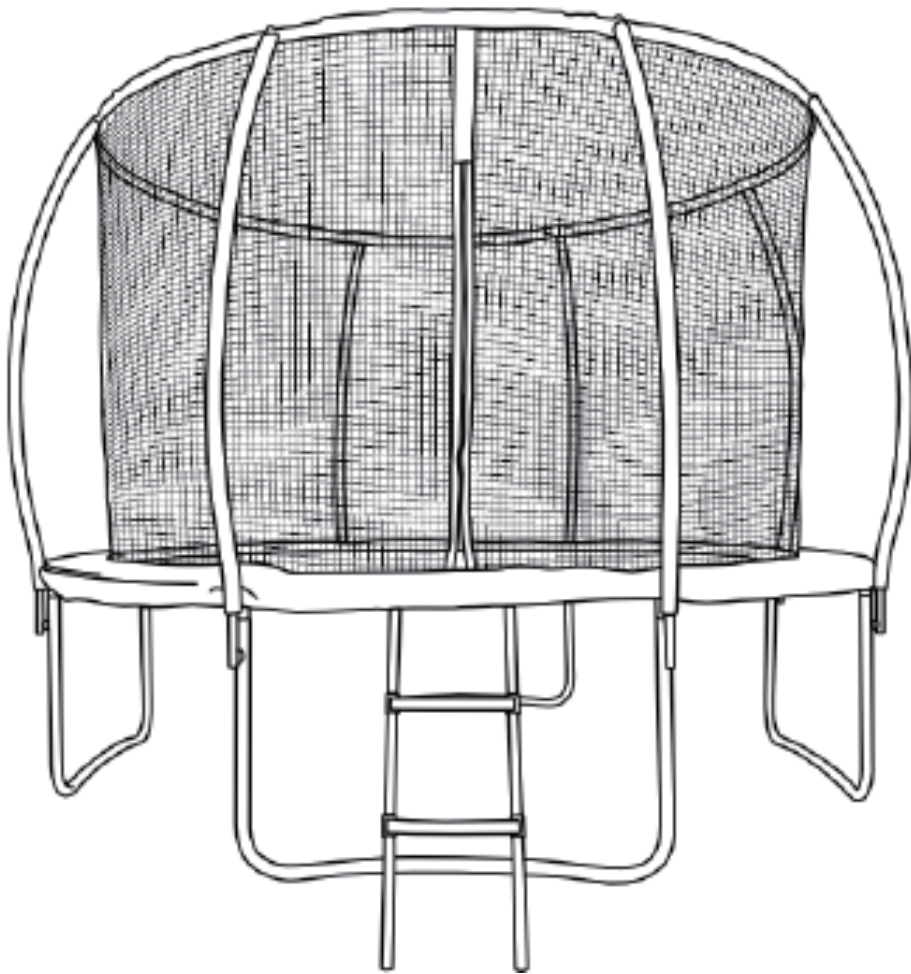


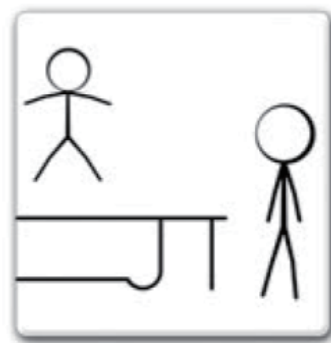
TRAMPOLINE



INSTRUCTIONS

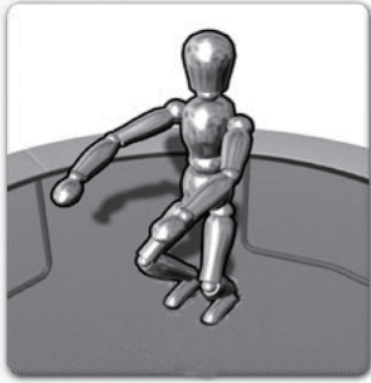
DISCLAIMER

- **BEFORE YOU BEGIN USING YOUR BIG TRAMPOLINE:** Read and understand all this information provided to you in this manual. As with all 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.
- ALWAYS USES THE PROVIDED SAFETY ENCLOSURE WHEN USING THE TRAMPOLINE.
- ALWAYS ENSURE THAT THE TRAMPOLINE IS USED BY ONLY ONE PERSON AT A TIME.
- ALWAYS ENSURE THAT WHENEVER THE TRAMPOLINE IS USED BY ANYONE AT ANY SKILL LEVEL THAT DO SO UNDER SUPERVISION.
- 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.
- When using this trampoline ensure appropriate clothing is worn, preferably sports wear and socks .NEVER WEAR SHOES ON THE MAT.
- Please be warned 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. All users and supervisors should therefore familiarize themselves with these instructions. Anybody 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 falling off the trampoline, and is not to be jumped into unnecessarily.
- Trampoline should be assembled on grass or BSI approved safety matting.



