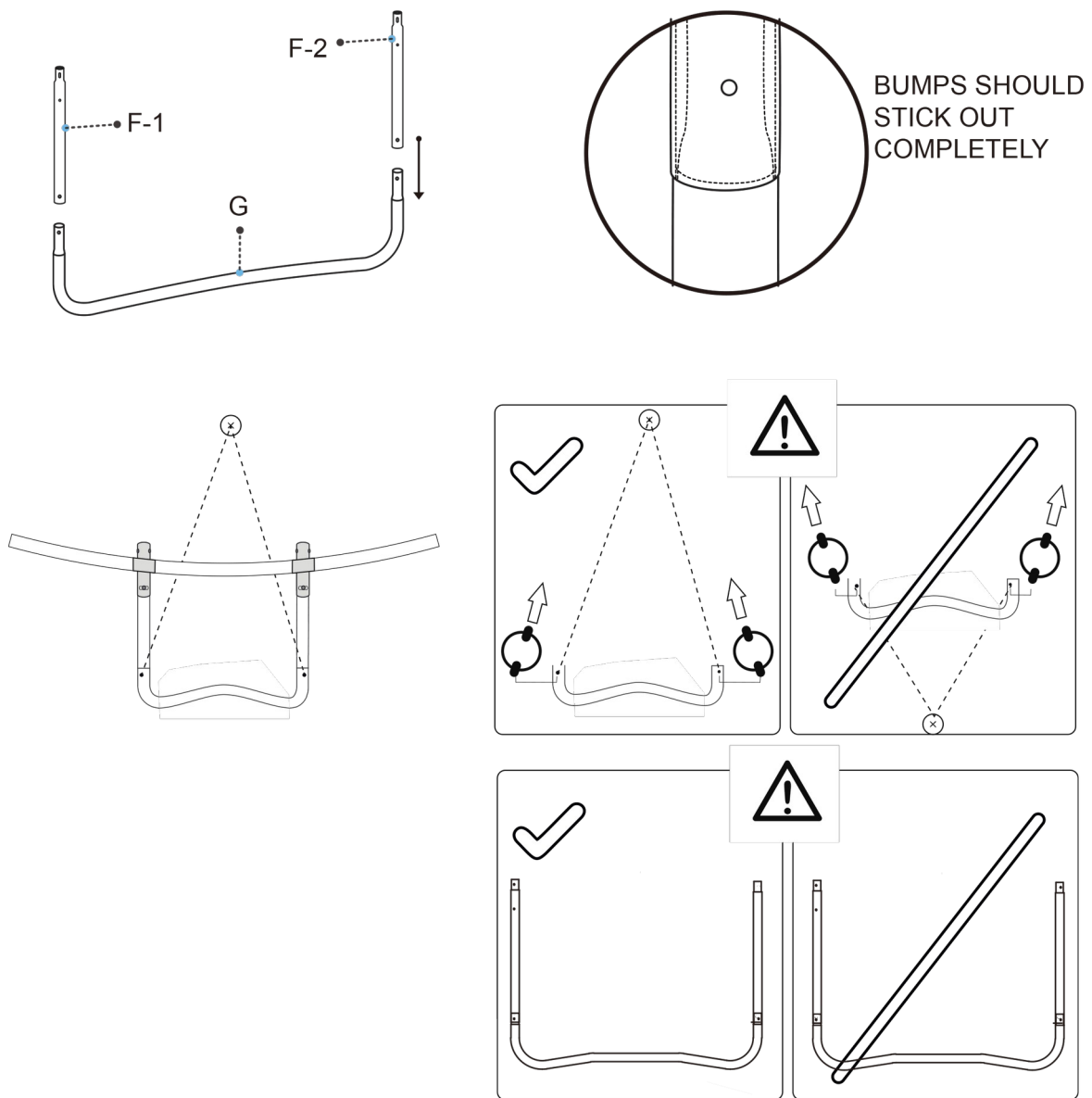


Figure 2

STEP 3: Attach leg onto frame

NOTE: Two adults are required to complete the following steps:

