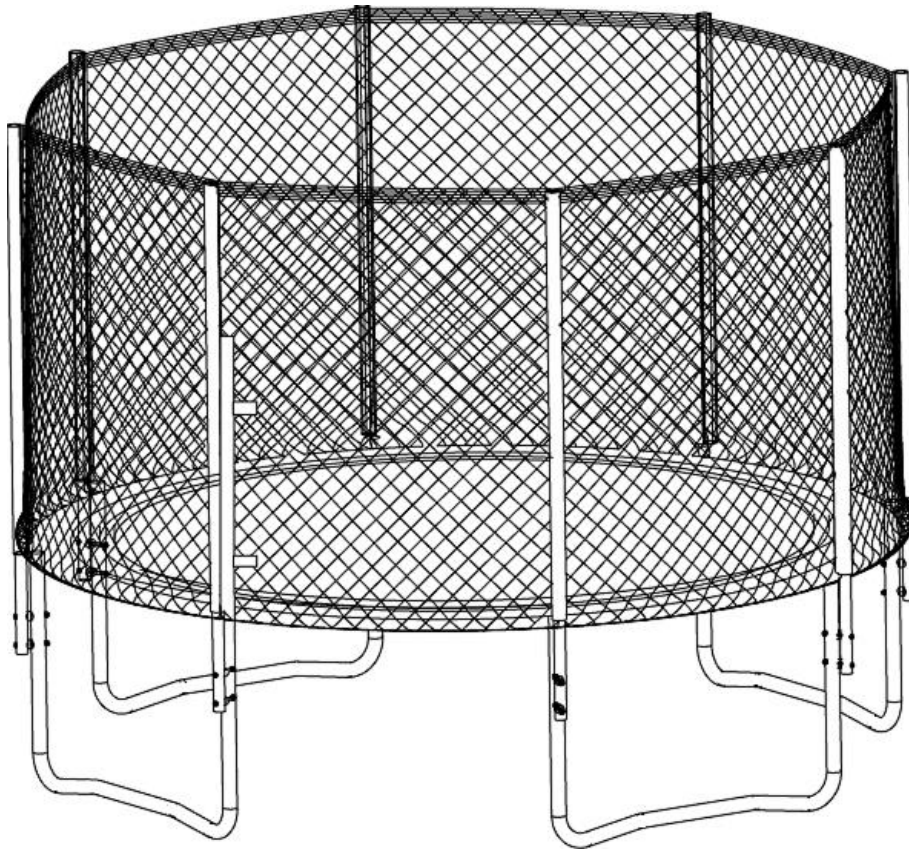


# TRAMPOLINE WITH ENCLOSURE

## User Guide and Assembly Instructions



### Trampoline Specifications:

- 6'(183cm)     8'(244cm)     10'(305cm)     12'(365cm)     13'(396cm)  
 14'(427cm)     15'(457cm)     16'(487cm)

### Springs Q'ty

- 36     48     60     64     72     80     88     96     100     110

### Legs Q'ty

- 3     4     5     6

**KEEP THIS USER GUIDE FOR FUTURE REFERENCE**



**WARNING!**

**Max User' Weight:**

**06FT 50KGS; 08FT 50KGS; 10FT 150KGS; 12FT 150KGS; 13FT 150KGS; 14FT 150KGS;  
15FT 150KGS 16FT 150KGS**

**Only one user. Collision hazard**

**Adult supervision required**

**Trampoline is meant for Outdoor Use only**

**No somersaults**

**Always close the net opening before jumping**

**Read the instructions before assembly and use**

**The net should be replaced every 2 year**

**Not suitable for children under 36 months**

**Trampoline is not intended to be buried into the ground**

**Modifications made by consumer to the original trampoline shall be carried out according to the instructions of the manufacturer**

**Replace the net after 2 years of use**

**Make sure that the hook-and-loop fasteners are closed correctly during use of trampoline**

## **SAFETY ADVISE AND WARNINGS**



**NO MORE THAN ONE PERSON AT A TIME ON THE TRAMPOLINE!  
MULTIPLE JUMPERS INCREASE THE RISK OF INJURY.**



**DO NOT PERFORM SOMERSAULTS  
THIS WILL INCREASE THE RISK OF SERIOUS INJURY**

**Before you use your trampoline, be sure to carefully read all the information provided in this manual.**

Trampolines, being rebounding devices, propel the user to unaccustomed heights and into a variety of body movements. As with all types of physical recreational activity participants can be injured. To reduce the risk of injury, be sure to follow carefully the appropriate safety instructions and suggestions for use.

### **Misuse and abuse of this trampoline is dangerous and can cause serious injury**

Before use Always inspect the trampoline before each use for worn-out mat, loose or missing parts.

Proper assembly, care and maintenance of product, safety tips, warnings, and proper techniques in jumping and bouncing are all included in this manual. All users and supervisors must read and familiarize themselves with these instructions. Anybody who chooses to use this trampoline must be aware of their own limitations in regards to performing various jumps and bounces with this trampoline.

Trampolines over 20in (51 cm) tall are **not** recommended for use by children **under 3 years of age**.

It is recommended that persons over the age of 11 **DO NOT** use the trampoline when the enclosure is attached.

Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned.

Replace any worn, defective, or missing parts.

