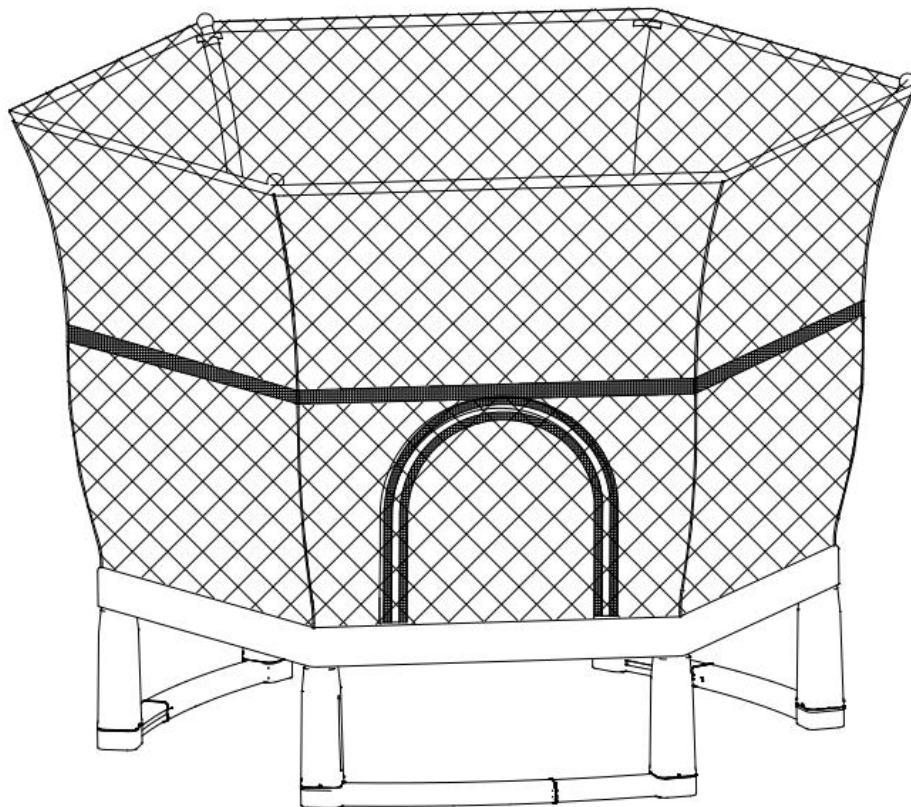


**6FT
TRAMPOLINES
USER MANUAL**



ENGLISH

Trampolines are great fun when used correctly. Most injuries are caused during the use of the trampoline, not because of their construction.

Read these instructions and warnings carefully and ensure you follow them at all times. Follow all assembly and maintenance instructions closely to ensure the equipment is safe to use and lasts as long as possible.

WARNING - GENERAL

ADULT ASSEMBLY REQUIRED.

Read all instructions before using the trampoline. Warnings and instructions for the care, maintenance, and use of this trampoline are included to promote safe, enjoyable use of this equipment.

- This trampoline is only suitable for domestic indoor use.
- The trampoline is not intended to be buried in the ground.
- Adult supervision required. Do not leave children unattended.
- Limit one child at a time.
- The trampoline is designed for installation on flat surfaces with at least 2m clear space around the trampoline. Place the trampoline away from all objects such as walls, fences, structures, furniture and other objects.
- Do not place on a hard surface (i.e. concrete or asphalt) serious injury may occur.
- Ensure there is 3m (9.8 ft) of clear area above the trampoline as measured from the trampoline surface. This area should be free of objects such as wires, ceiling fans, branches, and other possible hazards.
- Ensure area under the bouncing surface is free of objects.
- Inspect the trampoline before each use. Make sure the frame padding is correctly and securely positioned. Replace any worn, defective, or missing parts.
- The safety net should be replaced every 2 years.

WARNING - USAGE

- Do not attempt stunts including somersaults, serious injury may occur if stunts are attempted on this trampoline. Landing on the head or neck can cause serious injury, paralysis or death, even when landing in the middle of the bed.
- Children and unpracticed users must always jump under supervision by an experienced person, it is strongly recommended to use spotters at all times.
- Do not allow more than one person on the trampoline. Use by more than one person at the same time can result in serious injury.
- Use trampoline only with mature, knowledgeable supervision.
- Remove glasses, watches, jewelry and chains, ornaments, clasps and other sharp objects. Empty your pockets before starting to jump.
- Do not use the trampoline in the dark.
- Do not put any objects or toys on the trampoline.
- Do not use when wet.
- Jumpers must wear socks, gymnastic shoes, or be barefoot when using the trampoline. Please be aware that

street shoes or tennis shoes should NOT be worn while using the trampoline.