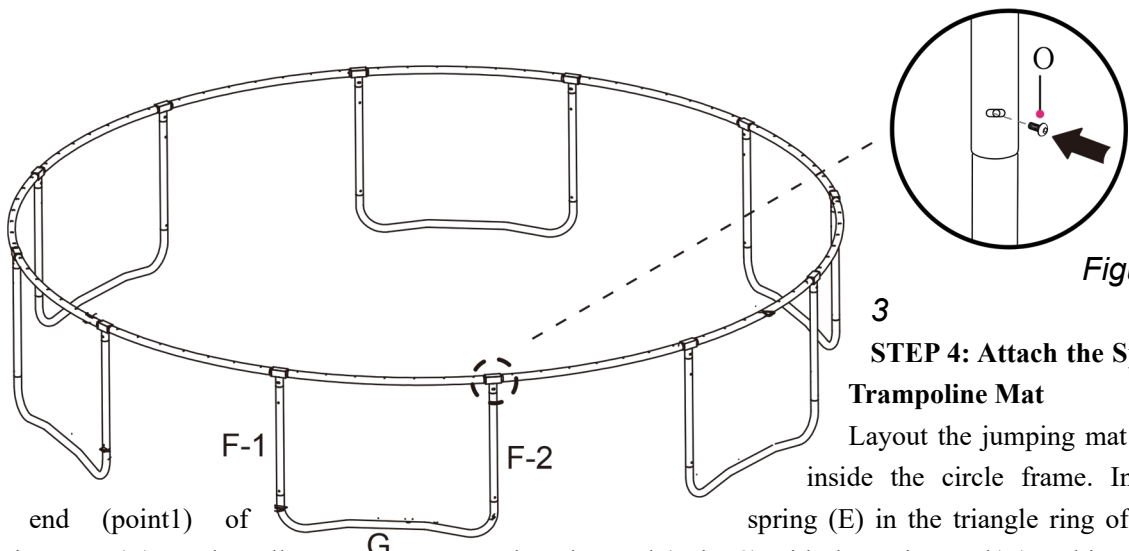
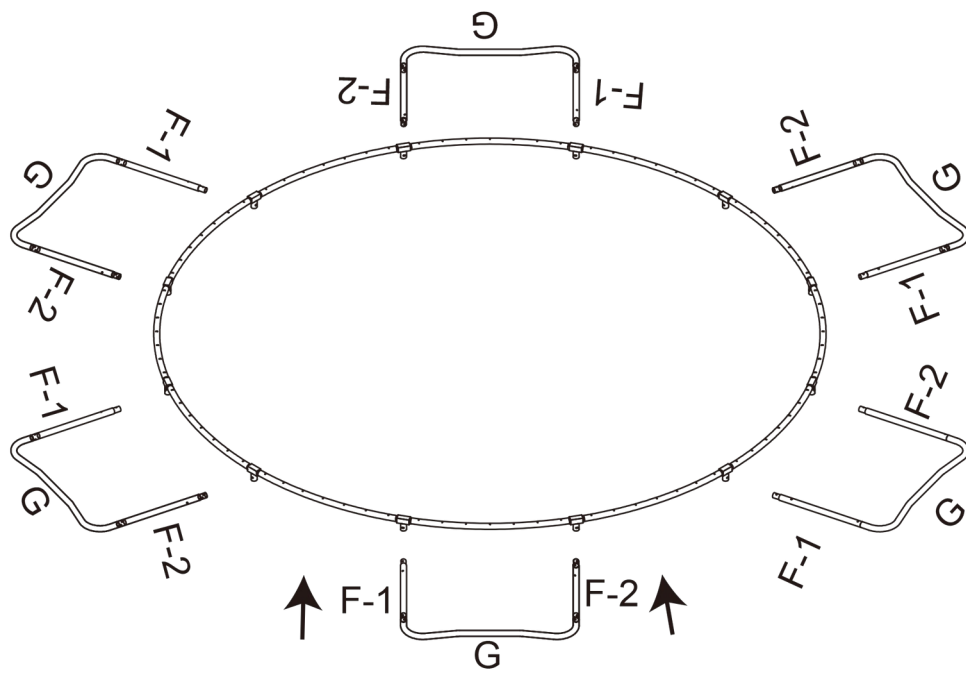
1. Locate the six assemble legs (**G+F**), six M6×12mm hex bolts (**O**), and the Alley Wrench (**Q**).
2. Adult 1: Lift one side of the trampoline frame.
3. Adult 2: Insert an assembled leg into the bottom of two T-connectors (**B**). See *Figure 3*.