### **TRAMPOLINE PLACEMENT**

The minimum overhead clearance required is 24 feet (7.3 meters). In terms of horizontal clearance, please ensure that no hazardous objects are near the trampoline such as tree parts, other recreational objects (i.e. swing sets, swimming pools), electrical power wiring, walls, fences, etc. For safe use of the trampoline, please be aware of the following when selecting a place for your trampoline:

- Make sure it is placed on a level surface
- Maintain a clear space on all sides of the trampoline
- The area is well – lit
- There are no obstructions beneath the trampoline
- When not in use, the trampoline shall be secured against unauthorized use.
- The surface of the jump bed shall be dry. Do not jump on wet bed.
- Do not use trampoline in gusty or severe wind.
- Person in charge and responsible for use of the trampoline shall make users aware of practices specified in this manual. This person shall always be present, when trampoline is in use.

**DO NOT PLACE TRAMPOLINE ON CONCRETE FLOORS, HARD GROUND (i.e  
ROCK) OR SLIPPERY SURFACES AND DO NOT USE INDOORS.**

If you do not follow these guidelines, you increase the risk of someone getting injured.

### **INFORMATION ON USE OF THE TRAMPOLINE**

- Initially, you should get accustomed to the feel and bounce of the trampoline. The focus must be on the fundamentals of your body position and you should practice each bounce (the basic bounces) until you can do each skill with ease and control.

- To brake a bounce, all you need to do is flex your knees sharply before they come in contact with the mat of the trampoline. This technique should be practiced while you are learning each of the basic bounces. The skill of braking should be used whenever you lose balance or control of your jump.
- Always learn the simplest bounce first and be consistent with the control of your bounce before moving on to more difficult and advanced bounces. A controlled bounce is one when your take off point and landing point is the same spot on the mat. If you move up to the next bounce without first mastering the previous, you increase your chances of getting injured.
- **Do not** bounce on the trampoline for extended periods of time because fatigue can increase your chances of injury. Bounce for a brief period of time and then allow others to join in on the fun! Never have more than one person bouncing on the trampoline.
- Jumpers should wear appropriate clothing. **Do not** wear hard soled shoes such as tennis shoes on the trampoline, as this will cause excessive wear on the mat material.

**Do not** smoke, eat or drink when using the trampoline. Keep food and beverages away from the trampoline area. **Do not** have chewing gum, sweets e.t.c in the mouth when using the trampoline!

- You should always mount and dismount properly in order to avoid injury. To mount properly, you should PLACE your hand on the frame and either step or roll up onto the frame, over the springs, and onto the trampoline mat. **Do not** step directly onto the frame pad or grasp the frame pad. To dismount properly, move over to the side of the trampoline and place your hand onto the frame as a support and step from the mat to the ground. Smaller children should be assisted when mounting and dismounting the trampoline.
- **Do not** bounce recklessly on the trampoline since this will increase your chances of getting injured. The key to safety and having fun on the trampoline is control and mastering the various bounces. Never try to out-bounce another bouncer in terms of height! Never use the trampoline alone without supervision.
- Always consult a doctor before performing and any kind of physical activity.

### **ACCIDENT CLASSIFICATION**

- **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 any object (i.e. a deck, roof, or ladder). This will increase your chances of getting injured! DO NOT dismount by jumping off the trampoline and landing on the ground, regardless of the makeup of 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 drugs when using this trampoline!

- **Multiple Jumpers:** If you have multiple jumpers (more than one person on the trampoline at any one time), you increase the chance of getting injured. Injuries could occur when you fly off the trampoline, lose control, collide with the other jumper(s), or land on the springs. **Only one user at a time**

- **Striking the Frame or Springs:** When playing on the trampoline, STAY in the center of the mat. This will reduce your risk of getting injured by landing on the frame or springs. Always keep the frame pad covering the frame of the trampoline. **DO NOT** jump or step onto the frame pad directly since it was not intended to support the weight of a person.

- **Loss of Control:** **DO NOT** try difficult maneuvers until you have mastered the previous maneuver, or if you are just learning how to jump on a trampoline. If you do, you will increase your risk of getting injured by landing on the frame, springs, or off the trampoline completely. A controlled jump is considered landing on the same spot that you took off from. If you do lose control when you are jumping on the trampoline, bend your knees sharply when you land and this will allow you to regain control and stop your jump.

- **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, which may 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 anyone is playing on it. Please be aware of what is overhead when you are playing on the trampoline. Tree parts, wires, or other objects located over the trampoline will increase your chances of getting injured.

- **Poor Maintenance of Trampoline:** A trampoline in poor condition will increase your risk of getting 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 jumper could slip and injure him or herself. If it is too windy, jumpers could lose control.

### **TIPS TO REDUCE THE RISK OF ACCIDENTS**

- **Jumper's role in accident prevention**

The key here is to stay in control of your jumps. **DO NOT** move onto more complicated and more difficult maneuvers until you have mastered the basic, fundamental bounce. Education is also key to safety and very important. Read, understand, and practice all safety precautions and warnings prior to using the trampoline. A controlled jump is when you land and take off from the same location. For additional safety tips and instructions, contact a certified trampoline instructor.

- **Supervisor's Role in Accident Prevention**

Supervisors need to understand and enforce all safety rules and guidelines. It is the responsibility of the supervisor to provide knowledgeable advice and guidance to all jumpers of the trampoline. If supervision is unavailable or inadequate, the trampoline should be stored in a secure place, disassembled to prevent unauthorized use, or covered with a heavy tarpaulin that can be locked or secured with lock or chains. The supervisor is also responsible to ensure that the safety placard is placed on the trampoline and that jumpers are informed of these warnings and instructions.