- Jumpers should remove all sharp objects from their person prior to using the trampoline. Any type of sharp or pointed objects should be kept off the trampoline mat at all times.
- To break 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.
- Misuse and abuse of this trampoline is dangerous and can cause serious injury! Trampolines being a rebounding device, propel the performer to unaccustomed heights and into a variety of body movements.
- Always inspect the trampoline before each use for worn-out mat, loose or missing parts.
- Climbing on and off the trampoline: it is a dangerous practice to jump from the trampoline to the floor or ground when dismounting, or to jump onto the trampoline when mounting. Do not use the trampoline as a springboard to other objects.
- Avoid bouncing too high. Stay low until bounce control and repeated landing in the center of the trampoline can be accomplished. Control is more important than height.
- While keeping the head erect, focus eyes on the trampoline toward the perimeter. This will help control bounce.
- Keep objects away which could interfere with the performer. Maintain a clear area around the trampoline.
- Bounce only when the surface of the bed is dry. Wind or air movement should be calm and gentle. The trampoline must not be used in gusty or severe winds.
- Bounce in the center of the bed.
- Secure the trampoline against unauthorized use.
- Limit the time of continuous usage (make regular stops).
- Modifications made by the consumer to the original trampoline(e.g. the adding of an accessory) shall be carried out according to the instructions of the manufacturer.

Care, maintenance and use instructions MUST be read carefully before using the trampoline!

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:

- Please make sure that only one person at any one time uses the trampoline.
- In order to prevent the trampoline mat from getting cut or damaged please do not allow any pets onto the mat.
- 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 of:

- Punctures, holes, or tears in the trampoline mat.
- Sagging trampoline mat.
- Loose stitching or any kind of deterioration of the mat.
- Bent or broken frame parts, such as legs, or poles.
- Damaged, missing, or insecurely attached frame pad.
- Protrusions of any types (especially sharp) on the frame, springs, or mat.

IF YOU FIND ANY OF THE PREVIOUS CONDITIONS, OR ANYTHING ELSE THAT YOU FEEL COULD CAUSE HARM TO ANY USER, THE TRAMPOLINE SHOULD BE DISASSEMBLED OR SECURED FROM USE UNTIL THE CONDITION(S) HAS BEEN RESOLVED.



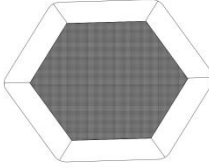





Carry out checks and maintenance of the main parts (frame, suspension system, bed,pads and enclosure) at regular intervals. If these checks are not carried out the trampoline could become dangerous.


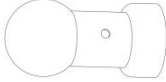




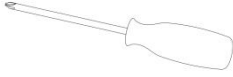
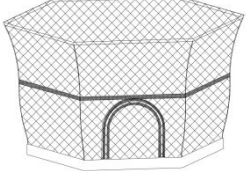
It is of particular importance that these be followed at the beginning of each season, as well as at regular intervals

during the usage season.

- Check all nuts and bolts for tightness and tighten when required.
- Check all coverings for bolts and sharp edges and replace when required.
- Check for evidence of wear or deterioration and replace if needed in accordance with these instructions.

PART LIST

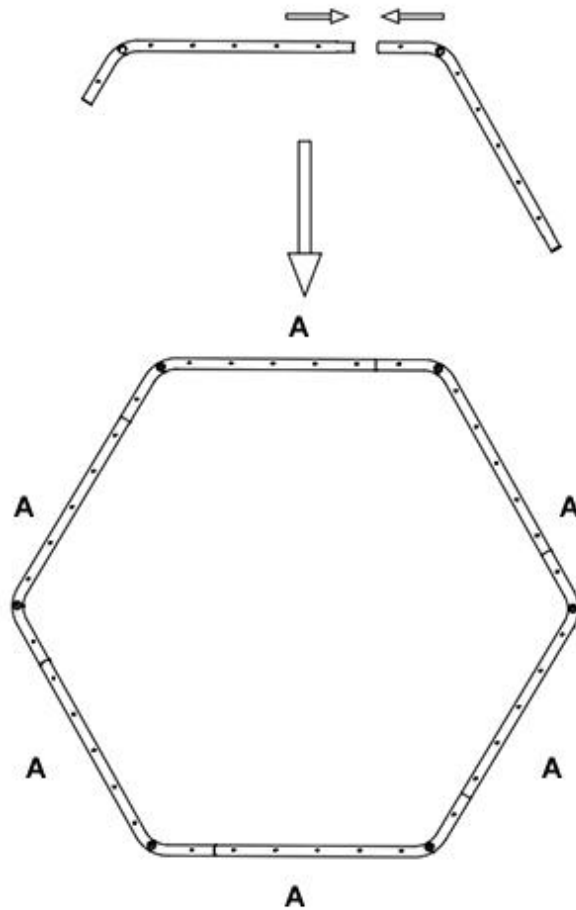
	Name	Pic	Qty
A	Frame Tube		x 6
B	Plastic Vertical Leg Extension		x 6
C	Jump Mat with Pad		x 1
D	Plastic Leg Base		x 3
E	Vertical Leg Extension		x 6
F	Upper Enclosure Pole		x 6
G	Spring Hook		x 1
H	Springs		x 36