IMPORTANT: If the holes in the T-connectors and holes in the leg don't line up, flip the leg around.

Repeat steps 2–3 to attach the remaining legs.

4. Insert an M6 (**O**) hex bolt through the screw holes in each leg extension (**F-2**) and the leg.
5. Turn the hex bolt by hand, then use a Alley Wrench to fully tighten it.

Repeat steps 3–4 until all M6 hex bolts have been assembled.



Figure

STEP 4: Attach the Springs and the Trampoline Mat

Layout the jumping mat (B) inside the circle frame. Insert spring (E) in the triangle ring of the spring tool(H) and insert it

one end (point1) of jumping mat(B) and pull the other end (point 2) with the spring tool(H) and insert it into the frame hole. See the figure 4

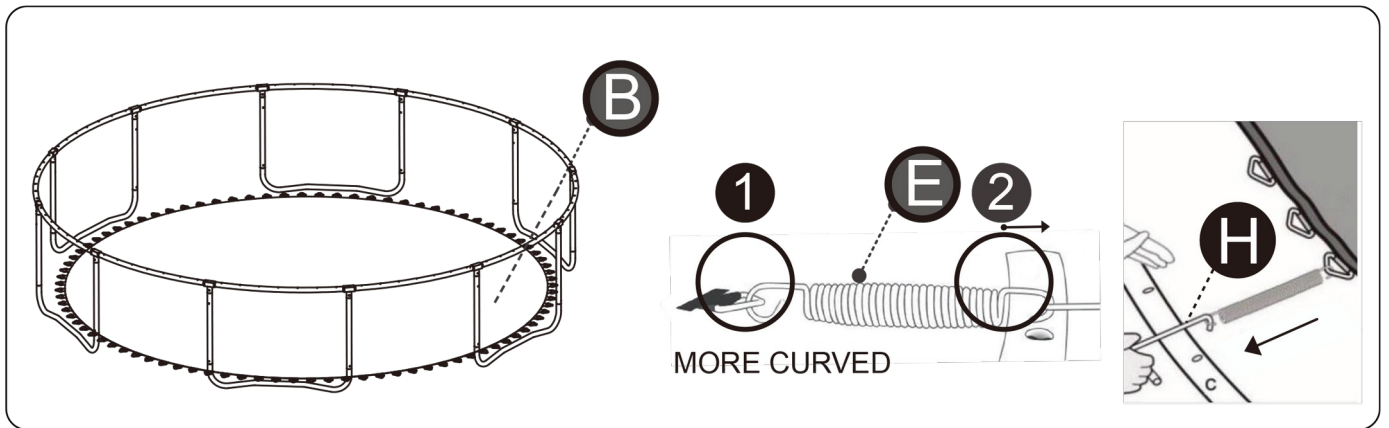


Figure 4

STEP 5: Install Springs

The springs must be installed in an X-shape (180-degree symmetry). The Tension need to be distributed evenly for the net to be installed correctly. Gently tap down against the spring if the hook is not completely in the hole. Spring will create high levels of tension when assembled. Please take care not to pinch your fingers. See the figure 5