## **TRAMPOLINE SAFETY INSTRUCTIONS**

### **JUMPERS**

- **Do not** use the trampoline if you have consumed alcohol or drugs.
- Remove all hard and sharp objects (inc jewellery) from person before using trampoline.
- You should climb on and off in a controlled and careful manner. Never jump on or off the trampoline and never use the trampoline as a device 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 the mat with 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, try to stop your bouncing.
- **Do not** jump or bounce for prolonged periods of time.
- Keep your eyes on the mat to maintain control. If you do not, you could lose balance or control.
- **Never have more than 1 person on the trampoline at any one time.**
- Always have a supervisor watching you when you are on the trampoline.

### **SUPERVISORS**

Educate yourself with the basic jumps and safety rules. To prevent and reduce the risk of injuries, enforce all safety rules and ensure that new jumpers learn the basic bounces before trying more difficult and advanced jumps.

- All jumpers 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 any jumpers start bouncing on it.
- Keep all objects that could interfere with the jumper away from the trampoline. Be aware of what is overhead, underneath, and around the trampoline.
- To prevent unsupervised and unauthorized use, the trampoline should be secured when not in use.

# HOW DO I ASSEMBLE MY TRAMPOLINE?

## ASSEMBLY TOOLS:

To assemble this trampoline all you need is the special spring loading tool provided with this product. During periods of non-use, this trampoline can be easily disassembled and stored. Please read the assembly instructions before beginning to assemble the product. It is recommended that a minimum of 2 persons participate in the assembly of this product.

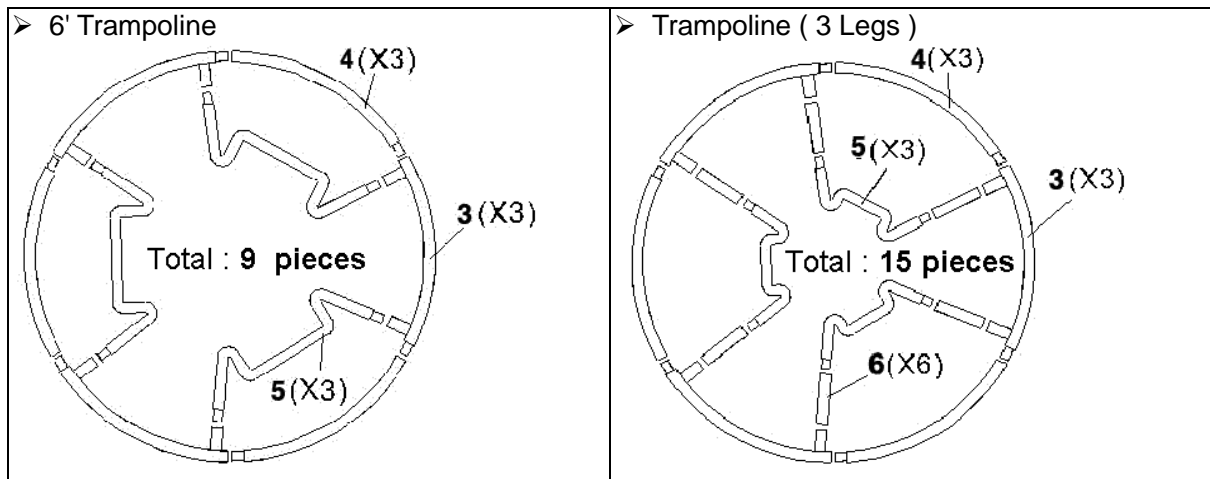
## ASSEMBLY INSTRUCTIONS:

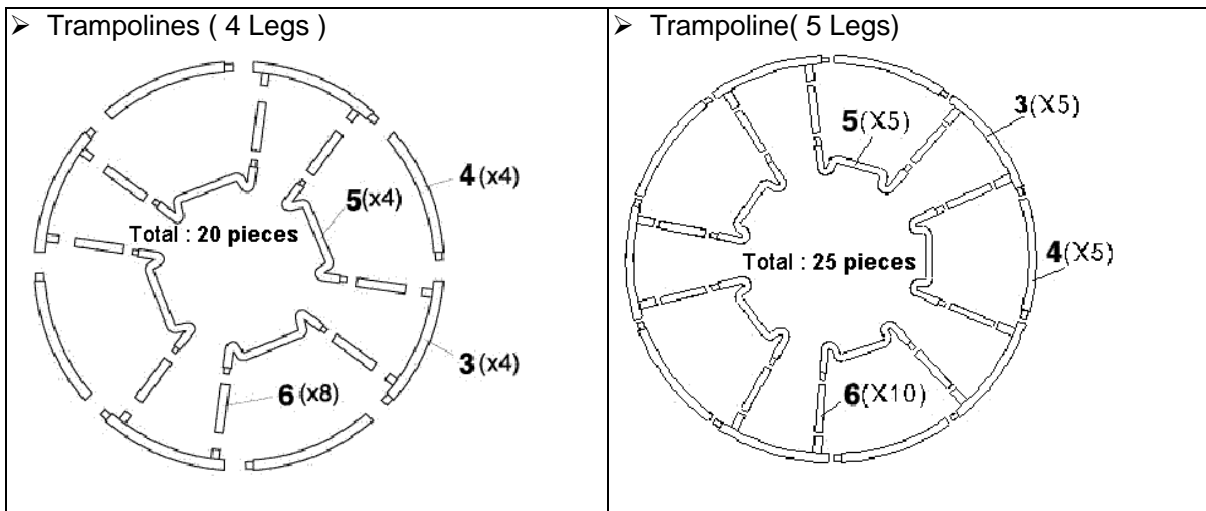
### PARTS LIST

Reference Number	Description
1	Trampoline Mat, stitched with V-Rings
2	Frame Pad
3	Top Rail with Leg Sockets
4	Top Rail
5	Leg Base
6	Vertical Leg Extension
7	Galvanized Springs
8	Safety Instruction Placard
9	Spring Loading Tool