USE OF TRAMPOLINE

- **INITIALLY**, you should get accustomed to your trampoline and understand how much spring is in each bounce . The focus at this point should be body position and technique until each skill can be completed with ease and control.



- **BEFORE YOU TRY TO JUMP TOO HIGH** the technique for stopping should be learnt as this will 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 objects 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 overhanging 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.

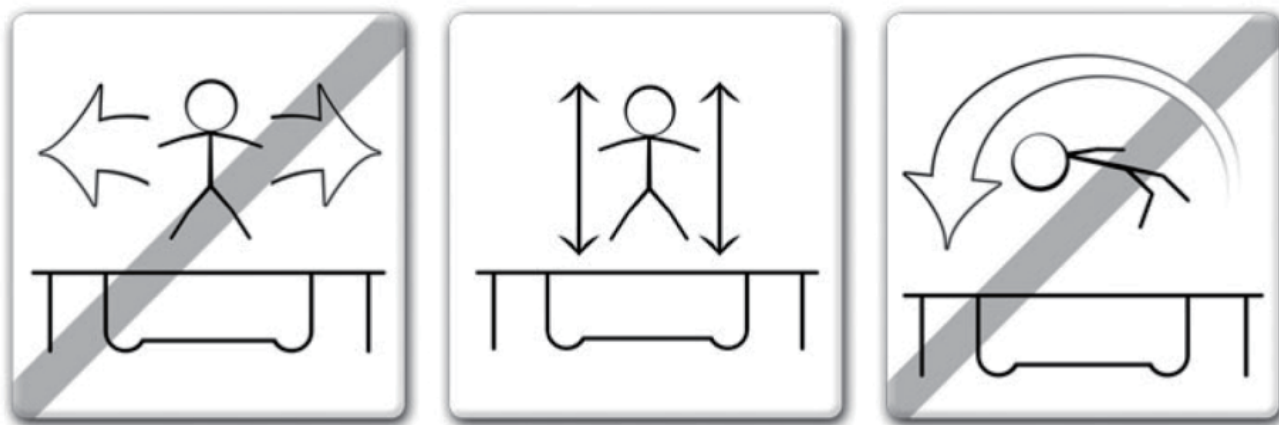


- **POOR MAINTENANCE OF TRAMPOLINE:** A trampoline in poor condition will increase your risk of being injured. Please inspect the trampoline before each use for bent steel tubes, torn mat, loose or broken springs and overall stability of the trampoline.



- ☒ **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



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

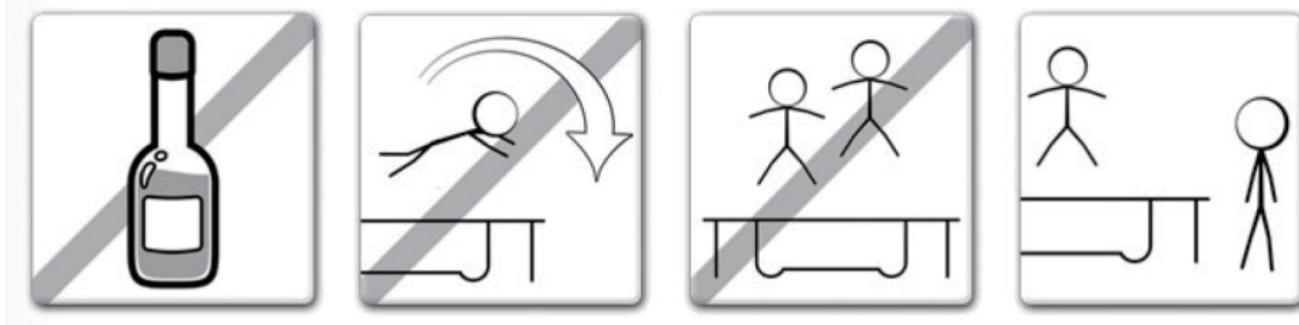
- Always remain in control of their jumps and body position at all times.
- Not attempt to perform skills that are beyond their own level of competence.
- Read and understand the jump by taking off and landing in the middle of the trampoline.
- Always control their jump by taking off and landing in the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

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.