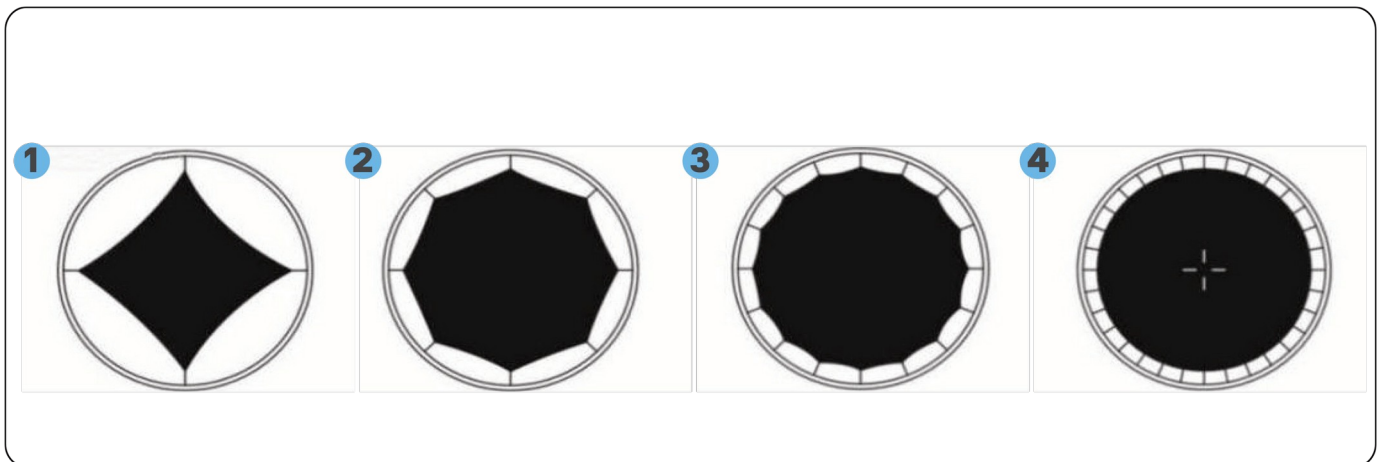


Figure 5



WARNING!! : Be cautious with the placement of your hands and other body parts, as the connector points and spring attachments can cause entrapment.

STEP 6: Safety Net Attachment

Firmly fix the bottom pole (I) to the plastic pad (M), then insert a long screw(K) through the pole, plastic pad, and leg extension with poles hole (F-1) then secure it at the end with a screw nut(R) and nut(L).