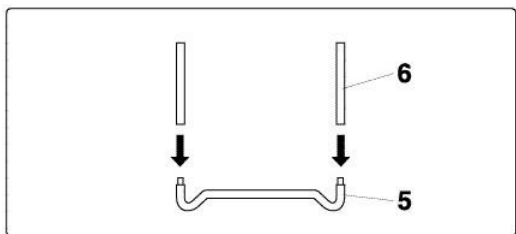
### STEP 1- Frame Layout

All parts with the same part number are interchangeable and have no “right” or “left” orientation, To connect the parts, simply slide a section (male) tubing that is smaller on one end into the adjacent section (female) that has a larger opening. These joints are called “connector points”.



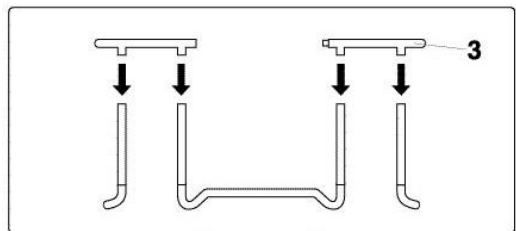


**STEP 2- Support Assembly**

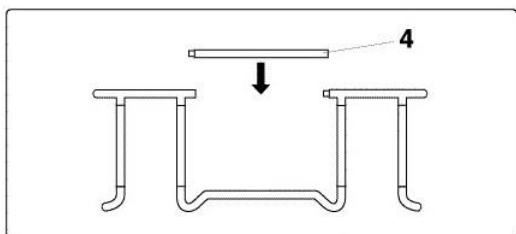


A. Slide all Vertical Leg Extensions (REF-6) onto the Leg Base (REF-5) as shown.

**STEP 3-Top Rail Assembly**



A. Two people will be necessary at this point to assemble the trampoline. One person lifts the Support Assembly from step 2 to a standing (vertical) position and inserts one of the sockets of the Top Rail with Sockets (3) into the Vertical Leg Extension portion of the Support Assembly. The other person holds the other end and inserts that portion into the other Support Assembly as shown. You should now have 2 Support Assemblies held together by 1 Top Rail with Socket



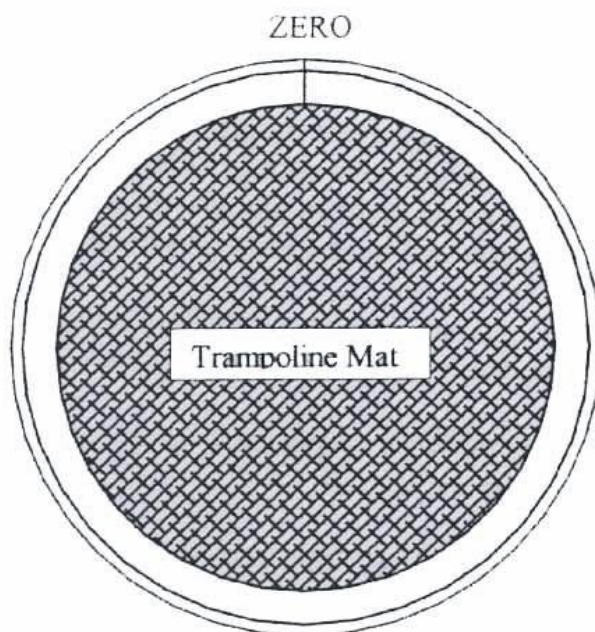
B. Now, install the top rails (REF-4) into the gaps between the vertical leg extensions (REF-6) by inserting them into the slots as shown.

