



## **USER'S MANUAL**

### **Trampoline**

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.



## Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

## ⚠ DANGER

DO NOT attempt somersaults or flips. Paralysis or death can result if you land on your head or neck!

No more than one person on the trampoline at a time. Multiple users increase the risk of injury.

Use trampoline only with mature, knowledgeable supervision.

## ⚠ WARNING

These instructions are important to minimize chances of injury. Please read each of them thoroughly before you assemble and use this trampoline. Retain this manual for future reference.

This product is designed for children ages above 6 years.

Do not allow children under 3 years old nearby during assembly. Small parts – choking hazard!

Estimated assembly time: 2 adults, 2 hours.

Domestic and outdoor use only.

Adult supervision is required.

Adequate overhead clearance is essential. A minimum of 8 meters from ground level is recommended. Provide clearance for wires, tree limbs, and other possible hazards. Always ensure the trampoline is on level ground with a minimum of 2 meters clear space from any structure or obstruction.



NO SOMERSAULTS  
OR FLIPS PARALYSIS  
OR DEATH can result  
if you land on your  
head or neck!



No more than  
ONE user at a  
time



Do not use if in a cast or have previous leg, arm, head, neck or back injury.



Do not allow children less than six (6) years of age to use alone.



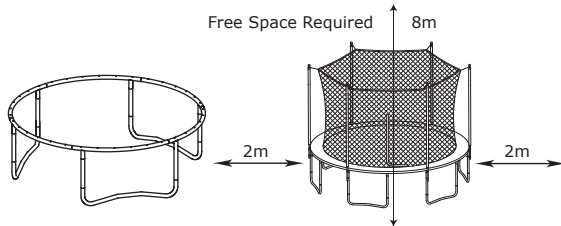
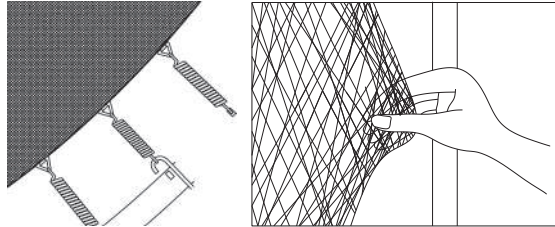
Remove all hard or sharp objects including jewelry, eyeglasses, sunglasses or hairclips before jumping.



Do not use without the consent of your physician, if pregnant.

### Daily Pre-Inspection:

- >Inspect legs for proper attachment or cracks
- >Inspect netting for tears and sagging
- >Inspect for loose or damaged springs
- >Inspect mat for tears or worn stitching
- >Inspect frame for sagging or cracks



**Inspect prior to use** – check that the legs are properly attached and stable on the ground; no loose springs; mat and enclosure net are in proper place and in good condition with no tears.

## BEFORE STARTING...

### ! DANGER

- Use trampoline only with mature, knowledgeable adult supervision.
- 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 mat.
- 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.

### ! WARNING

Carefully read and understand all of the instructions and warnings in this manual before assembling and using this product. It is the responsibility of the owner of this trampoline to ensure that all users of this product are fully informed on the proper use and the inherent risks of jumping on a trampoline. Failure to do so can result in serious injury or death.

### Before you start to assemble...

- Check the package and make sure you have all of the parts listed in the Parts List section of this user manual. IF ANY PARTS ARE MISSING, contact our customer service.
- Do not install or use the product if any parts are missing or damaged. Store in a safe place until ready to install.
- Make sure that you have plenty of space and a clean dry area suitable for the assembly of this trampoline.

IT IS ESSENTIAL THAT THE INTENDED SITE FOR THIS TRAMPOLINE IS COMPLETELY FLAT AND LEVEL.

Adequate overhead clearance is essential. A minimum of 8m from ground level is recommended. Provide clearance for wires, tree limbs,

and other possible hazards. Always ensure the trampoline is on level ground with a minimum of 2m clear space from any structure or obstruction. If the ground is uneven, this could cause movement in the frame and stress on the joined sections of the frame that could damage the trampoline and/or can cause serious injury.

- Two adults are needed to assemble this trampoline.
- Heavy gloves must be used to protect your hands from pinch points during assembly and goggles must be worn to avoid injuries to the eyes.
- Never modify the construction or the design of the product. Do not use any irrelevant parts with this trampoline.
- This pack may contain small parts and is not suitable for children to be nearby during assembly. Small parts. Choking hazard.
- IMPORTANT: Save this manual for future reference.

### **Before using the product...**

Use of this trampoline requires constant adult supervision. Use the trampoline only with mature and knowledgeable ADULT supervision.