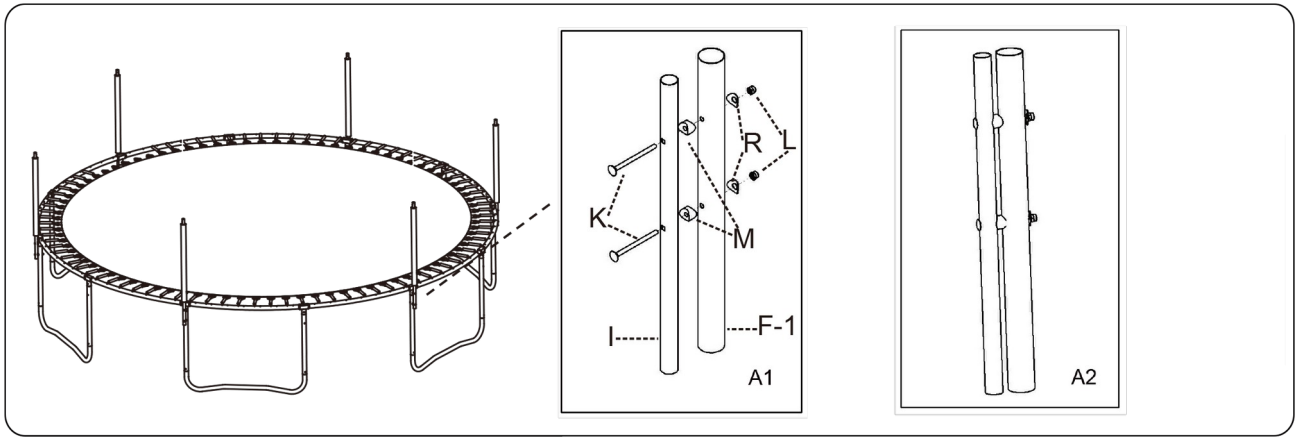


Figure 6

STEP 7: insert the Upper Pole(J) into the Bottom Pole(I).