**STEP 4 -Attaching the Jumping Mat to the frame**

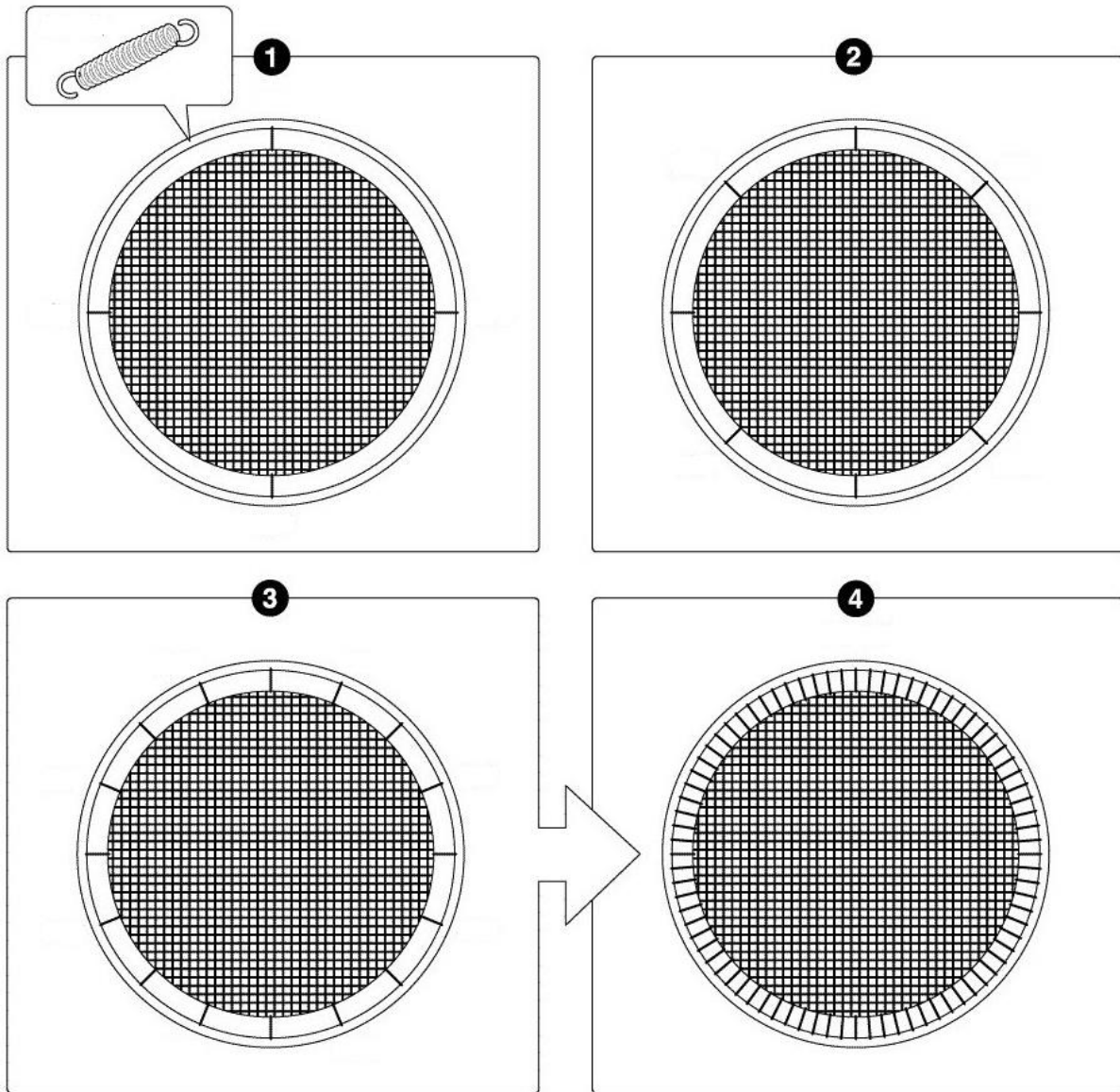


- **WARNING** - Failure to follow instructions may result in damaged springs or frame warping/displacement
- **SPRINGS SHOULD BE ATTACHED AS PER INSTRUCTIONS BELOW**
- Make sure all spring hooks face down.
- All warning labels must be facing upwards.
- Spring hooks must be pushed securely into the frame holes.

A. Lay out the trampoline mat (REF-1) inside the frame with warning labels facing up.



#### **SPRING LOADING INSTRUCTION**



1. **WARNING** - Wear heavy duty working gloves to protect your hand.
2. Use the special spring loading tool (REF-9) included.
3. Hold and align spring so the hook of the spring lines up with hole on the steel frame.
4. Hold spring loading tool underhand and pull spring hook towards steel frame as shown. Drop hook into frame hole until it latches on completely and tap it down if hook is not completely in the hole.

<ul style="list-style-type: none"> <li>• <b>BE CAREFUL NOT TO PINCH FINGERS.</b></li> <li>• <b>USE GLOVES TO PREVENT PINCHING.</b></li> <li>• <b>KEEP SPRINGS DRY AS WET SPRINGS ARE VERY SLIPPERY</b></li> </ul>	
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- B. Select your spring quantity.
- C. Select an arbitrary point on the top rail frame (call it Zero)

Attach a spring (REF-7) with spring hooks **FACE DOWN** to the v-ring of the mat and to the aligned hole of the main frame.

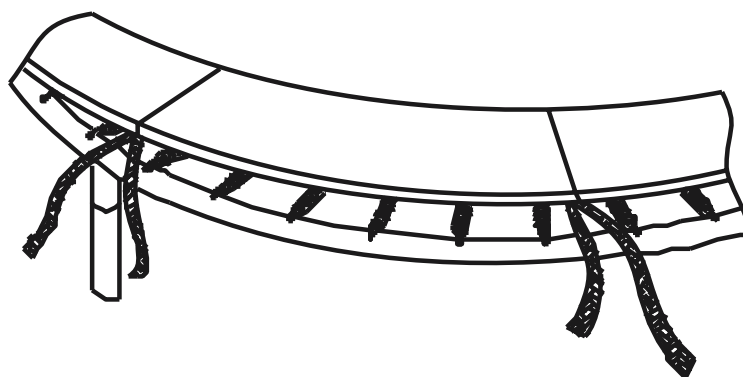
D. If you notice that you have skipped a hole and V Ring connection, recount and remove or attach any springs required to maintain the count of springs.

NOTE: If you notice that you have skipped a hole and v-ring connection, recount and remove or attach any spring required to maintain the count of springs.