- Ensure that the trampoline enclosure has been assembled correctly, as per the instructions in this manual and that the zipper and buckles located at the entrance are fully closed before use.
- Trampolines over 20 in. (51 cm) tall are not recommended for use by children under 6 years of age.
- There must be no more than one person at a time on the trampoline.
- This product is for household and family domestic use only – It is not for use in schools, playgrounds, rental or commercial use.
- It is of particular importance to follow the maintenance instructions at the beginning of every season. Neglecting regular maintenance can lead to a risk for users.

# **IMPORTANT INSTRUCTIONS FOR ENCLOSURE NETTING AND MAT**



Failure to follow these instructions to ensure proper operational condition of your trampoline may lead to serious injury or death.

## **1. Maintenance of Trampoline Enclosure Net, Mat and Pad**

Enclosure nets and padding are prone to wear and tear like tires on a car. Gradual deterioration of the material will occur; the speed of which will depend on the level of exposure to UV rays, airborne pollution and outdoor weather conditions such as rain and wind.

The net and padding needs to be properly maintained and checked by following the Maintenance Schedule set out in these instructions.

When the material shows any signs of weakness, you must stop using the trampoline immediately, properly store the trampoline and restrict access by users until a new replacement net or padding is properly installed.

## **2. Maintenance Requirement for Enclosure Net**

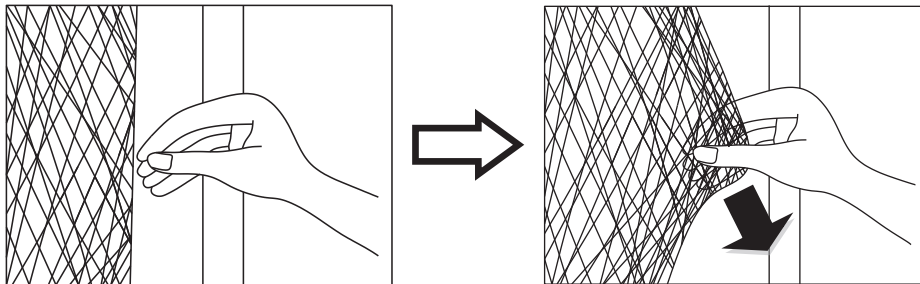
Your trampoline enclosure netting is manufactured with UV resistant material. Despite this the netting is exposed to the outdoor elements including sunlight, wind, rain and wildlife. The net surrounding the trampoline must be checked prior to each use. This includes, but is not limited to inspecting the net for cracks, excess wear, brittleness, and stretching. Also inspect all connections and the entire enclosure for overall integrity. The net must be immediately replaced if it shows any signs of wear, damage, stretching, cracking, looseness, brittleness or other losses in integrity.

**IT IS RECOMMENDED THAT THE NET BE REPLACED ON A YEARLY BASIS UNDER NORMAL USE, EVEN IF IT DOES NOT SHOW ANY VISIBLE SIGNS OF DAMAGE.**

### How to Inspect the Trampoline Net for Proper Use

Always check the enclosure netting for signs of UV damage, deterioration, brittleness, cracking, and tearing every time before using the trampoline and enclosure.

Step 1 - Inspect the enclosure netting before EACH use for wear or tear by pinching and pulling a section of the netting between fingers and pulling downward. Please see diagram below.



If it produces any tear or cracking or ripping sound, then the net is unsafe and MUST be taken down immediately. STOP USING THE TRAMPOLINE ENCLOSURE IF YOU FIND ANY SIGNS OF WEAR OR TEARING ON THE NETTING.









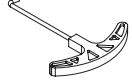


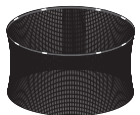


Step 2 - Walk around the whole perimeter of the trampoline to visually check for material deterioration or other damage.

### 3. Maintenance Requirement for Trampoline Pad


Walk around the whole perimeter of the trampoline to visually check for material deterioration, tears, looseness, loss of elasticity or other damage in the pad.


*Note: We recommend wearing gloves when installing trampoline because the pipe maybe exist some rust-proof oil.*

## Trampoline Parts List


1		Jumping Mat 1x	2		Spring Pad 1x
3		Top frame 10ft 12ft 8x 14ft 12x	4		T Section 10ft 12ft 8x 14ft 12x
5		Vertical tube 10ft 12ft 8x 14ft 12x	6		Manual 1x
7		W leg 10ft 12ft 4x 14ft 6x	8		Spring 10ft 56x 12ft 72x 14ft 84x
9		Spring tool 1x	10		Upper pole 10ft 12ft 8x 14ft 6x <b>(1x for Basketball)</b>
11		Bottom pole 10ft 12ft 8x 14ft 6x <b>(1x for Basketball)</b>	12		Enclosure 1x
13		M6x75mm Hex Bolt 10ft 12ft 16x 14ft 12x	14		M6x45mm Hex Bolt 14ft 6x