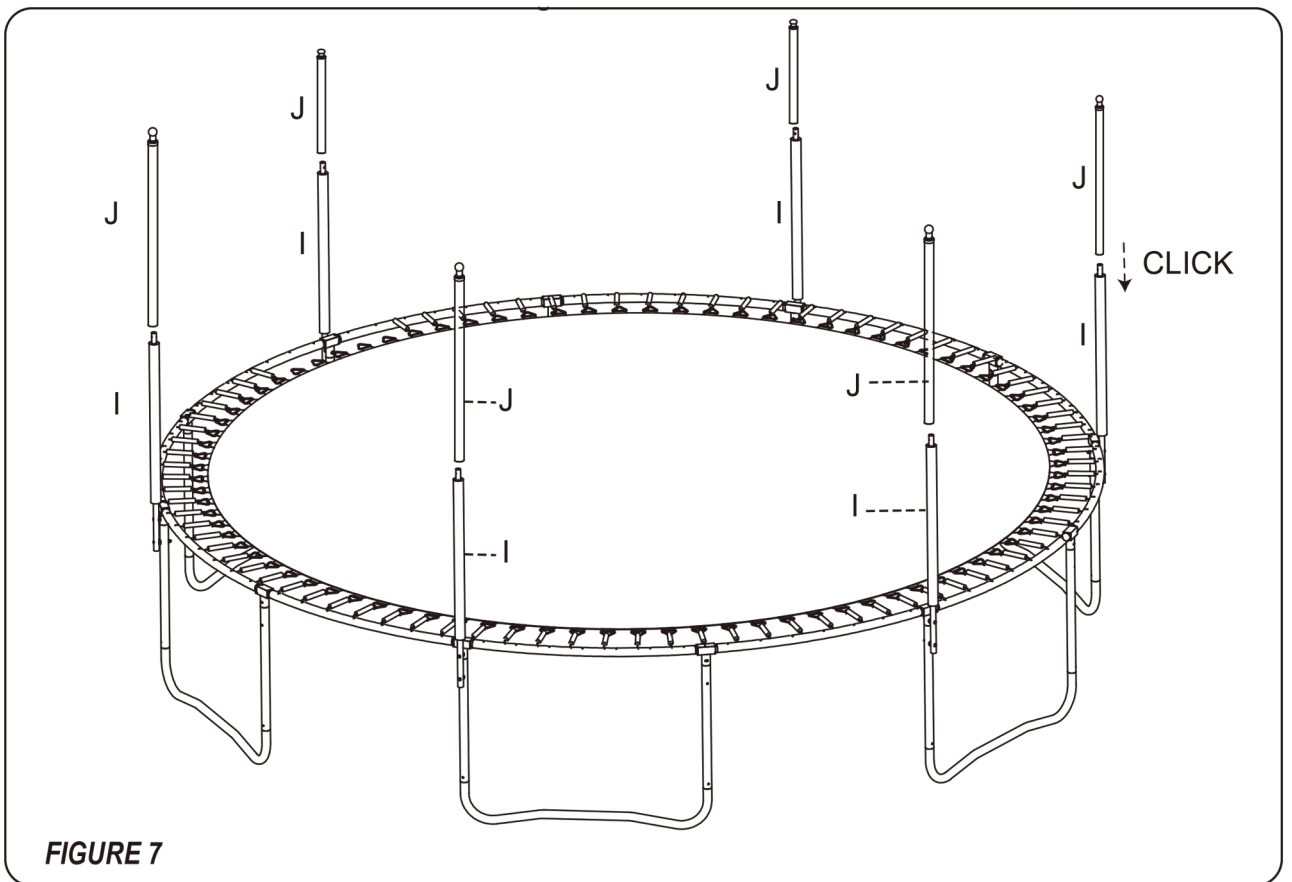


FIGURE 7

STEP 8: Tie the straps(S) on the cap of upper pole(J), then tie another side into enclosure net(N). See the figure 8

WARNING : To avoid strangulation and entanglement, keep all straps out of the reach of young children.

