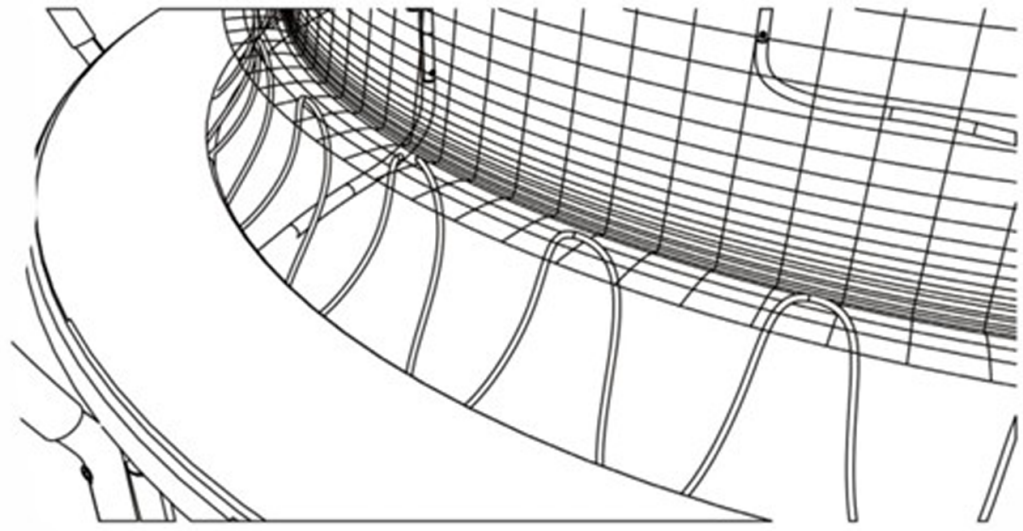
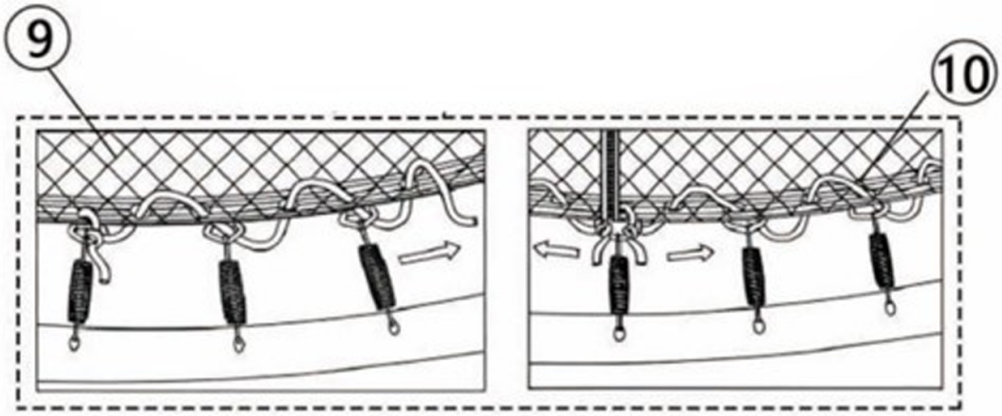
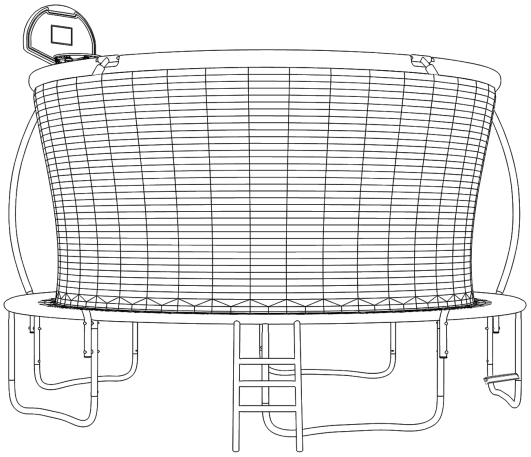
Step 11.

Thread the rope alternatively through the bottom opening of the safety enclosure net and the V-rings on the jumping mat until completed. Finally, tighten and secure the rope in place.





14 FT Trampoline with Safety Net



⚠ WARNING

The instructions are important for your safety. Please read them thoroughly before you assemble or use the trampoline. Retain this manual for futurere ference.

Do not use the trampoline without adult or knowledgeable supervision, regardless of your skill level or age.

Up to three to four children under the age of six at a time with a total weight of up to 300 pounds can be accommodated. More than four children under the age of six or a total weight of more than 300 lbs will increase the risk of injury.

CONTENTS

Notice to User & Safety 2

Information 11

Trampoline Parts List 13

Assembly Instructions 15

Maintenance & Care 29

GENERAL SAFETY WARNING

BEFORE YOU BEGIN USING YOUR BIG TRAMPOLINE: Read and understand all this information provided to you in this manual. As with physical sports and activities, there is the risk of participants receiving an injury.To ensure your future enjoyment and the prevention of injury, be sure to follow appropriate safety rules and tips.