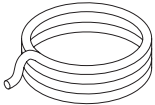
15  Nut  
10ft 12ft 16x  
14ft 18x

16  Washer  
10ft 12ft 16x  
14ft 18x


17  Plastic spacer  
10ft 12ft 16x  
14ft 12x

18  Ball cap  
10ft 12ft 8x  
14ft 6x


19  Self-Locking  
Screw for Ball cap  
10ft 12ft 8x  
14ft 6x


20  Rope  
10ft 6x  
12ft 7x  
14ft 8x

21  Flat Steel  
10ft 8x  
12ft 10x  
14ft 11x

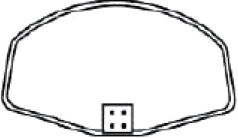
22  Socket for Flat  
Steel  
10ft 8x  
12ft 10x  
14ft 11x


23  Bolt Set for  
Flat Steel  
10ft 16x  
12ft 20x  
14ft 22x

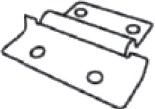
24  Wrench  
1x


25  Spanner  
1x

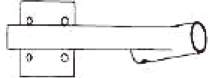
### Basketboard Parts List

A  x1

B  x1

C  x1


D  x1

E  x1

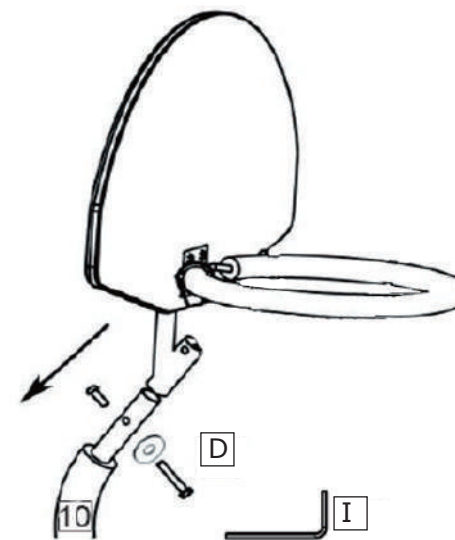
F  x4

G  x4

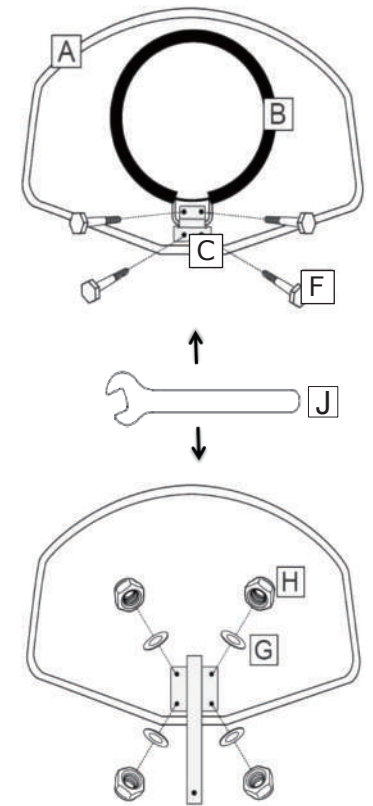
H  x4

I  x2

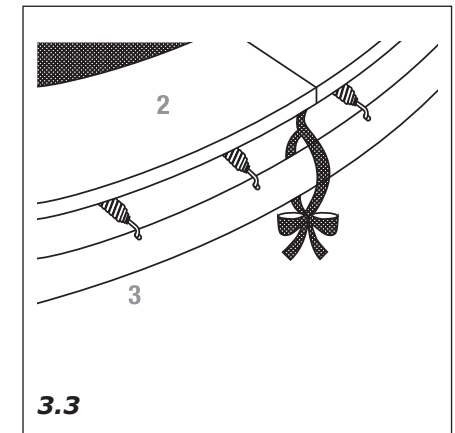
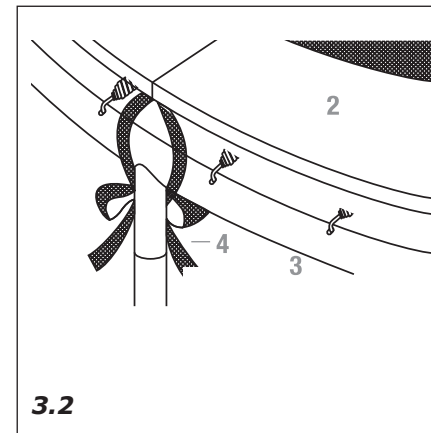
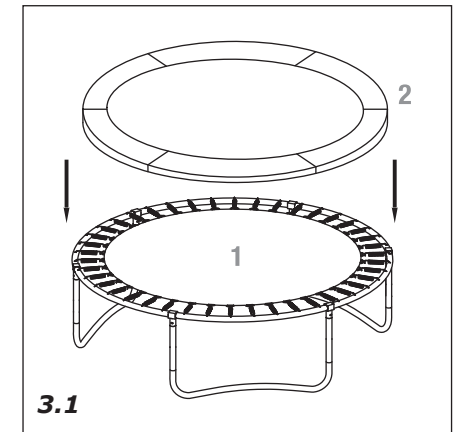
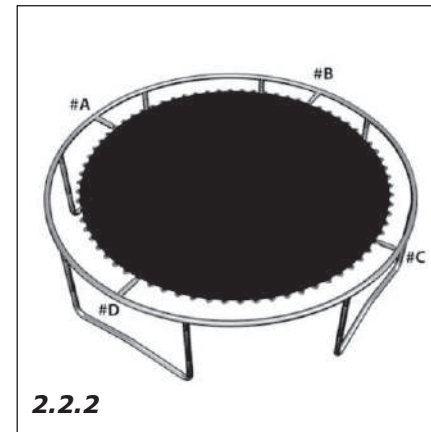
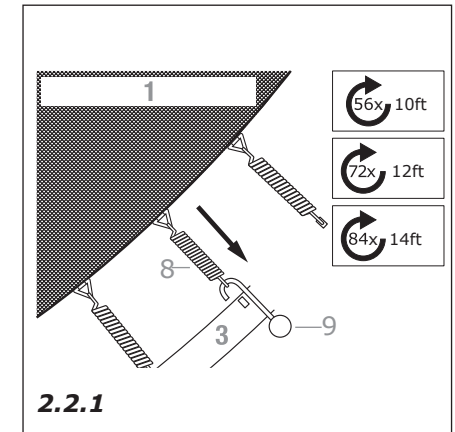
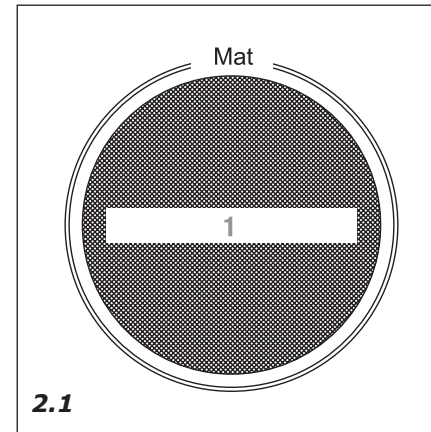
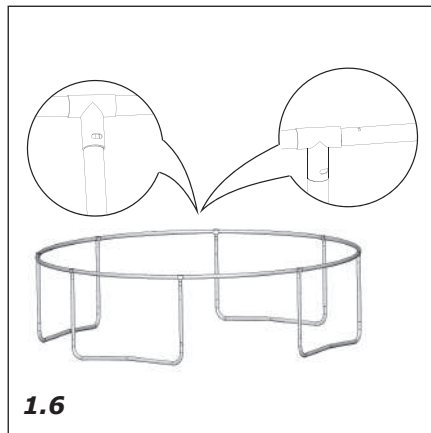
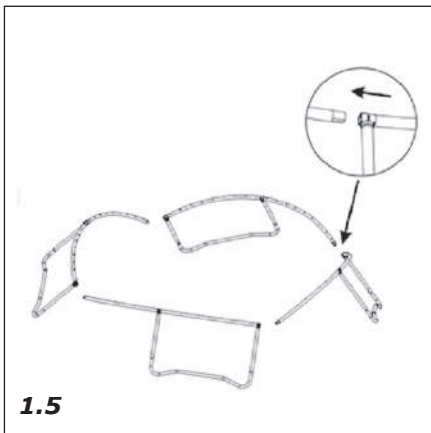
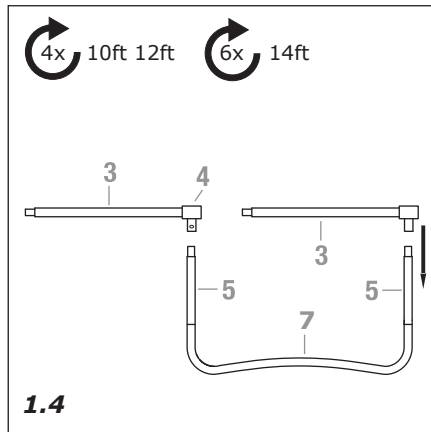
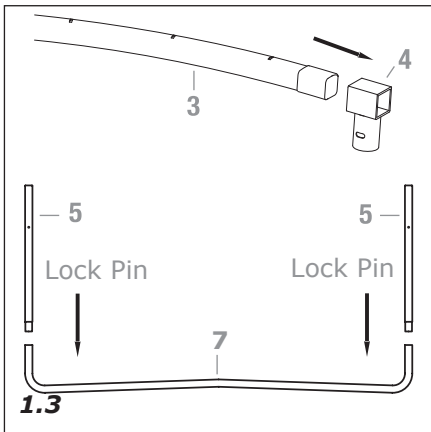
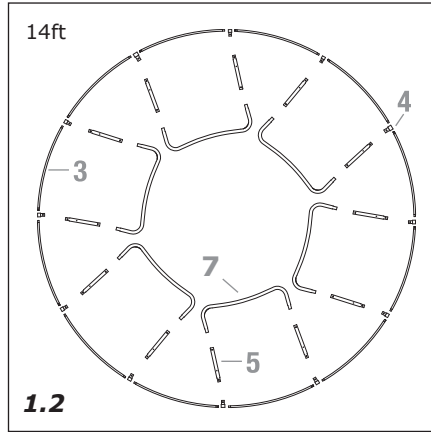
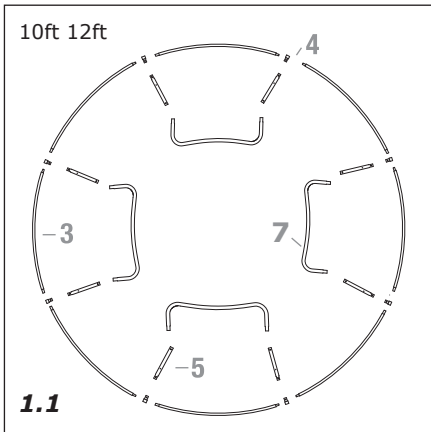
J  x2