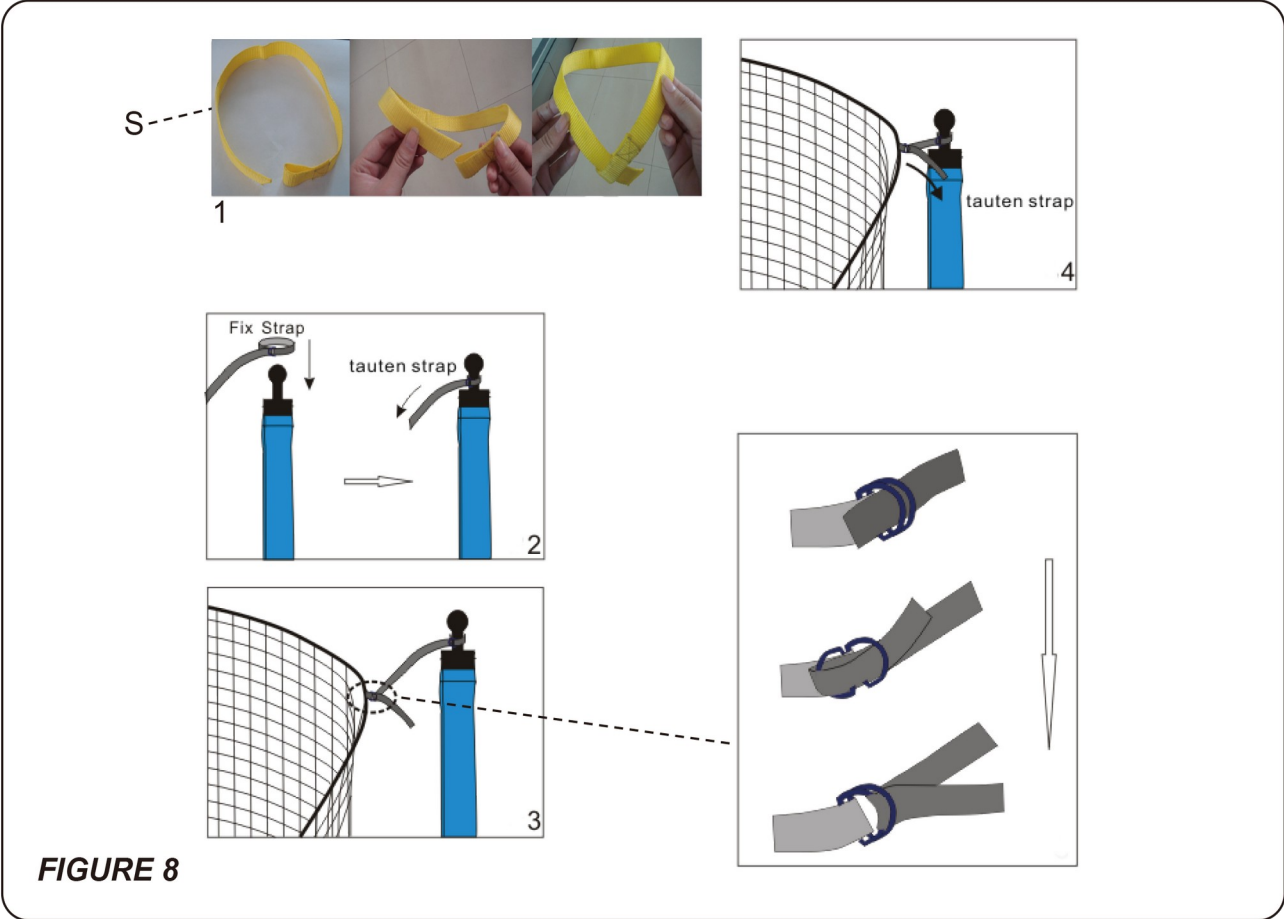


FIGURE 8

STEP 9: Cover the spring frame with the soft padding frame cover(A). Tie the straps located underneath. Lay down the Frame cover(A) so all the spring are covered. It should be fitted like a shower cap. Make sure it covers a

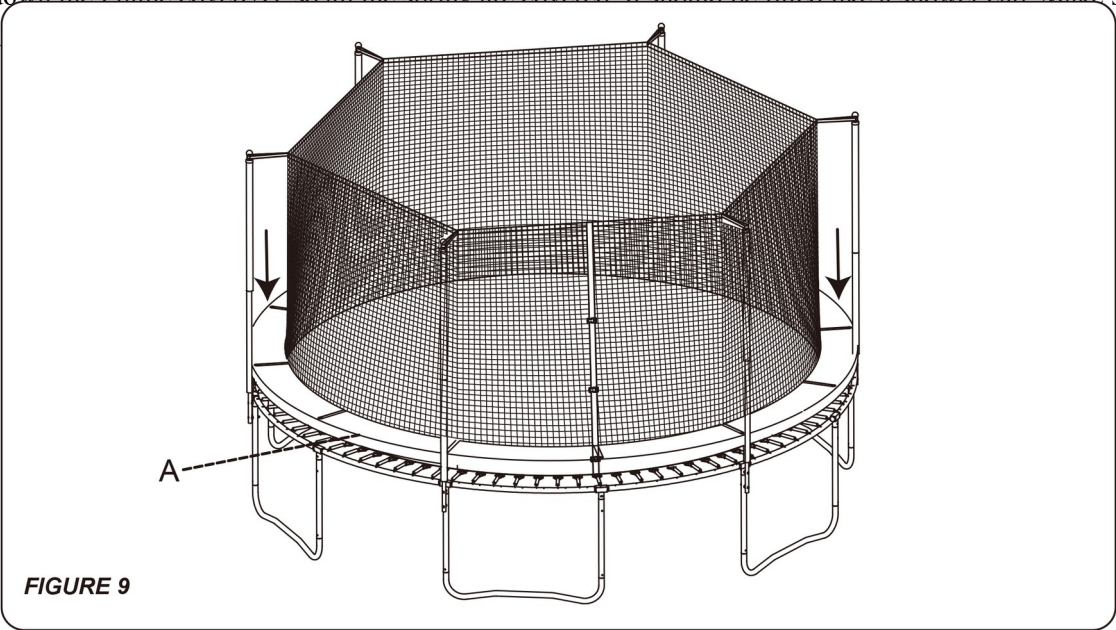


FIGURE 9

STEP 10: Secure the Bottom of the Net to the Trampoline Mat

The bottom of the safety net has 36 flat ropes with plastic hook at the end. Each plastic hook needs to be threaded through a V-ring on the mat, back through the bottom of the net, and attached to the neighboring V-ring to secure the net.