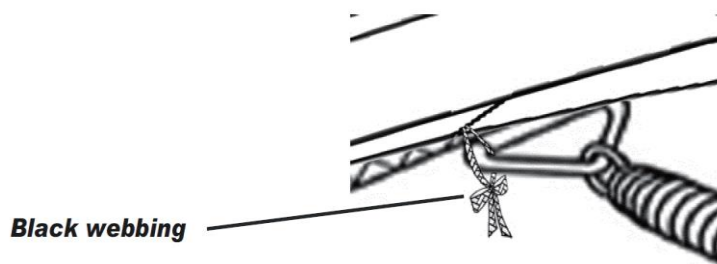
**STEP 5-Frame Padding Assembly**

**WARNING Never uses the trampoline without attaching the frame padding. Properly tie down the frame padding before each use!!**

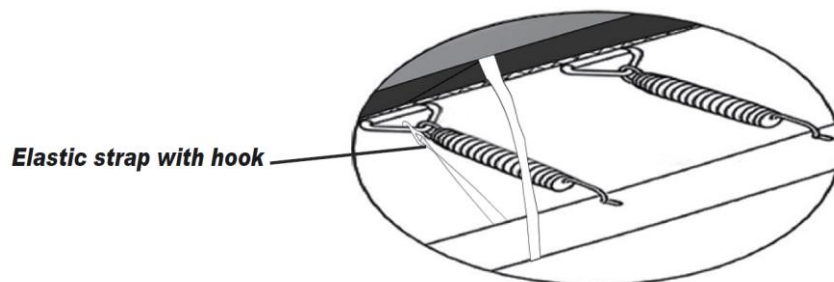
A. Lay the Frame Pad (REF-2) over the trampoline so that the springs and the steel frame is covered. Please ensure that the Frame Pad covers all metal parts



B. First tie all the black webbing which sewn on the inner arc of pad to steel 'V' rings.



C. Then get all the hooks to the steel 'V' rings, around the rail tube.



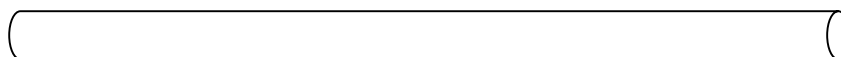
**IMPORTANT NOTICE:** Make sure the safety padding is securely attached to the frame and completely covers the frame and all springs before using this trampoline. Do not use trampoline even if one spring or v-ring is damaged or missing.

## HOW DO I ASSEMBLE THE ENCLOSURE?

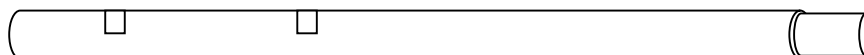
### ENCLOSURE PARTS LIST

FIG.	PARTS NAME
1	TUBE A
2	TUBE B
3	STRAIGHT BOLT
4	WING NUT
5	ENCLOSURE NETTING
6	SPACER
7	BOLT SAFETY COVER

**1. TUBE A**



**2. TUBE B**



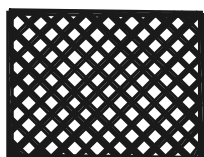
**3. STRAIGHT BOLT**



**4. WING NUT**



**5. ENCLOSURE NETTING**



**6. SPACER**



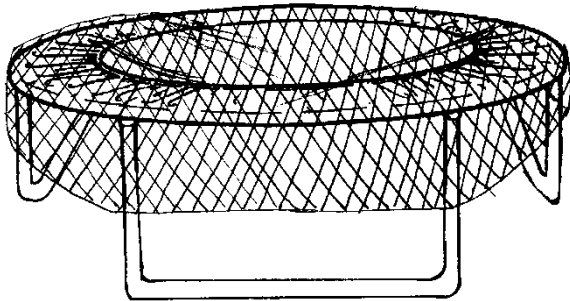
**7. BOLT SAFETY COVER**



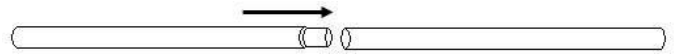
## **ASSEMBLY**

Step 1:

Spread the safety nets out flat on the trampoline mat firstly as shown in Figure.1, and put two sections of support pipes connected together as shown in Figure 2.



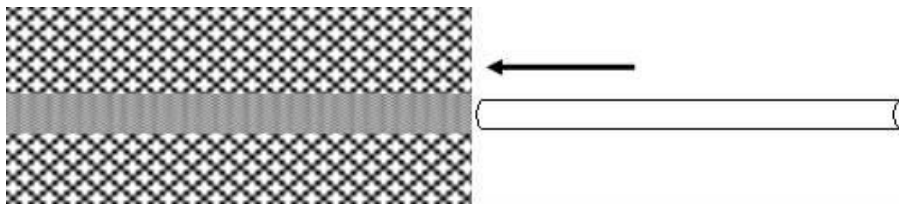
**FIGURE 1**



**FIGURE 2**

Step2:

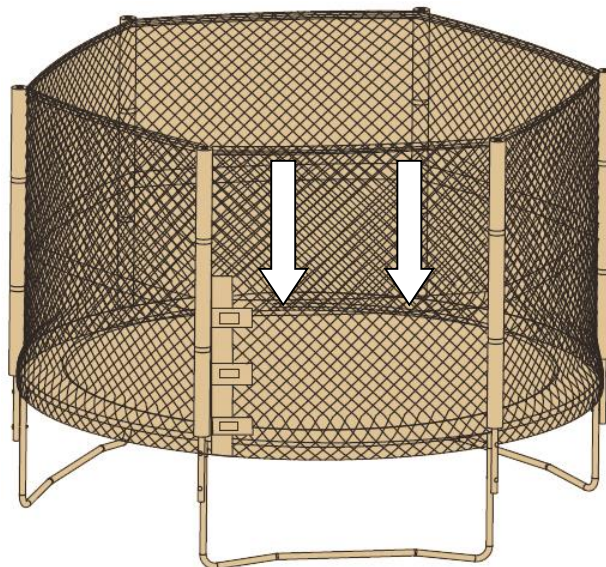
Inset support pipes into the sleeves of safety net in order, as shown in Figure 3.