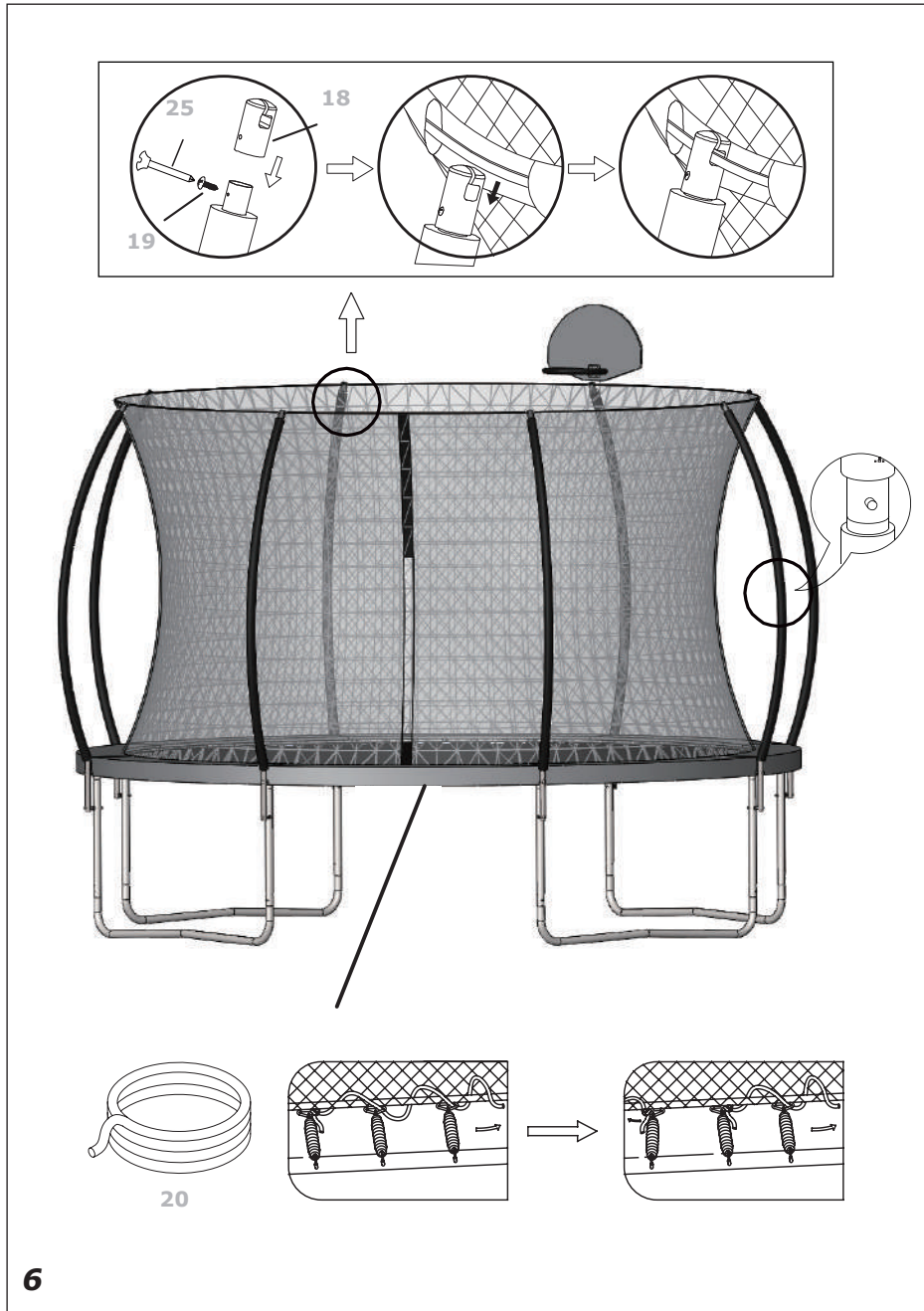
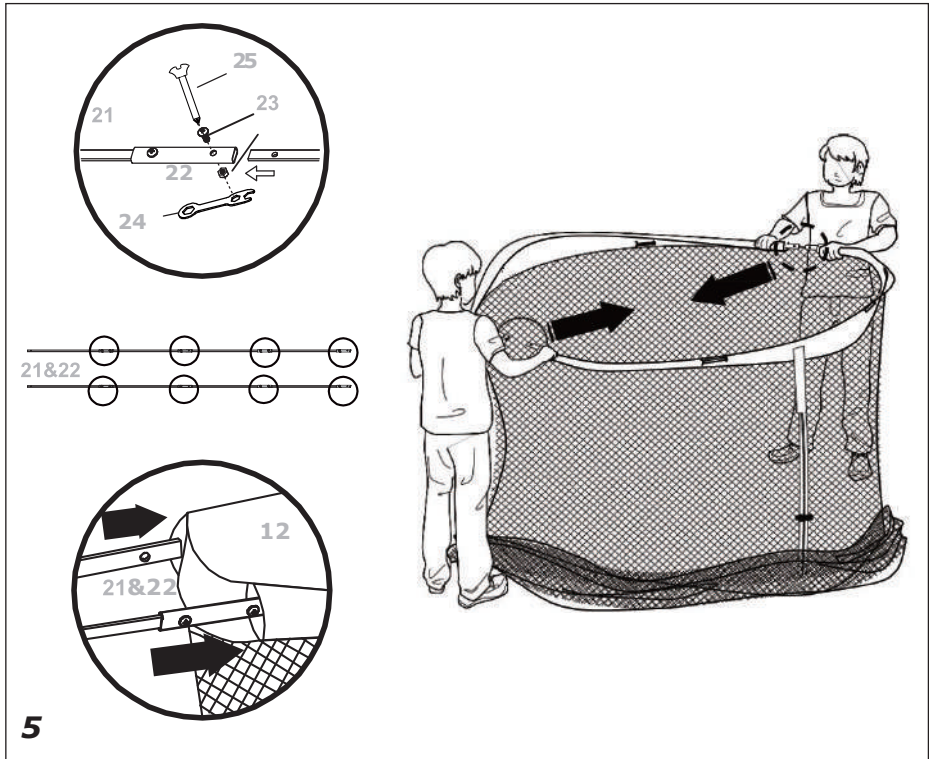
