

Yoga Trampoline



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

USER'S MANUAL

Catalog

Warning: This product is not suitable for children under 6 years old. To prevent accidents, please use it under the supervision of adults at all times!
Please read the manual carefully before installing the product and keep the manual properly.

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If you have any questions, please contact our customer care center.

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MADE IN CHINA

Important notes

1. This product is recommended for ages over 7 years. The maximum load is 100kg.
2. The bed legs of the trampoline are firmly installed during assembly. Ensure the bed legs are not deformed due to force during the assembly process.
3. At the beginning of using the product, the movable clamp may be difficult to open and close, however the clamp resistance will decrease with the number of uses. Please be careful when opening and closing the trampoline to avoid injury.
4. When opening and closing or folding, keep away from children and pets. With two or more adults, open the trampoline on an open, dry and clean surface.
5. Use the trampoline on a flat and level ground.
6. Before using the trampoline, ensure it is placed firmly on the ground, with it being at least five metres wide and eight metres high. Do not place anything underneath the trampoline.
7. When installing the trampoline, ensure the area is free of trees, branches, rocks, wires and other objects.
8. Warm up and stretch for at least five minutes before using, minimising the risk of injury.
9. Start aerobic trampoline training every other day. After a few weeks, start training five days a week. Start with the minimum number of minutes and gradually increase to the recommended maximum time.
10. Once familiar with basic training, you can innovate and develop your own exercise routine.
11. Keep packaging away from small children, and properly dispose of all waste after installation.
12. Always inspect the trampoline before use. If there are damaged or loose parts, stop using immediately.

Important notes

13. Read and understand all information before use – keep for future reference.
14. Before use, ensure the trampoline is assembled correctly, following all instructions in this manual.
15. Only to be used by one person at a time.
16. Be cautious when using to prevent falling. Do not bounce with your knees to avoid injury.
17. Do not use in wet or windy conditions.
18. Do not roll on the trampoline to avoid serious injury.
19. When using, ensure others do not lean, sit, stand or lie on the frame mat.
20. If you are under the influence of alcohol, drugs or prescription medicine, which could make you drowsy, do not use this trampoline.
21. Do not use this product if you are pregnant, have heart disease, high blood pressure or use a pacemaker. Elderly persons and persons with disabilities must be supervised if using.
22. When using, ensure you are bouncing in the centre.
23. When assembling, observe all safety warnings in this manual.
24. Wear appropriate sports clothing when using this product.
25. Children must be supervised when using this trampoline.
26. Take extra caution when installing and removing this product to avoid injury.
27. When using, do not have hard or sharp accessories in your possession, such as glasses, watches, etc.

Warning

Children must be supervised when using this product. Read all instructions before use. Like any fitness equipment, consult a doctor before use.

Product analysis diagram



Part list

1.Trampoline x1



2.Protective case x1



3.Armrest bracket x2



4.Bracket link x2



5.Armrest corss x1



6.Leg tube x6



Mute foot plug x6



Pentagonal screw x2



Long pentagonal screw x2



Safety bolt x2



Installation steps



Fig. 1



Fig. 2



Fig. 3

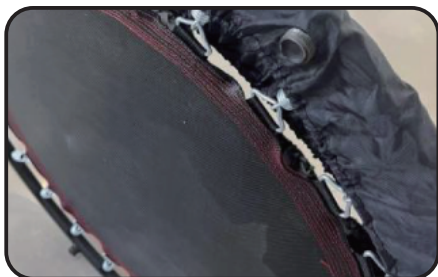


Fig. 4



Fig. 5

Step 1:

Place the trampoline on the floor in its folded position (Fig. 1), pull the left and right sides, so the trampoline is in a semi circle. Ensure the folding clamp stick is close to the ground (Fig. 2).

Step 2:

Secure one side of the trampoline, then open in the opposite direction. Keep fingers away from the folding points (Fig. 3). If equipped with a protective cover, put it on after the trampoline is opened. When opening, closing and storing, keep children and pets away. With at least two adults, assemble on a clean and dry surface.

Step 3:

Put the protective cover on the trampoline (Fig. 4)

Step 4:

Place it upside down, insert each bed foot into the frame and tighten (Fig. 5).

Installation steps



Fig. 6



Fig. 7



Fig. 8

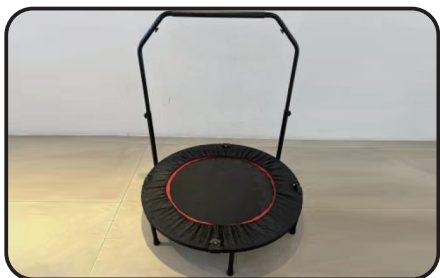


Fig. 9

Step 5:

Pull out the silent foot plug or suction cup, put the support connecting rod on the two feet respectively (Fig. 6), then lock with triangle screws. When screwing the foot tube, hold it and not the support rod.

Step 6:

After connecting the handrail bracket with the cross bar, tighten with triangle screws (Fig. 7) and horizontally insert the connecting rod into the bracket, so it connects to the foot tube - lock it with pentagonal screws.

Step 7:

Put the mute foot plug into the leg tube. (Fig. 8) Installation is complete.(Fig. 9)

Ensure all steps are followed when installing this product to avoid damage.