



TRAMPOLINE

USER MANUAL



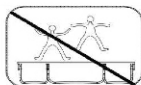
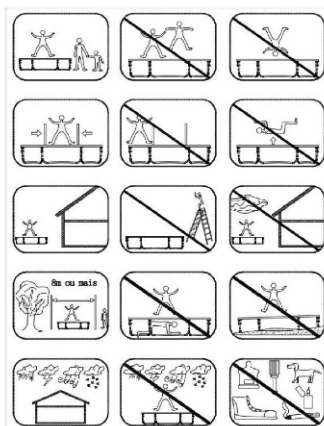
Max Weight: 150KGS

INTRODUCTION

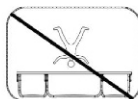
Before you begin to use this trampoline, you must read all the information in this manual. Just like any other type of physical recreational activities, Participants can be injured. To reduce the risk of injury is sure to follow the appropriate safety rules and tips.

- > Misuse and abuse of this trampoline is dangerous and can cause serious injury!
- > Trampolines are rebounding devices which propel the performer to unaccustomed heights through a variety of movements. So always use caution when playing on a trampoline.
- > Always inspect the trampoline before each use.
- > 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.

Initially, you should get accustomed to the feel and bounce of the trampoline. The focus must be on your body position and you should practice each fundamental bounce until you can do each skill with bounce before moving on to more difficult and advanced bounces. Do not bounce recklessly on the trampoline, emphasis must be made on good control and the mastering of various bounce techniques



No more than one person is allowed on the trampoline! Multiple jumpers increase the risk of injury resulting from mid-air collisions.



Do not perform somersaults (flips) as this will increase the chances of landing on your head or neck. Paralysis or even death can result

TRAMPOLINE GUIDELINES

1. GENERAL INSTRUCTIONS

1.1 PURPOSE

- > The product is intended for home/domestic use only and is not suitable for professional or medical uses.
- > The maximum weight is 150kg ,except 6FT 100 KGS. Overloading the trampoline above the recommended user weight will cause damage to the trampoline which is not covered by the warranty.

1.2 DANGER FOR CHILDREN

- > Do not let unsupervised children near this product. Carry out the necessary safety precautions and supervise all trampoline activities. Be aware that the packaging material is not suitable for children. There is a danger of suffocation!
- > Trampolines over 51cm (20inches) in height are not recommended for children, under 6 years of age. Children do not recognize potential dangers from this product. Keep children away from this product, it is not a toy. The product has to be stored out of reach of children and pets.

1.3 ATTENTION - PRODUCT DAMAGES

- > Do not alter the product. Only use original spare parts. Repairs should only be carried out by qualified technicians. Improper repairs can compromise the safety of your trampoline. Use this product only as described in this manual
- > Protect the product against humidity and high temperatures.

1.4 ADVICE FOR THE ASSEMBLY

- > The assembly of the product must be done carefully by at least two able-bodied adults. If in any doubt, ask a technically qualified person.
- > Before you start assembling the trampoline, read all the instructions in this manual.
- > Remove all packaging materials and lay down all parts on a free space. This gives you an overview and simplifies the assembly procedure.
- > Check with the parts list that no parts are missing. Dispose of the packaging material when the assembly is completed
- > Beware that when using tools or doing technical work, there is always a risk of injury. Therefore assemble the product carefully.
- > Create a danger free environment, for example: do not let tools lie around the workspace.
- > Store the packaging material in a way that cannot cause any danger. Foils and plastic bags are dangerous for children (danger of suffocation)!
- > After installing the product according to the instruction manual, please make sure that all screws, bolts and nuts are correctly installed and tightened and that all joints are tightly fixed.

> A clearance space of at least 7.3m is necessary above the trampoline. An appropriated clearance must be kept between the trampoline and possible sources of danger, such as electric cables, tree branched, playing devices, swimming pools and fences.

> The trampoline must be set up properly before use.

> Never set up the trampoline in rainy, windy or stormy conditions, especially lighting conditions. It is recommended that the trampoline be taken apart and stored in bad weather.

> The metal frame of the trampoline will conduct electricity. Lightning, extension cords and all electrical equipment must never be allowed to come in contact with the trampoline.

> The trampoline must always be used in a well-lit area.

> Do not place any objects under the trampoline.

> The trampoline in the vicinity of other leisure devices and constructions must not be used.

> When assembling or disassembling, please use gloves to protect your hands.

1.5 ADDITIONAL TIPS

> For additional stability you can place sand bags on the trampoline legs. This will prevent the trampoline from tipping over in the event of any sideward's force.

> Do not use during pregnancy.