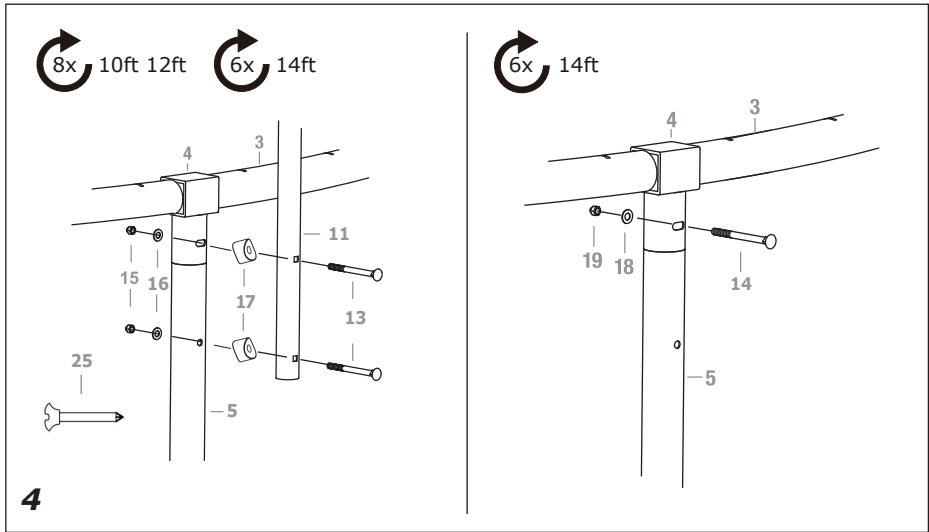