ADVISORY PRECAUTIONS WHILST USING THE TRAMPOLINE



- 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 on the trampoline. A controlled jump is when you land at the same spot that you took off from. If at any time you feel out of control, stop bouncing immediately.
- Do not jump or bounce for prolonged periods of time or 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.

ADVISORY PRECAUTIONS WHILST SUPERVISING TRAMPOLINE

IMPORTANT: Familiarise yourself with the basic jumps and safety rules .To prevent and reduce the risk of injuries, ensure that 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. Be aware of what is overhead, underneath and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured at all time.

● 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 on to 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 user's co-ordination*) when using this trampoline. This is considered highly dangerous since these foreign substances impair your judgements, 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.



STRIKING 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 manoeuvres until you have mastered the basics. If you do not follow these guidelines, you increase the risk of someone being injured.

TRAMPOLINE TECHNIQUES

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
- 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.

PART LIST



8FT



10FT



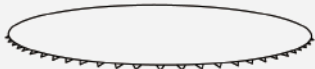
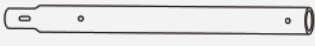
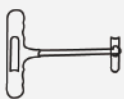
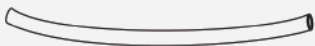
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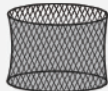
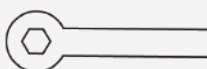
14FT



16FT

MAX WEIGHT			265LBS	330LBS	400LBS	450LBS	475LBS
A		Frame Cover	1pc	1pc	1pc	2pc	1pc
B		Jumping Mat	1pc	1pc	1pc	1pc	1pc
C		Frame	6pc	8pc	8pc	8pc	10pc
D		Steel T-Connector	6pc	8pc	8pc	8pc	10pc
E		Spring	48pc	64pc	72pc	80pc	100pc
F		Leg Extension	6pc	8pc	8pc	8pc	10pc
G		W Shaped Leg	3pc	4pc	4pc	4pc	5pc
H		Spring Tool T-Hook	2pc	2pc	2pc	2pc	2pc
I		Bottom Pole	6pc	8pc	8pc	8pc	10pc
J		Upper Pole	6pc	8pc	8pc	8pc	10pc
K		Long Screw	12pc	16pc	16pc	16pc	20pc
L		Nut	12pc	16pc	16pc	16pc	20pc
M		Plastic Pad	12pc	16pc	16pc	16pc	20pc



MAX WEIGHT			265LBS	330LBS	400LBS	450LBS	475LBS
N		Enclosure Net	1pc	1pc	1pc	1pc	1pc
O		Fiberglass Stick	6pc	8pc	8pc	8pc	10pc
P		Plastic T-Connector	6pc	8pc	8pc	8pc	10pc
Q		Pole Foam	12pc	16pc	16pc	16pc	20pc
R		Wrench	1pc	1pc	1pc	1pc	1pc
S		Screw Nut	12pc	16pc	16pc	16pc	20pc
T		Ladder Pipe	2pc	2pc	2pc	2pc	2pc
U		Ladder Steps	2pc	2pc	2pc	2pc	2pc
V		Ladder Screw	4pc	4pc	4pc	4pc	4pc
W		Ladder Nut	4pc	4pc	4pc	4pc	4pc

ATTENTION



If you notice any pieces missing please don't hesitate to contact us. We will solve any issues and make sure you and your loved ones will be able to use the trampoline as soon as possible !

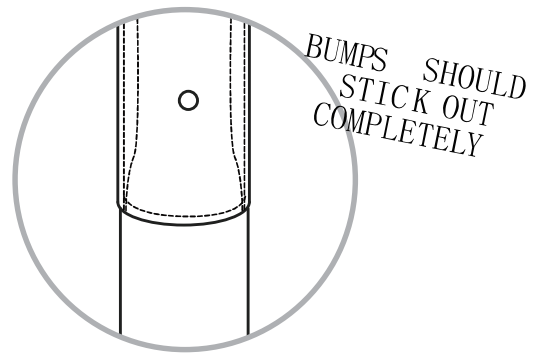
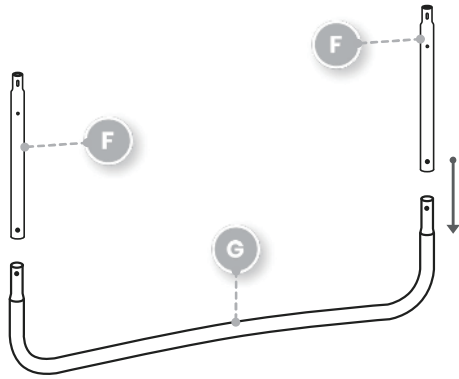
CONGRATULATIONS!