ALWAYS CONSULT A DOCTOR / PHYSICIAN BEFORE PERFORMING ANY KIND OF PHYSICAL ACTIVITY.

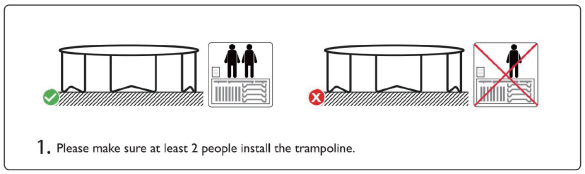
ALWAYS CHECK YOUR BIG TRAMPOLINE BEFORE USE. PAYING SPECIFIC ATTENTION TO ALL THE BOLTS JUMP MAT AND PADS POSITION. DON'T USE IF ANY PARTS ARE MISSING OR LOOK LIKE THEY SHOW WEAR AND TEAR

Notice to User & Safety

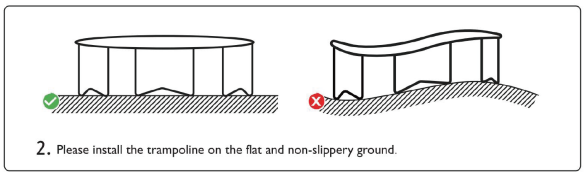
I . The weather environment and storage method of the trampoline

- Do not use when trampoline is wet or in windy conditions.In high winds, the trampoline may blow away. If windy weather is expected, move the trampoline to a shelter or remove it; Another method is to use ropes and stakes to tie the round outer part of the trampoline (top frame) to the ground, ropes and stakes; For safety, at least three straps should be used.
- Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds
- Bounce only when the surface of the bed is dry. Wind or air movement should be calm to gentle. The trampoline must not be used in gusty or severe winds
- Do not use the trampoline in heavy rain. Rain will make the jumper surface become very slippery, to avoid slipping and safety problems. If windy weather is expected, move the trampoline to shelter or remove it.

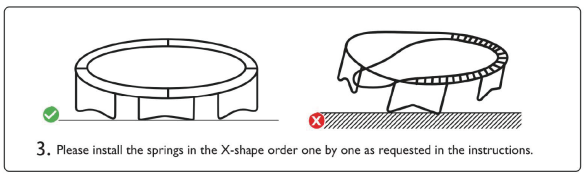
II .Trampoline installation, site and handling requirements



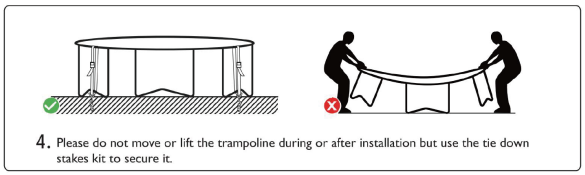
1. Please make sure at least 2 people install the trampoline.



2. Please install the trampoline on the flat and non-slippery ground.



3. Please install the springs in the X-shape order one by one as requested in the instructions.



4. Please do not move or lift the trampoline during or after installation but use the tie down stakes kit to secure it.

III . Dress requirements when using the trampoline

- Wear clothing without draw lines, hooks, loops, or anything that can become entangled and cause entanglement or suffocation when using the trampoline/fence.
- When using this trampoline ensure appropriate clothing is worn, preferably sports wear and socks .NEVER WEAR SHOES ON THE MAT.
- It is recommended to remove glasses, watches, bracelets, necklaces, and other items that are easy to fall.

IV . Physicalex amination

- Always consult a doctor/physician before performing any kind of physical activity.
- Do not use the trampoline while under the influence of alcohol or drugs.

V . Other instructions for use

- Trampolines over 20 in. (51 cm) tall are not recommended for use by children under 6 years of age.
- If a trampoline ladder is used, the supervisor should remove it from the trampoline when leaving the area to prevent unsupervised access by children under 6 years of age.
- Do not attempt or allow somersaults. Serious injuries, paralysis, or death may result
- Use trampoline only with mature, knowledgeable supervision.
- Inspect before use. Keep frame padding in place.
- Climb on and off the trampoline. Do not use the trampoline as a springboard.
- Stop bounce by flexing knees as feet come in contact with the bed.
- Learn fundamental bounces and body positions thoroughly.
- Avoid bouncing too high. Maintain control.
- While keeping the head erect, focus eyes on the trampoline toward the perimeter.
- Bounce in the center of the bed.
- Avoid bouncing when tired.
- Secure the trampoline against unauthorized use.
- Keep objects away which could interfere with the performer.
- For equipment information, contact the manufacturer.
- For skill training information, contact a trainer certification organization.