#10 for Basketboard







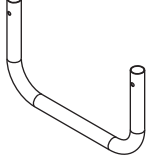








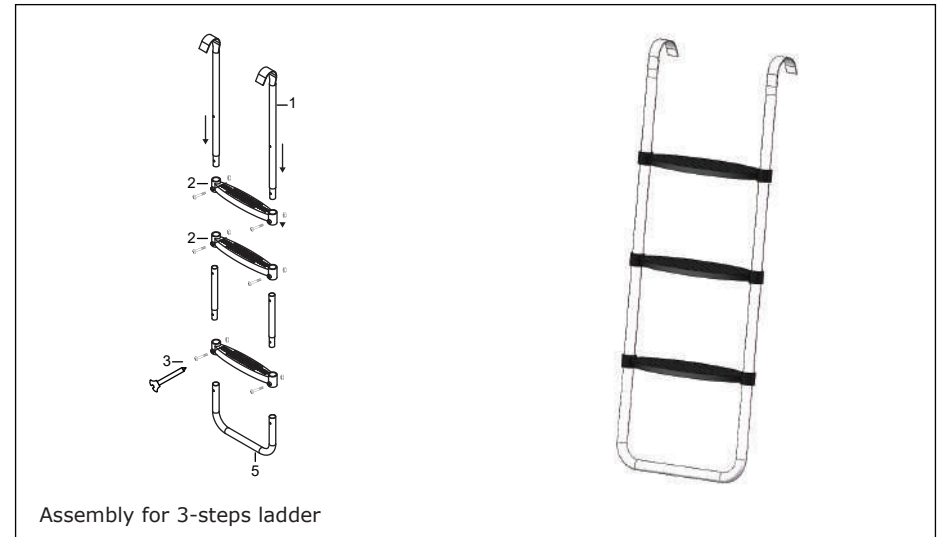
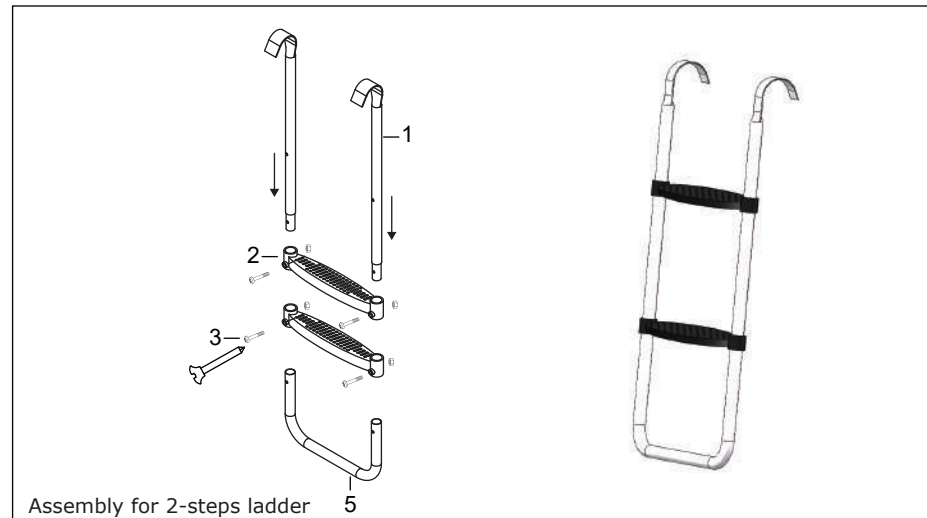
## Trampoline Ladder Part List

Ref No.	Picture	Description	Quantity / pc(s)
1		Frame poles	2
2		Plastic step board	2/3
3		Screw set	4/6
4		Connecting tube	2
5		U Shaped Tube	1


### Trampoline Ladder Assembly

STEP 1. Arrange the parts according to the diagram shown. Slide the step boards into the poles. Ensure that hooks are on the same sides as the nuts.

STEP 2. Position the steps over the pole holes, then secure with bolts.



## ASSEMBLY AND INSTALLATION INSTRUCTIONS

 Review all steps before assembly and read all precautions before using this product. Failure to do so can result in serious injury or death.

During periods of non-use, this trampoline and trampoline enclosure can be easily disassembled and stored by reversing the order of installation.

### WARNING

- At least two people are required to assemble the trampoline and trampoline enclosure.
- Protective gloves must be used during assembly to avoid injuries during installation.
- Protective goggles must be worn to avoid injuries to the eyes.

### WARNING

For appropriate use of the trampoline, please assemble the trampoline in a location that meets the following conditions:

- Adequate overhead clearance is needed. A minimum of 26.25 ft (8 meters) from ground level is recommended. Provide clearance for wires, tree limbs and other possible hazards.
- ALWAYS ensure the trampoline is on level ground with a minimum of 6.6 ft (2 meters) clear space from any structure or obstruction such as fence, garage, house, overhanging branches, laundry lines or electrical wires.
- Place the trampoline on a flat and level surface before use.
- Do not install this trampoline on hard surfaces. Suitable surfaces include grass or sand.
- Use the trampoline in a well-lit area. Artificial illumination may be required for shady areas.
- The trampoline should be installed in an area where access can be restricted from unsupervised use.
- Ensure there is nothing beneath the trampoline that could cause injury or obstruct movement of jump mat.
- The trampoline enclosure is only to be used as an enclosure for a trampoline of a size for which the enclosure is designed.
- The owner and supervisors of the trampoline are responsible to make all users aware of practices specified in the use instructions section.
- 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.