However, certain parts require some force to be put together correctly and should be handled by adults.

Frame and Legs

STEP 1

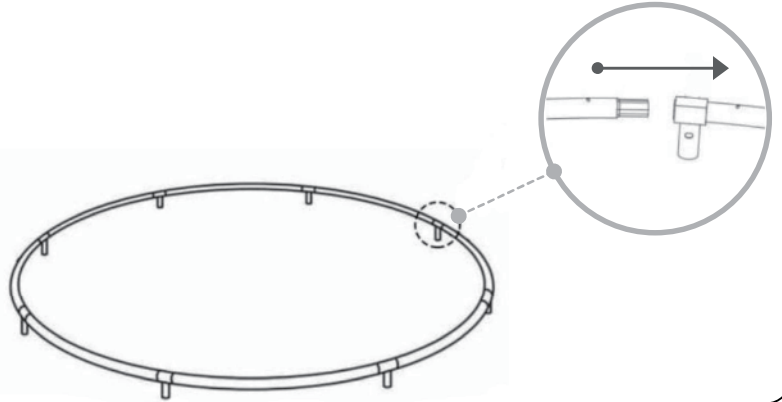
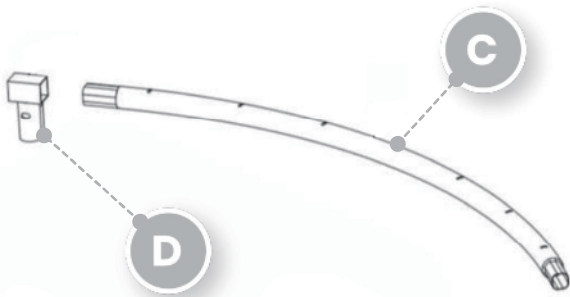
Insert the Leg Extension (F) into the W-Shaped Legs (G). Make sure the bumps are aligned with the holes in the bars and stick out through them completely. Bumps should face back and front.



STEP 2

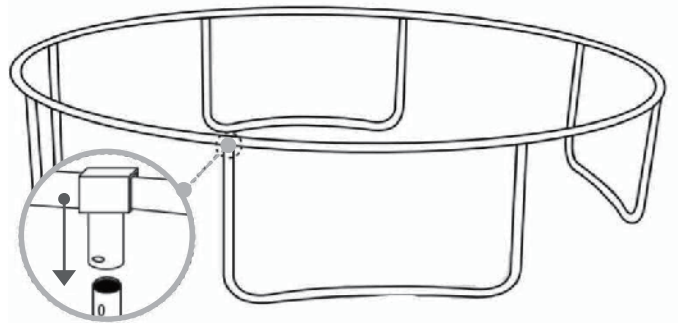
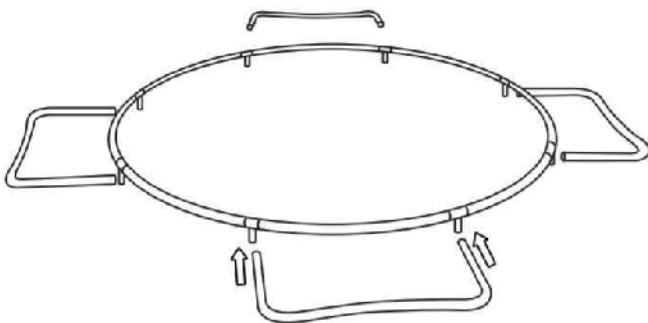
Attach The Frame (C) to T-Connectors (D). Continue until you form the circle.

Tip: Have a second person or use a wall to apply some resistance against the frame to help it shift into place.



STEP 3

Two people will be necessary at this point to install the trampoline. One person lifts up the circle frame, while the other lifts the W shaped leg tubes to a standing (vertical) position and inserts the Steel T-Connectors (D) into a W-Shaped Leg tube. Ensure the locking holes are aligned.