⚠ ADDITION SAFETY WARNING

- Stop exercising immediately should you feel unwell or if you feel pain in your joints and muscles. Dizziness is a sign of fatigue and you should stop bouncing and lay down on the ground should you feel dizzy.
- Please be warmed that trampoline is spring based and will allow the user to jump to a greater height than that on the ground, so please bear this in mind and ensure that you are comfortable bouncing at low heights first.
- Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques for jumping on your trampoline are included in this manual for your safety and an extended product life span. A users and supervisors should therefore familliarize themselves with these instructions Anvoody who chooses to use the trampoline must be aware of their own limitations with regards to performing skills on this trampoline.
- The safety enclosure is there to prevent the user filling off the trampoline, and is not to be jumped into unnecessarily.
- Trampoline should be assembled on grass or BSI approved safety matting.





Information

- Inspect the trampoline enclosure before each use. Make sure the barrier and the enclosure support (frame) padding is correctly and securely positioned, Replace any worn, defective, or missing parts.
- Users may become entangled in or strangled by loose cords or in gaps between trampoline and enclosure.
- Keep enclosure tightly fastened to the trampoline in accordance with the manufacturer's instructions. Failure to properly assemble and maintain a tight, secure trampoline/ enclosure boundary may result in serious injury, strangulation, or death.
- Do not attempt to jump over the barrier.
- Do not intentionally rebound off the barrier.
- Do not hang from, kick, cut, or climb on the barrier.
- Wear clothing free of drawstrings, hooks, loops or anything that could get caught while using the trampoline/ enclosure and result in entanglement or strangulation, or both.
- Do not attach anvthing to the barrier that is not a manufacturer-approved accessory or part of the enclosure system.
- Enter and exit the enclosure only at the enclosure door or barrier opening designateo for that purpose.



BEFORE YOU TRY TO JUMP TOO HIGH the technique for stopping should be learned as this wil help prevent injury should you feel you are jumping out of control.

As the user lands on the bed knees should be bent so that they stop and absorb the spring in the mat. The position is shown in the image to the left. Arms are held out for increased level of balance.

This skill is used when the trampoline user wishes to stop bouncing on the trampoline due to fatigue, loss of control, etc.



SOMERSAULTS (FLIPS): DO NOT PERFORM somersaults of any type(backwards or forwards)on this trampoline:If you make a mistake when trying to perform a somersault ,you could land on your head or neck . This will increase your chances of your neck or back being broken ,which could result in death or paralysis.



FOREIGN OBJECTS : DO NOT use the trampoline if there are pets ,other people or any obiects underneath the trampoline .This will increase the chances of an injury occurring ,DO NOT hold any foreign objects in your hand and DO NOT place any objects on the trampoline while in use. DO NOT place the trampoline under over- hanging objects like tree branches,wires, etc as these will increase your chances of being injured.



POOR MAINTENANCE OF TRAMPOLINE: A trampoline in, poor condition will increase your risk of being injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs and overall stability of the trampoline.

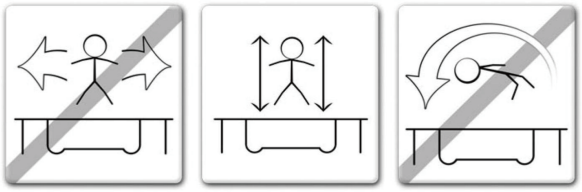


WEATHER CONDITIONS: Please be aware of the weather conditions when using the trampoline. If the mat of the trampoline is wet, the user could slip and injure himself herself .If it is too windy, the user could lose control.



RESTRICTING ACCESS: When the trampoline is not in use, always store the access ladder in a secure place so that unsupervised children can not play on the trampoline.

▲ RISK OF ACCIDENTS



⚠WARNING

In order to reduce the risk of accident the "TRAMPOLINE USER" should:

- Always remain in control of their jumps and body position at all times.
- Not attempt to perform skills that are beyond their own level of competence.
- Read and understand the jump by taking off and landing in the middle of the trampoline.

- Always control their jump by taking off and landing in the middle of the trampoline.
- Always jump vertically and refrain from bouncing towards the springs in any direction.
- Always consult a professionally certified trampoline instructor before attempting anything beyond basic techniques.

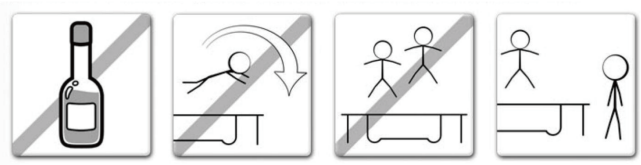
In order to reduce the risk of accident the "SUPERVISOR" should:

- Fully understand and enforce all the safety rules and guidelines.
- Advise the trampoline user and provide knowledge in what they are doing right and wrong to ensure the safety of trampoline user.
- Be aware and advise the trampoline user of all the safety warnings.

⚠WARNING

IMPORTANT: If the Trampoline can not be supervised there should be a method for securing it and preventing anyone from using the product until supervision is available.

▲ SAFETY INSTRUCTIOS GUIDE



⚠WARNING

- Do not use trampoline if you have consumed alcohol or narcotic substances.
- You should climb on and off the trampoline in a controlled and careful manner. Never jump onto or off the trampoline and never use the trampoline as a means to bounce onto or into another object.
- Always learn the basic bounce and master each type of bounce before trying more difficult types of bounces .Review the basic skills section to learn how to do the basics.
- To stop your bounce, flex your knees when you land on your feet.