	Name	Pic	Qty
I	Plug		x 6
J	Plastic Cap		x 6
K	Lower Enclosure Pole		x 6
L	EPE Foam		x 12
M	Screw		x 6
N	Lock Nut		x 6
O	Screw Driver		x 1
P	Enclosure Net		x 1

TRAMPOLINE ASSEMBLY INSTRUCTIONS

Step 1

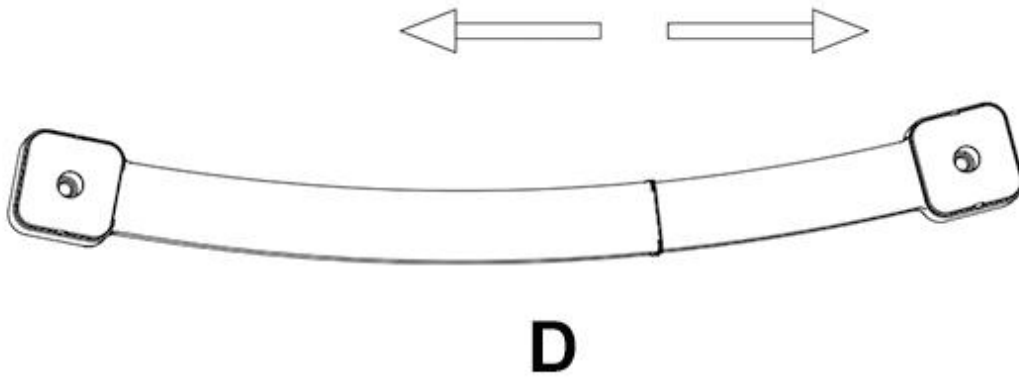
- Insert this entire piece into Frame Tube (#A). Repeat this process for all Frame Tube.