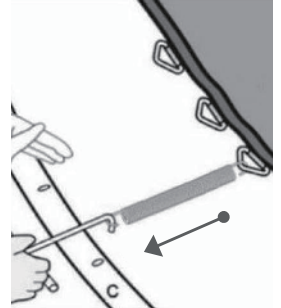
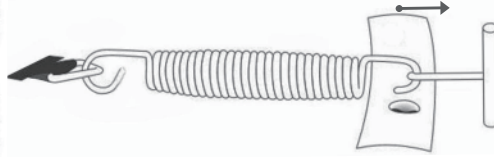
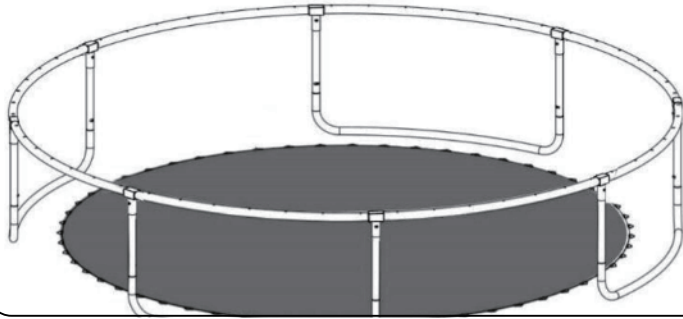


Jumping Mat

STEP 4

Layout the jumping mat (B) inside the circle frame.

Insert one end of the spring (E) in the triangle ring of the jumping mat (B) and the other end pull it with the spring tool (H) and insert it into the frame hole.



STEP 5

Start installing the springs in an X shape. The tension needs 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. Springs will create high levels of tension when assembled. Please take care not to pinch your fingers.

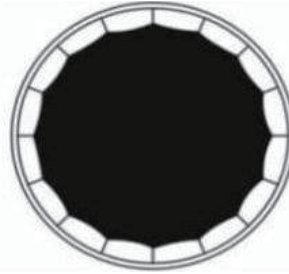
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2