- Always be in control when you are bouncing an the trampoline. If at any time you feel out of control, stop bouncing immediately.
- Do not jump or bounce for prolonged periods of time of too high for a number of jumps. Keep your eyes on the mat to maintain control. If you do not, you could lose your balance.
- Never have more than 1 person on the trampoline at any one time.
- Do not attempt or allow somersaults. Landing on the head or neck can cause serious injury, paralysis, or death, even when landing in the middle of the bed.
- Do not allow more than one person on the trampoline. Use by more than one person at the same time increases the chance of injury.
- Use trampoline only with mature, knowledgeable supervision.

⚠ WARNING

ADVISORY PRECAUTIONS WHILE SUPERVISING TRAMPOLINE: Familiarise yourself with the basic jumps and safety rules .To prevent and reduce the risk of injuries, ensure all safety rules are enforced and the new users learn the basic bounces before trying more advanced techniques .

- ALL USERS need to be supervised, regardless of skill level or age.
- Never use the trampoline when it is wet, damaged, dirty or worn out. The trampoline should be inspected before use.
- Keep all objects that could interfere during use away from the trampoline at all times.
- To prevent unsupervised and unauthorized use, the trampoline should be secured at all time.

▲ ACCIDENT CLASSIFICATION & IDENTIFICATION



MOUNTING AND DISMOUNTING:
Be very careful when getting on and off the trampoline. DO NOT mount the trampoline by grabbing the frame pad, stepping onto the springs or by jumping onto the mat of the trampoline from an object(eg. A deck, roof ,or ladder).This is considered highly dangerous. DO NOT dismount by jumping off the trampoline and landing on the ground. If small children are playing on the trampoline, they may need help in mounting and dismounting.



USE OF ALCOHOL OR DRUGS:
DO NOT consume any alcohol or take any drugs (this includes medication that could affect the users co-ordination) when using this trampoline. This is considered highly dangerous since these foreign substances impair your judgments, reaction time and overall physical co-ordination.



MULTIPLE USERS:
If you have multiple users (more than one person on the trampoline at any one time), you increase the chance of being injured. Injuries can occur when you fly off the trampoline, lose control, collide with other jumper(s), or land on the springs .



STRI KING THE SPRING FRAME:
When playing on the trampoline, STAY in the centre of the trampoline mat. This will reduce the risk of being injured by landing on the spring frame. Always keep the frame pads covering the frame of the trampoline. DO NOT jump or step onto the frame pad directly since it is not intended to support the weight of a person.



LOSS OF CONTROL:
DO NOT try difficult maneuvers until you have mastered the basics. If you do not follow these guidelines, you increase the risk of someone being injured.

▲ TRAMPOLINE BASIC TECHNIQUES

BASIC SKILL1: 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.

⚠WARNING

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

▲ TRAMPOLINE ADVANCED TECHNIQUES

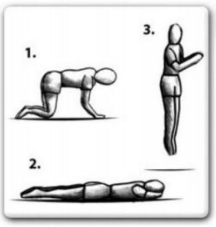
ADVANCED SKILL 1: The Basic Bounce



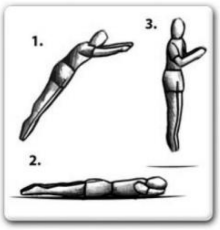
- Start with a low basic bounce (BASIC SKILL1) in the normal position
- Land on your hands and knees at the same time, ensure that back is horizontal to the bounce mat and hands & legs are shoulder width apart also.
- Use the momentum of bounce and push off hands to regain the standing position.
- Once 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.

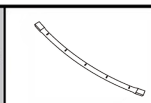
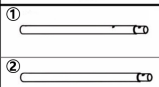
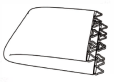
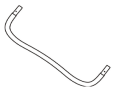
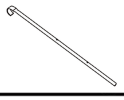


ADVANCE SKILL3: The Front Drop

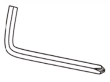


- Start with a low basic bounce (BASIC SKILL 1) in the normal position.
- Maintain strong body position with back horizontal to mat and straighten legs behind and fold arms in front of face in mid-air ready to land on the mat in a lying down position.
- Ensure the landing is done with all of body touching 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.

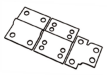
TRAMPOLINE PART LIST

1		Top Rail	10x	9		Vertical Stair Parts	3x
2		T Shaped Connector	10x	10		Springs	80x
3		Leg ExtensionTube (two holes) Leg Extension	5x 5x	11		Jumping Mat	1x
4		W-shaped Leg	5x	12		Safety Net	1x
5		Lower pole B	8x	13		Cover Pad	1x
6		Upper pole A	7x	14		Basketball Board	1x
7		Longer Upper Pole B for Basketball Hoop	1x	15		Basketball Stand	1x
8		Horizontal Stair Parts	2x	16		Carbon Fiber Rod	10x

HARDWARE PARTS LIST

a		Screw #1	10pcs	f		Washer	10pcs
b		Screw #2	6pcs	g		Spring tool	1pc
c		Screw #3	10pcs	h		Screw tool	1pc
d		Spacer	21pcs	i		Screw tool	1pc
e		Nut	21pcs	m		T-shaped Connector	4pcs
k		Rope	1pc	n		Connector Tube	6pcs

Scerw List Use for Basketball Board

A		Screw #4	4pcs	C		Nut	4pcs
B		Screw #5	4pcs	D		Basketball Screw holder	1pcs

Assemble instructions

Please read the assembly instructions before beginning to assemble the product.