TRAMPOLINE ASSEMBLY INSTRUCTIONS

Step 2

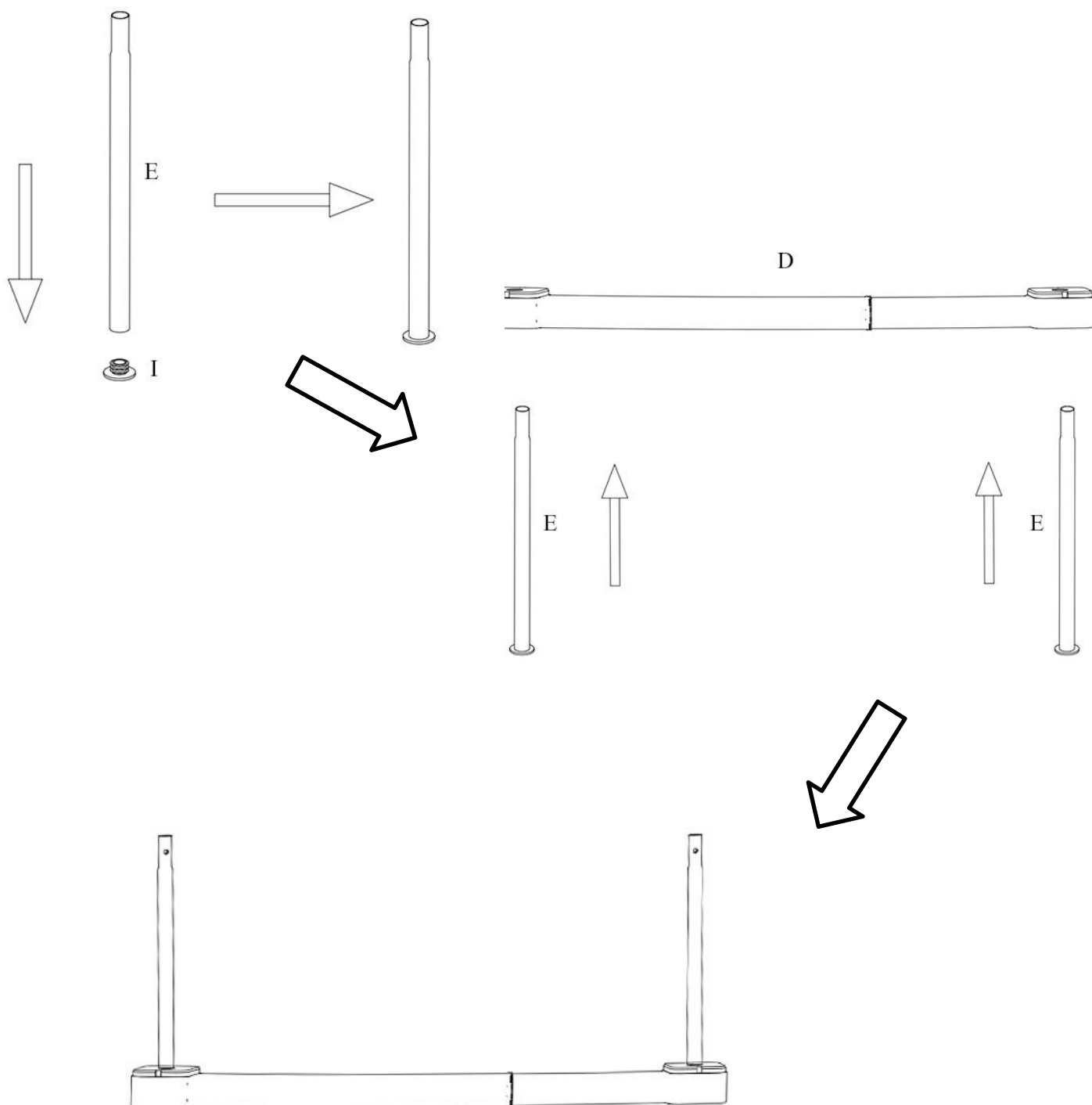
- Plastic Leg Base (#D) is the telescopic rod. Pull back the telescopic lever.



TRAMPOLINE ASSEMBLY INSTRUCTIONS

Step 3

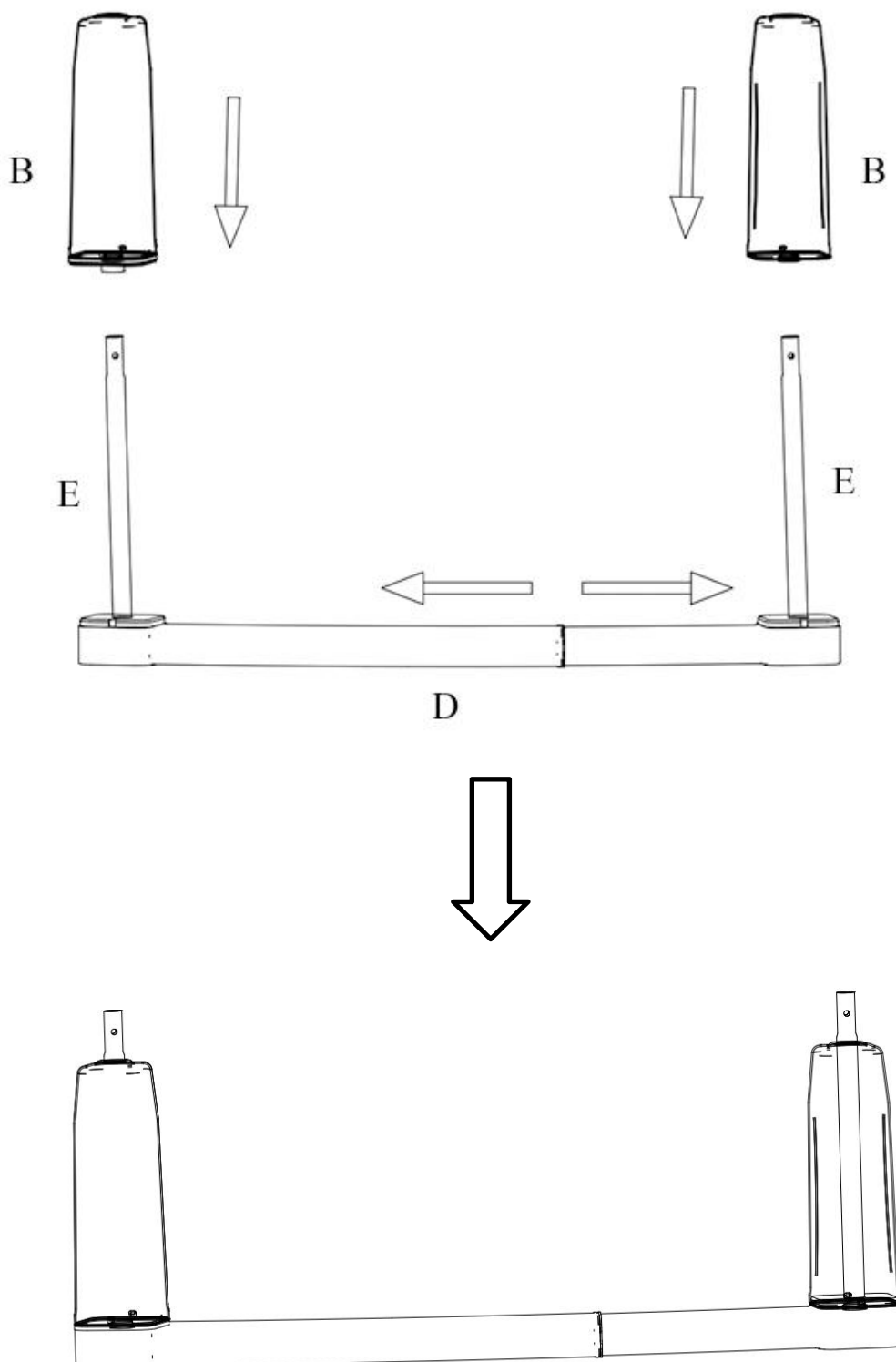
- Insert Vertical Leg Extension (#E) to Plug (#I)
- Insert Vertical Leg Extension (#E) through Plastic Leg Base (# D).
- Repeat this process for all three Leg Supports.