3



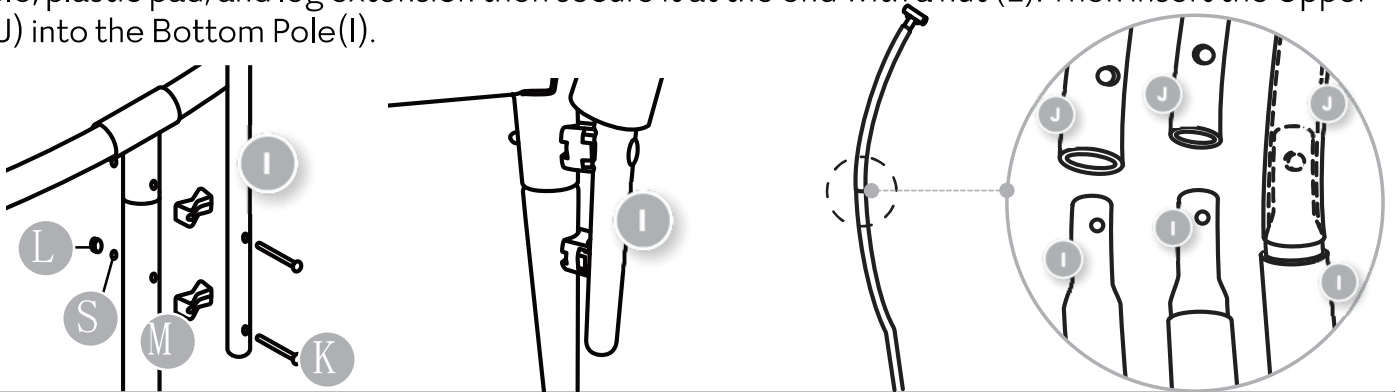
4



Pole & Net Installation

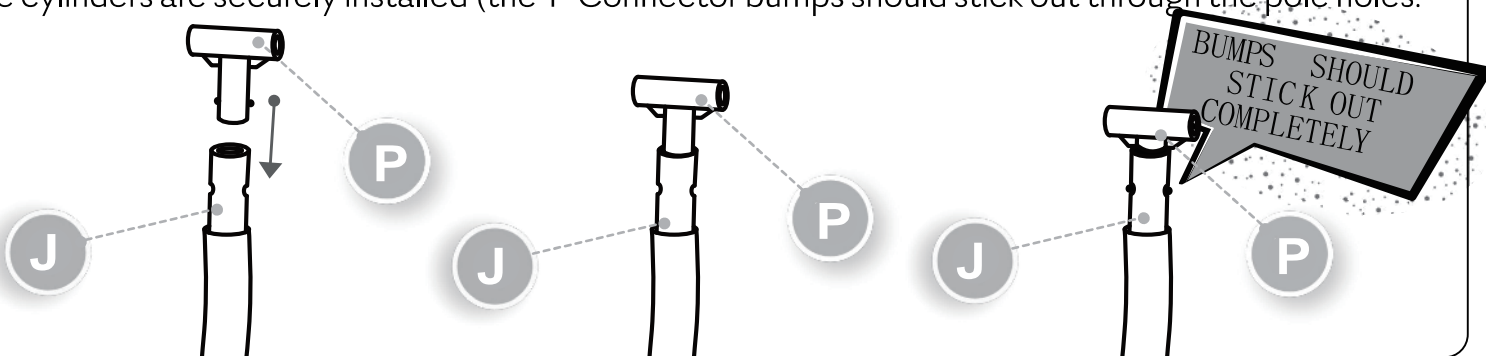
STEP 6

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 then secure it at the end with a nut (L). Then insert the Upper Pole (J) into the Bottom Pole (I).



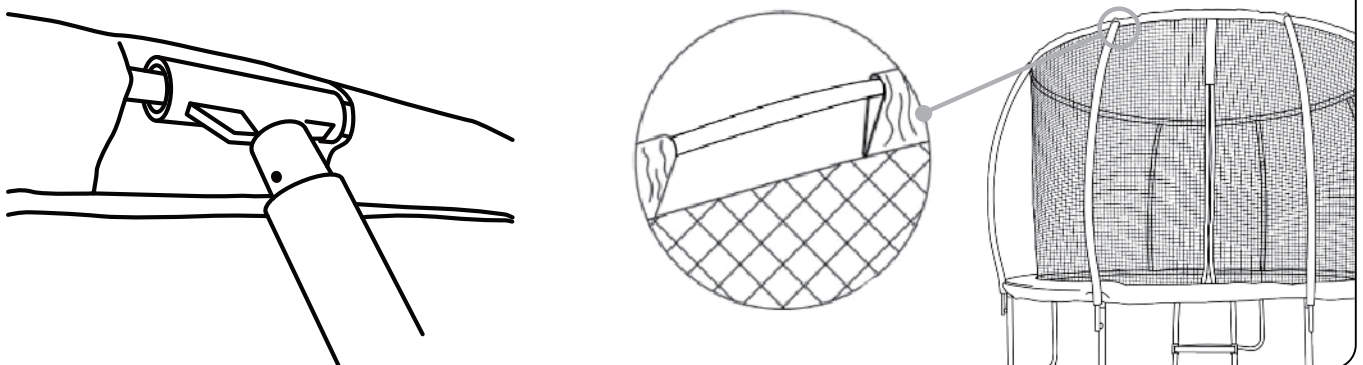
STEP 7

Insert the Plastic T-Connector (P) into the top of the upper pole (bumps should face left and right). Press down with your fingers on the bumps on each side of the T-Connector. Make sure the cylinders are securely installed (the T-Connector bumps should stick out through the pole holes).



STEP 8

Insert the fiberglass stick through the designed area in the safety net and connect it to the T-Connector.