Please refer to the table for part descriptions and numbers. The assembly instruction use these descriptions and numbers as reference.

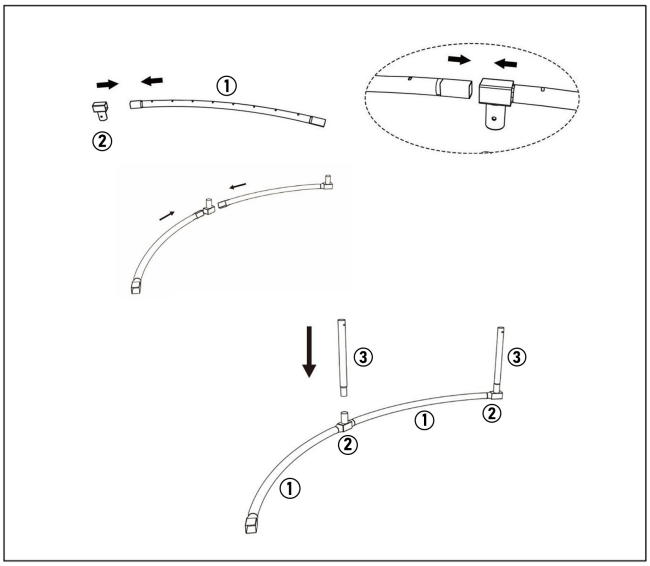
Please use gloves to protect your hands from pinch points during assembly. When you are ready to start, make sure that you have plenty of space and a clean dry area for assembly.

Before you start: check all the steps before assembling and read all precautions before using the trampoline.
It requires at least two adults to assemble the trampoline. Must use Protective Gloves to avoid injury during the assembly.

Make sure you have a spacious, clean and dry place, suitable for the assembly of the trampoline. It is essential that the right place for this trampoline is completely flat and level. If the ground is uneven, this could cause movement in the frame and can cause stress in the united sections of the trampoline and/or can cause serious injiury.

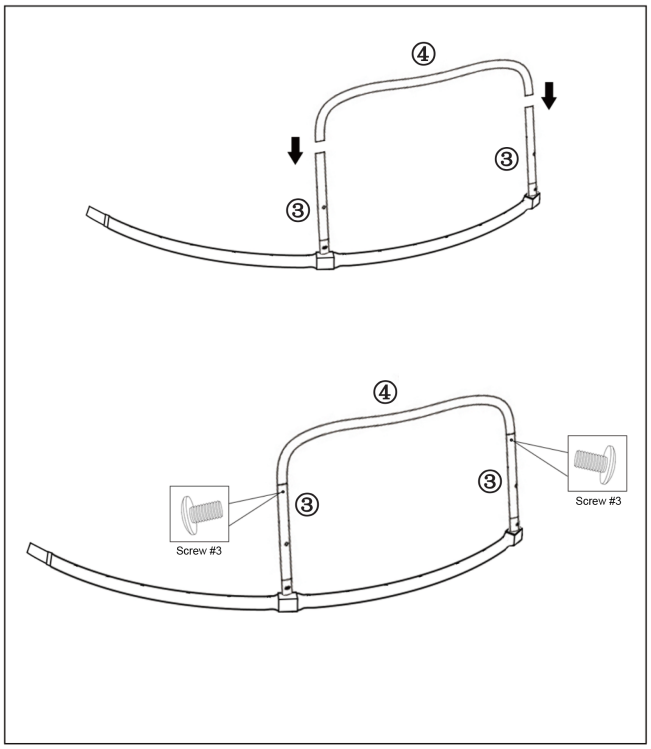
Step 1

Insert the top rail (#1) into the T-connector (#2) and then insert the outrigger extension (#3) and outrigger extension (#3) together into the T-connector (#2)
Note: Use part 1, part 2, part 3 and part 4, repeat the above step four times to form four identical parts as the picture shows.