**FIGURE 3**

Step 3:

Stand the support pipes correspond anear to each trampoline leg orderly (As shown in Figure 4)



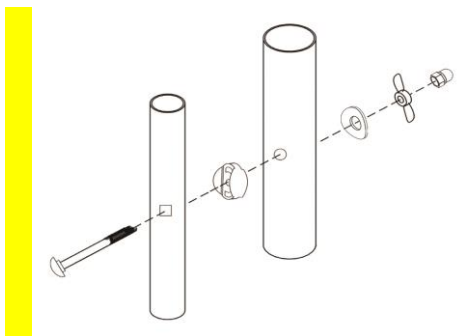
**FIGURE 4**

Step 4:

Fixing support pipes onto trampoline legs with two bolts, two spacers and firm them with



screw sets, as shown in Figure 5.



**FIGURE 5**

STEP 5:

**IMPORTANT WARNING!!**

You should go back now and stretch all attachment hooks tight and double check to see whether you have fastened the jigs use the screw sets or not, so the safety net stands stiff. Otherwise, the safety net will not function properly. Then finish assembling.



**TO UNASSEMBLE**

- To disassemble the trampoline, follow assembly instructions in reverse order.
- Do not attempt to disassemble any frame components before the springs and the mat have been removed.
- Use gloves to protect your hands from pinch points.

# HOW DO I USE THIS PRODUCT?

## LESSON PLAN

The following paragraphs and diagrams are suggested in order to learn basic steps and bounces before moving onto more difficult, complicated bounces. Before using the trampoline, you should **read and understand all safety instructions.**

### Lesson 1

- A. Mounting and dismounting demonstration of proper techniques.
- B. The basic bounce demonstration and practice.
- C. Braking (check the information on use section) and practice. Learn to brake on command.
- D. Hands and knees demonstration and practice. Stress should be on four-point landing and alignment.

### Lesson 2

- A. Review and practice of techniques learned in Lesson1.
- B. Knees bounce demonstration and practice. Learn the basic down to knee and back up before trying half twist to left and right.
- C. Seat bounce demonstration and practice. Learn basic seat bounce then add a knee bounce, hands and knees;
- D. Repeat.

### Lesson 3

- A. Review and practice skills and techniques learned in previous lessons.
- B. Front drop demonstration. To avoid mat burns, teach the front bounce position. All students should be requested to assume the prone position (face down on the ground) while the instructor checks for faulty positions that could cause injury.
- C. Start with a hands and knees bounce and then extend body into prone position, and on the mat and return to feet.
- D. Practice routine hands and knees bounce, front Bounce, back to feet, seat bounce, back to feet, seat bounce, back to feet.

### Lesson 4

- A. Review and practice skills and techniques learned in previous lessons.

B. Half turn demonstration.

C. Start from front drop position and as you make contact with mat, push off with arms in either the right or left direction and turn head and shoulders in same direction.

D. During turn, be sure to keep back parallel to mat and head up.

E. After completing turn, land in front drop position

F. After completing this lesson, the student now has a basic foundation of trampoline bounces. Jumpers should be encouraged to try and develop their own routines with the emphasis on control and form.

G. A game that can be played in order to encourage students to try and develop routines is "BOUNCE". In this game, players count off from 1 to 10. Player one starts with a maneuver. Player two has to do Player one's maneuver and add on another. Player cannot do the routine properly in the correct sequence. The first person to miss receives the letter "B". This continues until someone spells out the word "BOUNCE". The last remaining contestant is deemed the winner! Even when playing this game, it is important to perform your routines under control and not try difficult or highly skilled bounces that you have not yet mastered.

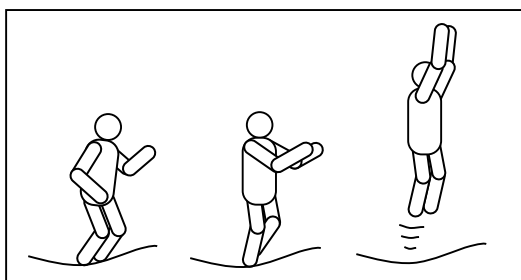
**REMEMBER! THIS TRAMPOLINE IS ONLY SUITABLE FOR ONE PERSON AT A TIME.**

A certified trampoline instructor should be contacted to further develop your trampoline skills.

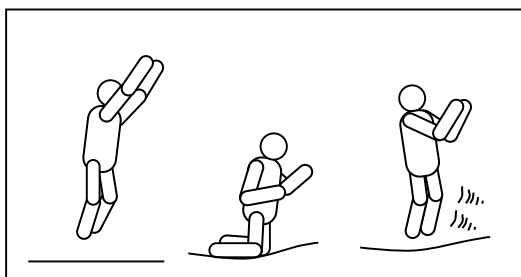
## **BASIC TRAMPOLINE**

### **BOUNCES**

#### THE BASIC BOUNCE



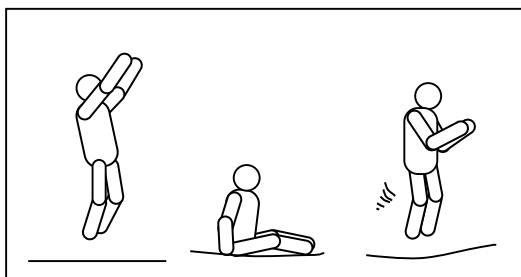
1. Start from standing position, feet shoulder width apart and with head up and eyes on mat
2. Swing arms forward and up and around in a circular motion.
3. Bring feet together while in mid-air and point toes downward
4. Keep feet shoulder width apart when landing on mat.