If you do not follow these guidelines, you increase the risk of injury or death.

### **PRIOR TO ASSEMBLING**

Before assembly, please ensure that you have all the parts required to assemble the product. If you are missing any parts, please contact our customer service.

## **NOTICE**

Please do not use irrelevant parts to assemble the trampoline. This may damage the integrity of the product.

- DO NOT use electric power tools to tighten or loosen bolts and screws as this can damage the hardware.
- All nuts and bolts must be checked for tightness and if necessary must be retightened.
- All spring-loaded (pit pin) joints must be checked to see that they are still intact and cannot become dislodged during play.
- Check all coverings for bolts and sharp edges and replace them if necessary.
- If self-locking nuts are used, it should be noted that these are only suitable for one assembly and must therefore be replaced.

## **IMPORTANT**

Once you have finished the assembly of the trampoline, go back over all of the nuts and bolts and properly tighten all of them before using.

Read this entire manual and make sure all jumpers completely understand all of the safety rules printed in the manual and on the various warning signs. Instruct all jumpers in the basic bounces described in the manual.

**CARE AND MAINTENANCE AND USE INSTRUCTIONS MUST BE READ CAREFULLY BEFORE USING THE TRAMPOLINE. ADULT SUPERVISION IS REQUIRED AT ALL TIMES.**

### **Disassembly of the Trampoline and Enclosure**

If you need to disassemble the trampoline, please follow the assembly instructions in reverse and take special care to retain all parts. Retain the original packaging for transport purposes.

### **Moving the Trampoline and Enclosure**

To move the trampoline, it is recommended for the trampoline to be disassembled and then reassembled in the new location. However, if you need to move the trampoline a short distance for any reason, you must use

duct tape or heavy industry tape to tape all leg joints together. To move the trampoline requires two or more people to lift the trampoline from contact with the ground. Do not drag the trampoline along the ground. The trampoline must be kept steady and horizontal to the ground during the move. Failure to follow these instructions may result in the leg support coming loose which may cause serious injury or death.

## **⚠️WARNING**

**DO NOT USE THE TRAMPOLINE WHEN THE ENCLOSURE IS REMOVED.**

Do not make changes or add attachments to the trampoline. The user must carry out changes to the trampoline (e.g. the addition of an attachment) according to the instructions of the manufacturer, particularly those attachments which include instructions on their assembly, necessary measurements and the correct fastening (e.g. enclosures, climbing assistance).

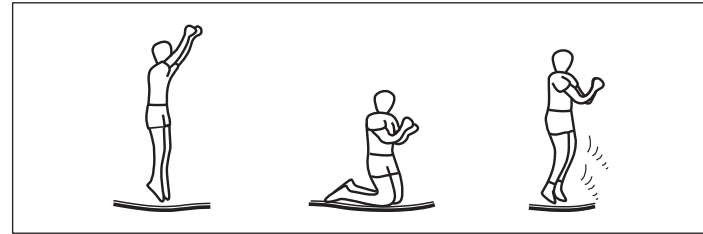
# BASIC TRAMPOLINE BOUNCES

## THE BASIC BOUNCE

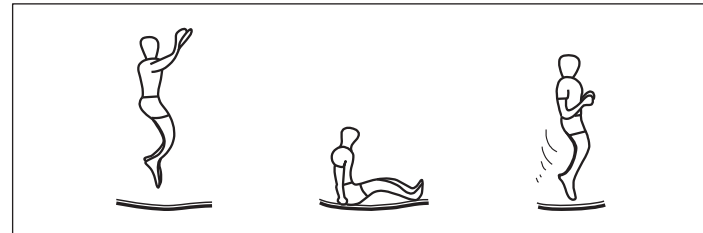


1. Start from the standing position, with your feet having shoulder width apart and with head up and eyes on mat
2. Swing arms forward and up in a circular motion
3. Bring feet together while in mid-air and point toes downwards.

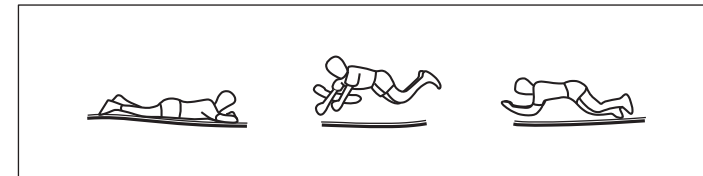
4. Keep the feet shoulder width apart when landing on mat



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



1. Land in a flat sitting position
2. Place hands on mat besides hips, but do not lock your elbow
3. Return to erect position by pushing with hands



1. Start with the 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 while keeping your back parallel to the mat and your head up
4. Land in the Prone position and return to standing position