Step 2

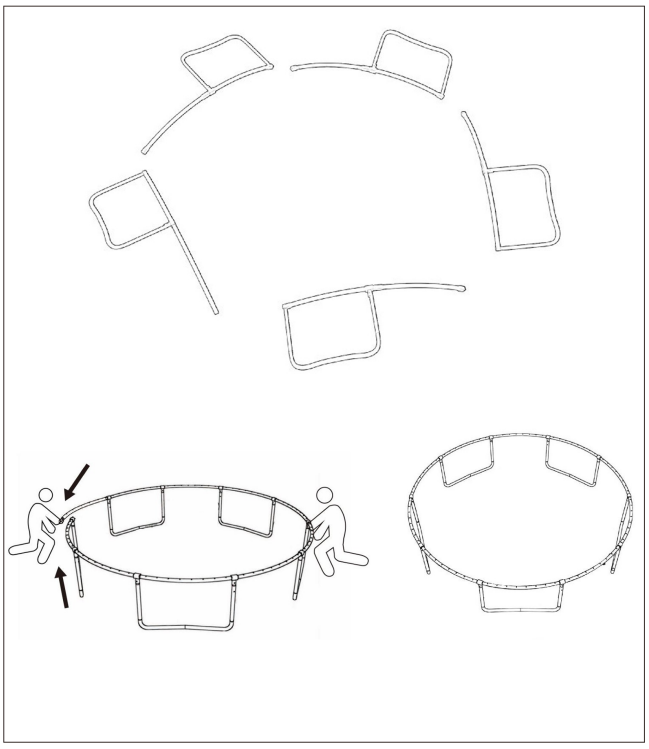
Insert W-shaped leg(#4) into Leg Extension(#3) and Leg Extension(#3) as shown in the figure and tighten Screw#3, and follow step 2 for each of the four parts completed in step 1.



Step 3

Two people will be necessary at this point to installthe trampoline.One person lifts up the circle frame,while the other lifts the W-shaped leg tubes(#4) to a standing position and inserts the T-shaped(#2) Connector into a W-shaped leg tube(#4) .

Ensure the locking holes are aligned.As shown in Fig.



⚠WARNING : Attaching springs, the connector points can become pinch points since the trampoline is tightening up. With this in mind please be careful attaching springs to thetrampoline mat. Please be careful.

You will need at least one person to help with this portion of assembly.

Pay attention to the operating instructions when installing the spring. Using the wrong installation method may result in unsuccessful installation.

HOW TO USE THE“SPRING TOOL”

Firstly hang one side of spring on the triangle attached to The “Trampoline Mat,and use the "spring tool” to hook the other side of spring (As shown in the top image.to the right).10FT trampoline has 64x springs,12FT trampoline has 72x springs.

Pull the “Spring Tool” until the spring hook insert the hole on the"trampoline frameand disengage the “Spring Too" leaving the “Spring” in place. Repeat process for all springs.

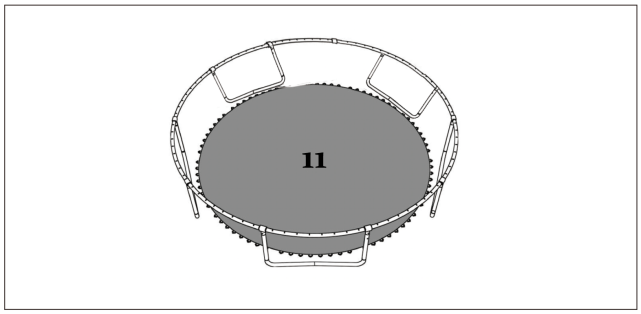
⚠WARNING:FPlease be careful where your hands and other parts of the body are placed as the connector points and spring attachments can create hand or body traps.





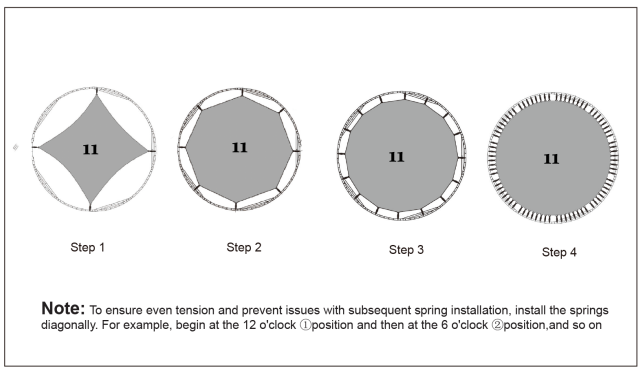
Step 4

Layout the Jumping Mat(#11) inside the circle frame.