> Do not use when suffering from high blood pressure.

> Jump with bare feet. Do not wear shoe, this will damage the jumping mat which is not covered by the warranty.

> No smoking.

> Do not put cigarettes, Pets, sharp objects, or any other foreign objects, or any other foreign objects on the trampolines.

> Do not use the trampoline whilst under the influence of alcohol or drugs.

> Do not sit or lean on cover pads as it needs to be feeble so it can move with the jumping mat. Please do not allow small children to pull themselves up the trampoline by using the cover pads. Tears in stitching caused by obstructing frame pads are not covered by warranty.

> Place trampoline on level ground. Preferably on grass. Locating the trampoline on hard surface will add stress to the frame and overtime cause damage which is not covered by the warranty. Placing the trampoline on an uneven surface may result in the trampoline tipping over.

> Do not expose the trampoline to direct contact with open flames.

> Secure the trampoline against unauthorized use.

> Do not use if trampoline is wet.

> Trampoline should be tied down with anchors during windy conditions or dismounted and stored away.

WARNING

1. Max. 150kgs except 6FT 100 kgs.
2. Adult supervision required.
3. Read the instruction carefully.
4. Always close the net opening before jumping.
5. The net should be replaced every year.
6. For outdoor use only.
7. Please ensure that the safety enclosure net zipper is 100% closed and all three entrance hooks are re-hooked before jumping.
8. Do not intentionally jump into the safety net, It is only designed to stop persons from falling off the trampoline. Intentional jumping into the safety net may cause the trampoline to top over; or may damage your net. Abuse of the safety net is considered negligent use which is not covered by the warranty, please refer to the disclaimer.

2. SAFETY INSTRUCTIONS FOR TRAMPOLINES

- > All users of the trampoline need a supervisor. Regardless of the age and the experience of the user.
- > The safety instructions of the trampoline should always be considered and obeyed.
- > Somersaults must be avoided. Incorrect landings on the trampoline can lead to injuries, particularly to the back, neck or head. Injured may include paralysis. Or even death.
- > Only one person should use the trampoline at a time. Multiple users on the trampoline will increase the risk of collision.
- > The trampoline has to be examined for damaged, wearing or defective part before each usage, as it can impair the overall safety of the trampoline. The damaged, wearing or defective parts should be replaced immediately. In the meantime the trampoline must be restricted from access.
- > No clothes with hooks or parts may be carried when jumping on the trampoline, in order to avoid hooks getting caught.
- > The trampoline must be set up only on a flat ground and non-slippery surfaces.
- > Strong wind can blow the trampoline away. If strong winds are predicted, The trampoline must be moved to a protected place, and taken apart. Or fastened to the ground with cords and herrings. At least three anchorages are necessary. It is not enough to anchor the pennants in the ground since they can tear out of the patch cords.
- > Try to avoid the moving the assembled trampoline, because it could bend during transportation. Should it be necessary to move the trampoline, please consider the following: at least four people must be evenly spaced around the frame to lift the trampoline off the ground. The trampoline must be carried horizontally, and if the frame shifts position use four people to draw the trampoline in shape.
- > Trampoline are jumping devices, enabling the user to jump to unusual heights as well as into a multiplicity of body movements. Jumping into the trampoline. Hitting the frame, cover pads or incorrect landing on the trampoline can lead to injury.
- > Users should be familiar with the user manual. This manual contains assembly instructions. Selected precautionary measures as well as recommendations for servicing and maintenance of the trampoline, in order to ensure a secured and fun use of the trampoline.
- > It is the responsibility of the owner of the supervisor to guarantee that all users of the trampolines are informed sufficient space around it as a safety precaution.
- > Never use it near water and keep sufficient space around it as a safety precaution.
- > Beware of moving parts, which could catch your arms and legs.
- > Do not stick any foreign objects in to the trampoline.
- > Do not allow anyone or any object to go under the trampoline while someone is jumping on the mat. The jumping mat is flexible and downwards force create by someone jumping can cause serious injury to a person.
- > Implement all safety rules and make you familiar with the information in the user manual.
- > The trampoline can be only used when the jumping mat is clean and dry. Worn or damaged jumping mat should immediately be replaced.
- > Object, which could be dangerous to the user, should be vacated from the area
- > Avoid unauthorized and unsupervised use of the trampoline.
- > Do not use the trampoline under influence of alcohol or drugs (incl medicines)
- > Learn the fundamental jumping techniques thoroughly, before trying difficult jumps. For more information, see section-fundamental bounce techniques.
- > Climb on the trampoline. Do not jump on it directly. Do not use the trampoline as jump board for other articles. For more information, see section-accident categories: mounting and dismounting
- > For further information or exercise documents, you can turn to a trained trampoline teacher.