1. Start with basic bounce and keep it low
2. Land on knees keeping back straight, body erect and use your arms to maintain balance
3. Bounce back to basic bounce position by swinging arms up

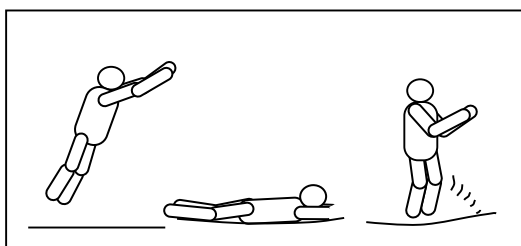


### THE SEAT BOUNCE



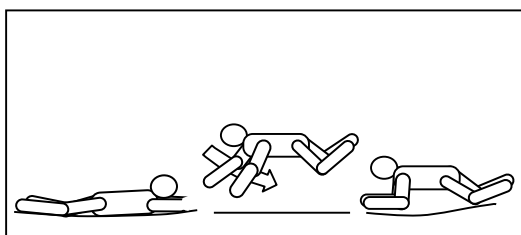
1. Land in a flat sitting position.
2. Place hands on mat besides hips
3. Return to erect position by pushing with hands.

### THE FRONT BOUNCE



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

### 180 DEGREE TURN BOUNCE



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

**ALWAYS START YOUR JUMP AT THE BROKEN CIRCLE. WHEN YOU LAND MORE THAN 1FT (30cm)**

**AWAY FROM THE EDGE OF THE BROKEN CIRCLE, STOP YOUR JUMP IMMEDIATELY!!  
RESTART YOUR JUMP AT THE BROKEN CIRCLE.**

## CARE AND MAINTENANCE

This trampoline was designed and manufactured with quality materials and craftsmanship. If proper care and maintenance is provided, it will provide all jumpers with years of exercise, fun, and enjoyment as well as reduce the risk of injury.

**Please follow the guidelines listed below:**

This trampoline is designed to withhold a certain amount of weight during use. Please make sure that only one person at any one time uses the trampoline. The person should weigh no more than 100kgs. Jumpers should wear either socks or gymnastics shoes when using the trampoline. Please be aware that trainers or tennis shoes should **NOT** be worn while using the trampoline. In order to prevent the trampoline mat from getting cut or damaged please **do not** allow any pets onto the mat. Jumpers should remove all sharp objects from their person (including jewellery) prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline mat at all times.

Always inspect the trampoline before each use for worn, abused or missing parts. A number of conditions could arise that may increase your chances of getting injured. Please be aware that the following could represent potential hazards:

- Punctures, frays, holes, or tears in the trampoline mat or frame pad.
- Sagging trampoline mat.
- Loose stitching or any kind of deterioration of the mat or frame pad.
- Bent or broken frame parts.
- Broken, stretched, missing, or damaged springs.
- Damaged, missing, or insecurely attached frame pad.

**The following should be considered to extend the life of your trampoline.**

- Jumping bed must be kept free of dirt particles and sand.
- Clean bed surface with cold water but do not use soaps, detergents or chemical cleaners.
- Mat can be damaged by belts with large buckles.
- Mat is not resistant to scratching.
- Shoes and trainers should **not** be worn while using the trampoline, wear either socks or gymnastics shoes.
- The mat and safety pad are not fire retardant. Keep trampoline away from fire, sparks and fireworks.
- Sun can deteriorate the mat and frame pad fabric and stitching.
- Adverse weather conditions could crack the frame pad if exposed to extreme cold. Remove during the winter!
- **Do not** use the trampoline without the frame pad in place.

- Frame pieces and springs are galvanized, however, a little surface rust may appear. Remove any such rust by gently cleaning with a wire brush or emery cloth. Frame pieces can be treated by applying a coat of Grey enamel primer and overcoating with Aluminum enamel spray paint. Always follow the manufacturers directions on the product packaging.

**IF YOU FIND ANY OF THE PREVIOUS CONDITIONS, OR ANYTHING ELSE THAT YOU FEEL COULD CAUSE HARM TO ANY USER, THE TRAMPOLINE SHOULD BE UNASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAVE BEEN RESOLVED.** In severe wind situations, the trampoline can be blown about. If you expect windy weather conditions, the trampoline should be moved to a sheltered area or disassembled. Another option is to tie the round, outside portion (top frame) of the trampoline to the ground using ropes and stakes. If this is done, secure the tie down to the middle of the frame tube. To ensure security, at least three (3) tie downs should be used. Do not just secure the legs of the trampoline to the ground because they can pull out the frame sockets.

#### **MOVING THE TRAMPOLINE**

If you need to move the trampoline, four people should be used. All connector points should be wrapped and secured with weather resistant tape, such as duct tape. This will keep the frame intact during the move and prevent the connector points from dislocating and separating. When moving, lift the trampoline slightly off the ground and keep it horizontal to the ground. For any other type of move, you should disassemble the trampoline.

#### **WINTER**

In areas where there is ice and snow, it is recommended that the trampoline be disassembled and stored for the winter.

#### **PETS**

Please keep pets away from the trampoline.

**MADE IN CHINA**

**PRODUCT IS TESTED TO EN71 FOR YOUR  
SAFETY AND ENJOYMENT**