Step 5

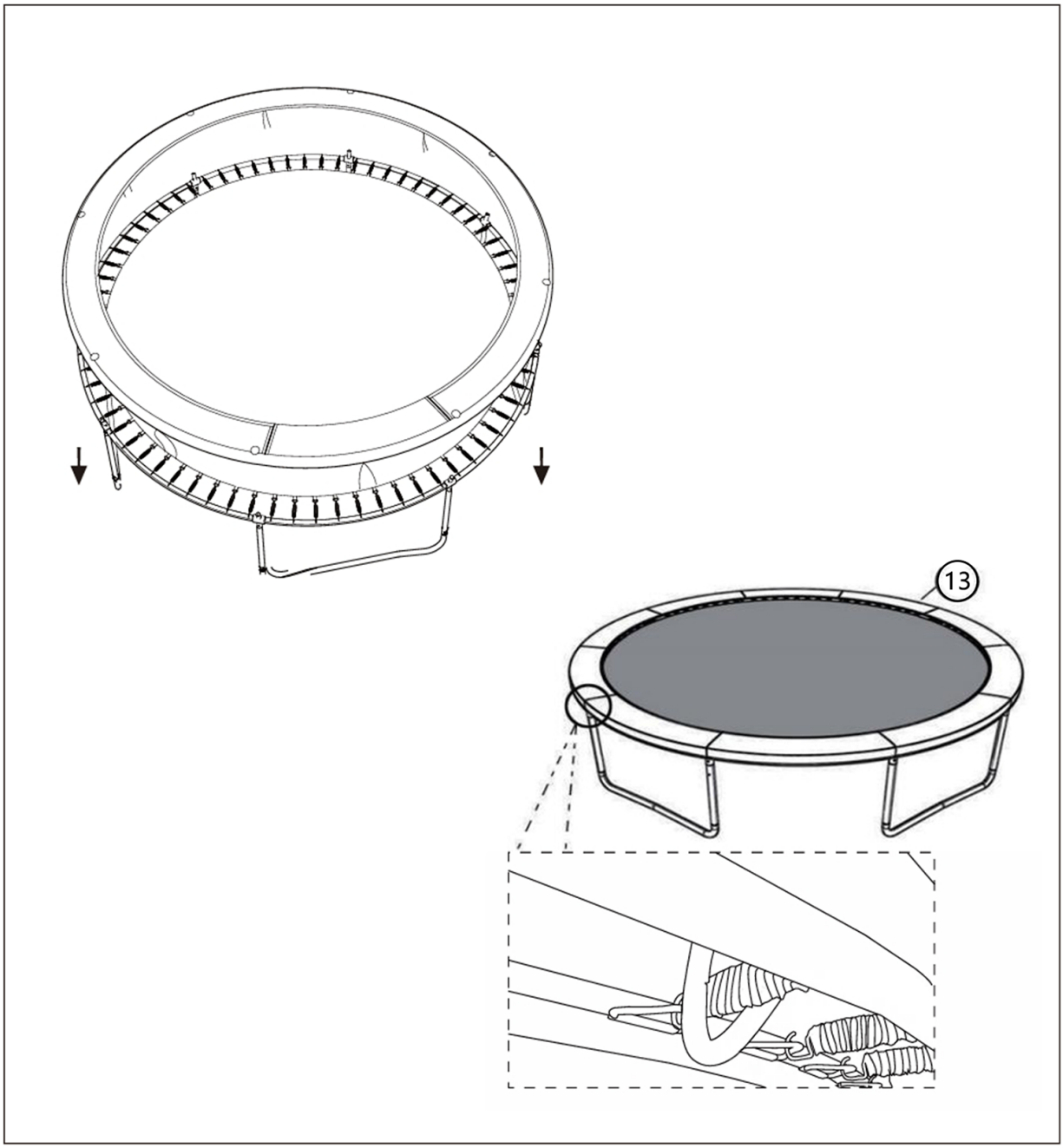
Install the Springs(#10) in the X-shape order one by one to make sure the tension is distrib uted evenly for the Jumping Mat(#11) and pull it with Spring tool.As shown in Fig.(Tip: Please take care not to pinch your hands and other body parts during spring assembly.)



Note: To ensure even tension and prevent issues with subsequent spring installation, install the springs diagonally. For example, begin at the 12 o'clock ①position and then at the 6 o'clock ②position,and so on

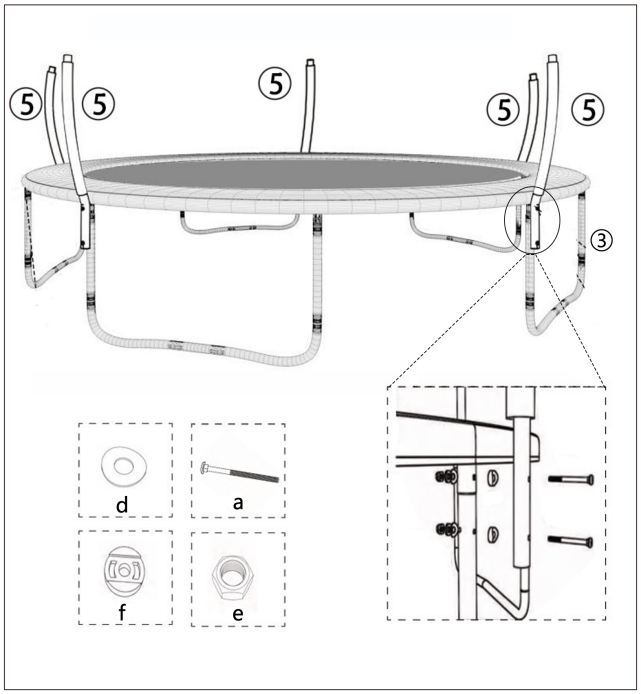
Step 6

Please lay the frame cover pad (#13) over the springs;
Tie the strap located at the under side of the frame pad
to the frame.As shown in fig.