TRAMPOLINE PARTS LIST

ITEM	Photo	Part	6FT	8FT	10FT	12FT	14FT	16FT
A		Springs Cover	1	1	1	1	1	1
B		Jumping Mat	1	1	1	1	1	1
C		T connector	6	6	6	8	8	12
D		Top Rail	6	6	6	8	8	12
E		Spring	36	48	54	72	80	108
F		Leg Extension	6	6	6	8	8	12
G		Leg	3	3	3	4	4	6
H		Spring tool	1	1	1	1	1	1
I		Fork Screw	12	12	12	18	18	24
J		Safety Net	1	1	1	1	1	1
K		Upper pole tube	6	6	6	8	8	12
L		Bottom pole tube	6	6	6	8	8	12
M		Screw Driver+spanner	1	1	1	1	1	1
N		Screw	12	12	12	16	16	24
O		Plastic Cap	6	6	6	8	8	12
P		Nylon rope	1	1	1	1	1	1

TRAMPOLINE ASSEMBLY

Refer to PARTS LIST for identification of parts.

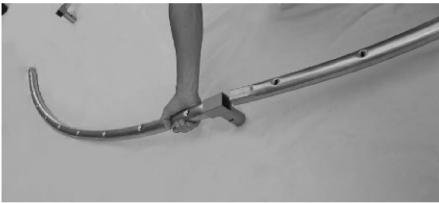
WARNING: Two adults in good physical condition are required for the following assembly. For your safety, you should wear proper shoes and clothing. Failure to follow these instructions and warnings may result in injury.

NOTE: Picture may vary slightly with different trampoline models

Step 1: Connect metal T-Connector with (#C) to each Curved Main Frame Pole (#D).



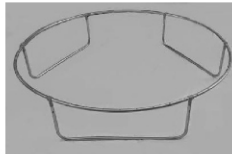
Step 2: Connect all 6 Curved Main Frame Pole (#D) in a large circle. Joining the last link may require 2 people. The second person should hold the opposite side while you bring both ends of the circle together. (Tips: If there is only 1 person to assemble the trampoline, the opposite side may require solid object to against like wall to prevent moving while assembly.)



Step 3: Attach a connection tube (#F) to a U shape Metal Base (#G). Repeat for all the leg supports. (Tips: Use the screw to fix)



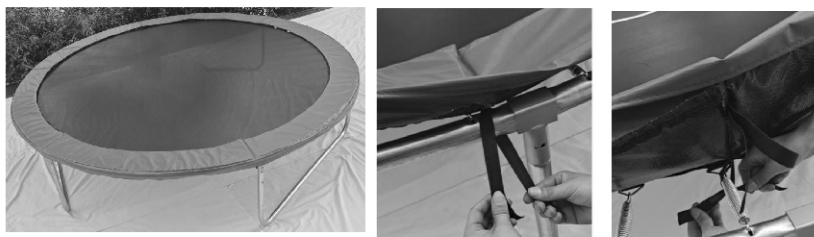
Step 4: Connect assembled 3 legs from the step 3 to the assembled Curved Main Frame Pole (#D) from the step 2. (Tips: The way of fixing screws, please refer to the step 7)



Step 5: With Stitching portion facing down, lay jumping mat (#B) inside frame and attach a spring (#E) into one of the triangle rings on the mat. Then attach the other end of the spring (#E) to the hole of the frame by hands. Repeat this directly across from where you attach the first spring, then attach two more springs half distance between the first two springs directly across from each other. This is to ensure equal tension is distributed between the springs. (*Tip: When you notice the springs are difficult to attach on the frame, you can use the spring tool (#H) for helping.*)



Step 6: Lay the spring cover (#A) on the outer edge so the springs are covered. Tie the inside elastic belt on triangle rings and outside one on frame.



Step 7: Use the spanner (#M) to secure the screw and fork screw to fix Bottom Poles(#L). Repeat it for the rest bottom pole.



Step 8: Put the upper poles(#K) to connect with bottom ones lock by screw.



Step 9: Start installing the Safety Net (J) to the poles by connect the net and poles by link plastic cap(#O) locked with buckles.



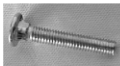
Step 10: Place the net on trampoline on the inner side of the fitted poles. The zipper must be at the bottom and point outwards. Use the Nylon rope (#P) to tie by going through the holes of the Safety net (#J) and triangle rings of the jump mat.