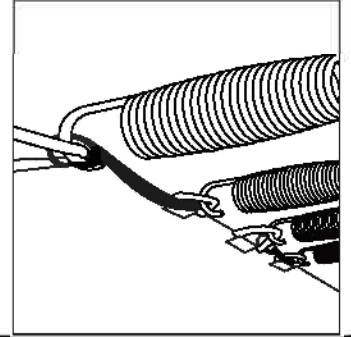
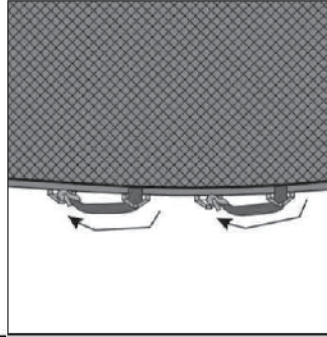
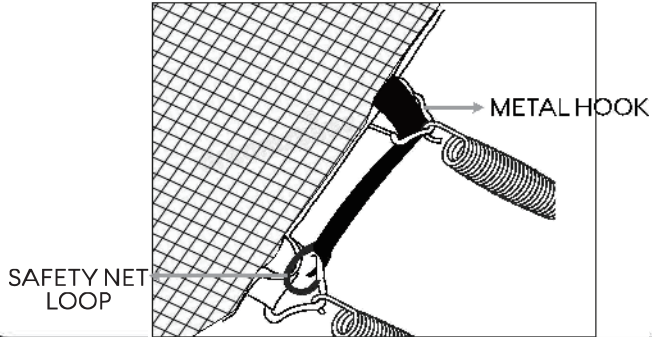
TIP



You can connect all the fiberglass sticks through the safety net and to the T connectors until you have a circle. After this, you can insert all the T-Connectors into the Pole. 2 people are needed.

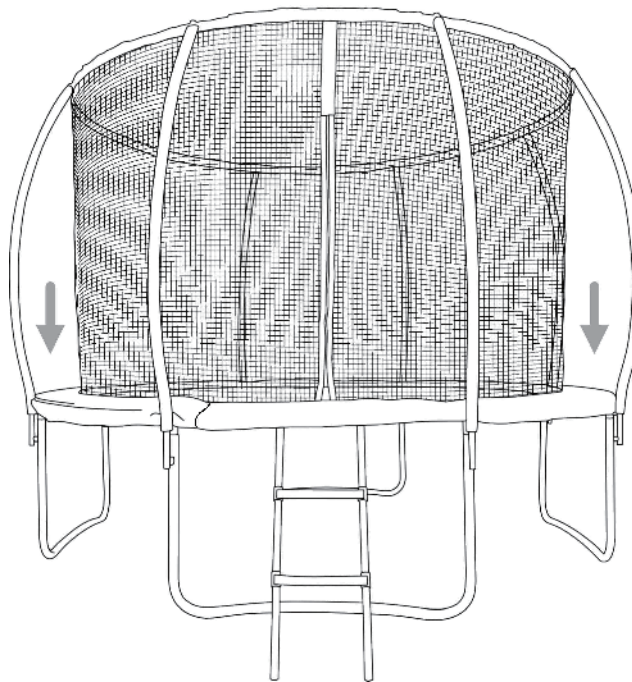
STEP 9

Pass every strip of the safety net through the metal triangles of the springs and secure it with the snap hook around the next triangle on the left. Continue in the same way. When you secure the clip make sure to pass it through the loops of the net.



STEP 10

Cover the spring frame with the soft padding Frame Cover (A). Secure the padding parts together using the Velcro on each side, and tie the straps located underneath. Lay down the Frame Cover (A) so all the springs are covered. It should be fitted like a shower cap. Make sure it covers all metal parts.



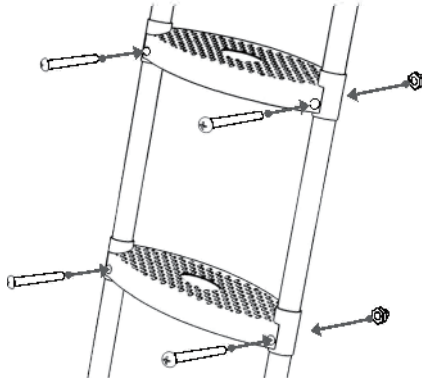
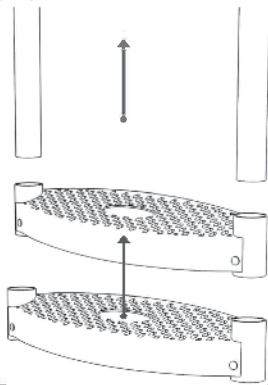
ATTENTION

 If the thread is not correctly installed it might stop the zipper from closing properly. Please make sure the thread goes all around the net and is securely tightened.

Step Ladder

STEP 11

Align the two Ladder Pipes (T) and slide up the Steps one by one (U). Secure with the screws (V) and Ladder Nuts (W).



STEP 12

Hook the step ladder to the Metal Frame (C) of the trampoline under the Frame Cover (A). Installation is complete and now you can enjoy your new Trampoline. HAVE FUN!