1. Thread the plastic hook through the V-ring directly below it.
2. Pass the hook over to the neighboring spring and thread the top portion of the hook through the fabric strip at the bottom of the net that lies just above the neighboring spring.
3. Attach the hook to the neighboring V-ring to secure the bottom of the net. See figure 10

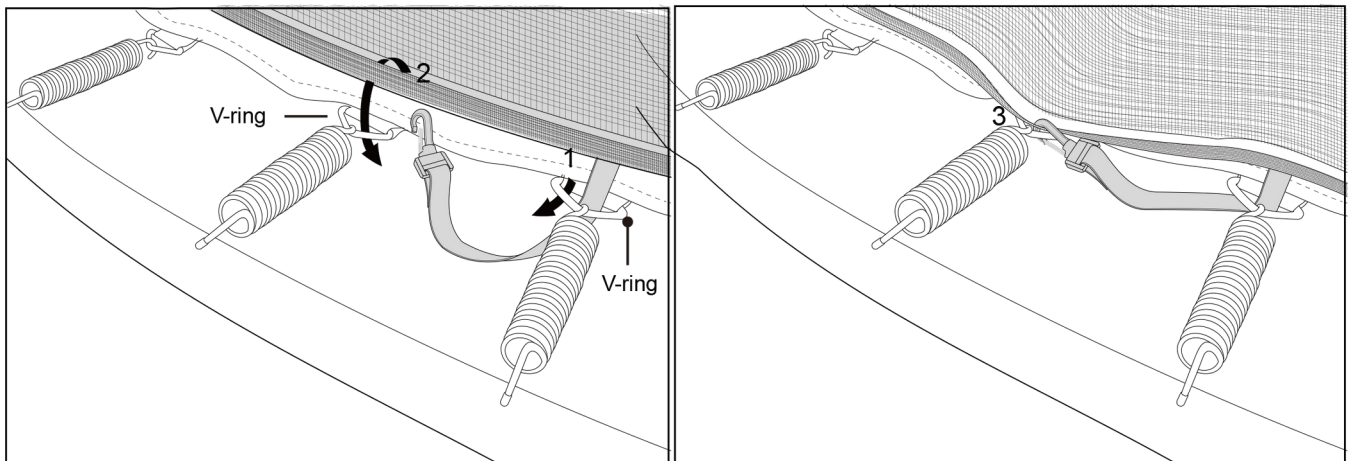


FIGURE 10



+

CARE AND MAINTENANCE

This trampoline is crafted from high-quality materials and built with excellent craftsmanship. With proper care and maintenance, it will offer years of enjoyable exercise and fun while minimizing the risk of injury. Follow these guidelines:

The trampoline is designed to support a specific weight and usage level. Ensure only one person uses it at a time, and that they weigh less than 333 pounds (150 kg). Jumpers should wear socks, gymnastics shoes, or be barefoot; avoid street shoes or tennis shoes. Keep pets off the mat and remove any sharp objects from your person before jumping. Do not place any sharp items on the trampoline mat.

Inspect the trampoline before each use for any signs of wear, damage, or missing parts. Be aware of potential hazards such as:

- Punctures, holes, or tears in the trampoline mat
- Sagging trampoline mat
- Loose stitching or deterioration of the mat
- Bent or broken frame parts, like the legs
- Broken, missing, or damaged springs
- Damaged, missing, or insecurely attached frame pad
- Protrusions, especially sharp ones, on the frame, springs, or mat

If you identify any conditions that could potentially harm users, the trampoline should be disassembled or secured until the issue is resolved.

Windy Conditions:

In strong winds, the trampoline may become unstable. Move it to a sheltered location or disassemble it. Alternatively, secure the outer top frame to the ground with at least three ropes and stakes. Do not just secure the legs, as this can cause the frame sockets to come loose.

Moving the Trampoline:

To move the trampoline, use two people. Wrap all connector points with weather-resistant tape like duct tape to maintain the frame's integrity. Lift the trampoline slightly off the ground and keep it horizontal. For any other type of move, disassemble the trampoline.