Step 11: . Important warning! After assembling the trampoline, it is important that you perform the following safety checks:

- Ensure all screws and bolts are tightly secured.
- Look under the trampoline and check all springs are hooked securely to the frame and jumping mat rings.
- Inspect the spring cover and check it is covering the springs and frame and that it is tied securely

Step 12:Ladder Parts List ,it depends on whether you ordered with ladder,if no ladder pls ignore following step.

Ref	Description	Photo	6FT	8FT	10FT	12FT	14FT	16FT
1	Cane Shaped Frame Tube		2	2	2	2	2	2
2	Foot Tread Tube		2	2	2	2	3	3
3	Screws		4	4	4	4	6	6
4	Cap Nut		4	4	4	4	6	6
5	Arc Washer		4	4	4	4	6	6
6	Wrench		1	1	1	1	1	1

Important

Use the above parts list to make sure all parts are present before assembling the ladder.

Do not attempt to assemble the ladder if any parts are missing or damaged.

If any parts are missing or damaged please contact after-sale service.

Before you start to assemble...

- Please read the instructions carefully.
- Please dispose of all polyethylene packing material properly and keep it away from children.
- When you are ready to start, make sure you have the right tools in hand.
- Retain this Assembly Instructions for future use.

ASSEMBLY INSTRUCTION

STEP

Attach Can Shaped Frame Tubes (#1) and Foot Tread Tube (#2) with screws (#3), Arc Washer (#5), Cap Nut(#4), Tighten with Wrench (#6).



Assembly finished. Shown as below:



TESTING THE TRAMPOLINE

After assembling the trampoline, it is important that you perform the following safety checks:

Trampoline Safety Checks:

- > Using a screw driver, check if all the screws are tightly secured.
- > Look underneath the trampoline and check all the springs are hooked securely to the frame and triangle rings.
- > Move the trampoline around and check the sturdiness of the frame.
- > Using your two hands, put your body weight on one section of the trampoline and release to check that the floor is even.
- > Inspect the cover pads and check if they completely cover the springs and frame.
- > Make sure the strings of the pads are tied securely.

Enclosure Net Safety Checks:

- > Hold onto pole net jacked and check that all the enclosure poles are sturdy by shaking it.
- > Check the enclosure net and pie jacket for any tearing in the stitching or material.
- > Check the enclosure net zipper and entrance hooks function properly.
- > Check to see if all safety enclosure hooks are attached to the triangle ring underneath the trampoline.

Once all the checks are performed and the trampolines have passed all the initial test (above), your trampoline have one person test the trampoline by jumping on the center continuously for 5 minutes. If the trampoline feels sturdy then your trampoline passes the test. Congratulations, you have completed the trampoline assembly! Remember to abide by all the safety rules. Have fun, play safe...

FUNDAMENTAL BOUNCES TECHNIQUES

All trampoline users are recommended to understand and perfect these fundamental bounces.

THE BASIC BOUNCE

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



THE BRAKING MANOEUVRE

- > Occasionally they may lose control of their jump and bounce wildly.
- > Performing the braking maneuver will allow the user to regain control of the jump and their balance.
- > Start with a basic bounce.
- > As you land, bend your knees sharply and this will allow you to stop your jump.



THE HANDS AND KNEES BOUNCE

- > Start with a low controlled basic bounce.

Land on your hands and knees keeping your back straight.

Emphasis should be directed at a good four-point landing. And not on jumping height.



KNEE BOUNCE

- > Start with a low controlled basic bounce.
- > Land on your knees keeping back straight, body erect and use your arms to maintain balance.
- > Bounce back to the basic bounce position by swing your arms up.



SEAT BOUNCE

- > Land in a flat sitting position.
- > Please hands on mat beside your hips.
- > Return to erect by pushing with your hands.



RETURN / DAMAGE CLAIM INSTRUCTIONS

1. **DO NOT** discard of the box / original packaging.

In case a return is required, the item must be returned in original box. Without this your return will not be accepted.

2. Take a photo of the box markings.

A photo of the markings (text) on the box is required in case a part is needed for replacement. This helps our staff identify your product number to ensure you receive the correct parts.

3. Take a photo / Video of Damage (if applicable).

A photo /Video of the damage is always required to file a claim and get your replacement or refund processed quickly. Please make sure you have the box even if it is damaged.

4. Send us an email with the images requested.

Email us directly with the attached images, order number (SOXXXX) and a description of your claim.

Auckland / Waikato / BOP Branch: sales@tsbliving.co.nz

Christchurch Branch: customersupport@tsbliving.co.nz

Wellington Branch: wellington@tsbliving.co.nz