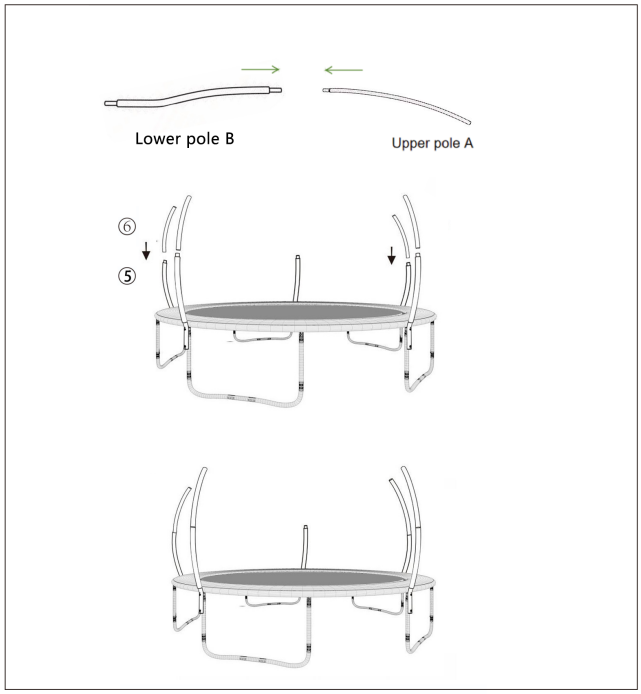
Step 7

The Lower pole B (#5) is locked and fixed in the two holes at the upper end of Leg Extension (#3) with Screw a,d,e,f to tighten.As shown in fig.

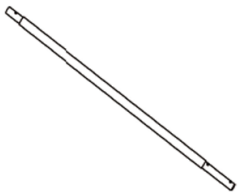
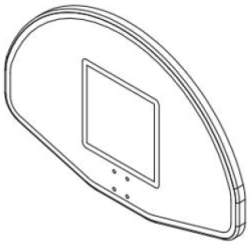
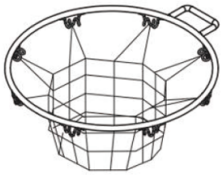
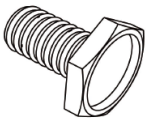
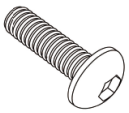
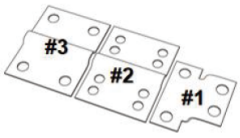


Step 8

Please insert the Upper Pole A (#6) into the Lower pole B(#5).As shown in fig.



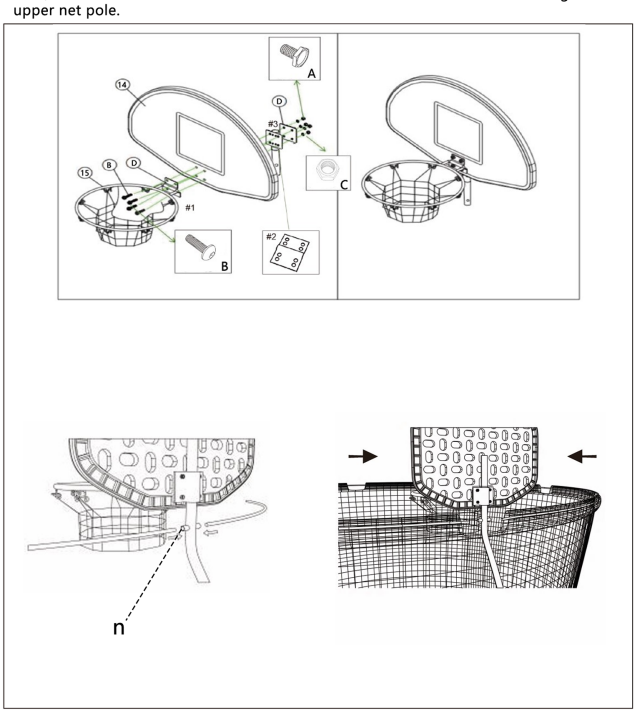
Basketboard Parts List

 #7	 #14	 #15	 h
 A	 B	 C	 D

- Place Screw holder (#1) of D between 14 and 15 and secure it with screw B,C
- Place Screw holder (#2) of D on the back of the basketball board and secure it with nut C
- Use the longer Upper pole through the Screw holder (#3) of D, and tighten them with screw A to the back
- Insert the installed basketball board and Upper pole into the remaining Bottom pole, and the upper half of the upper pole is secured through the net

Step 9

Assemble the basketball backboard and rim using the #1 mounting bracket andfat round head inner hexagon screws, install the longer upper net pole to the back of the backboard using #2 and #3 mounting brackets, hexagon head bolts and nuts; then, insertthe connector tube for the carbon fiber rod into the hole of the longer upper net pole.



Step 10.

Connect the longer upper net pole to the lower net pole, and then install the safety enclosure net by inserting the T-shaped connectors for the carbon fiber rod into the upper net poles.