TRAMPOLINE ASSEMBLY INSTRUCTIONS

Step 4

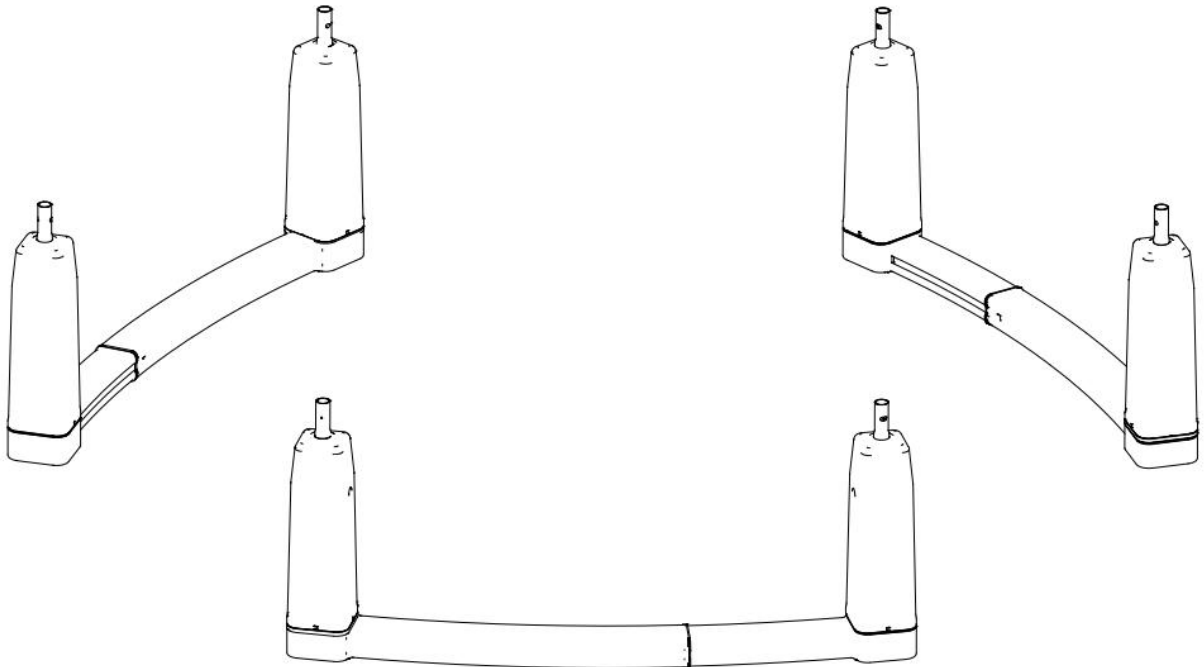
- Insert the Plastic Vertical Leg Extension(#B) through the Vertical Leg Extension (#E).



TRAMPOLINE ASSEMBLY INSTRUCTIONS

Step 5

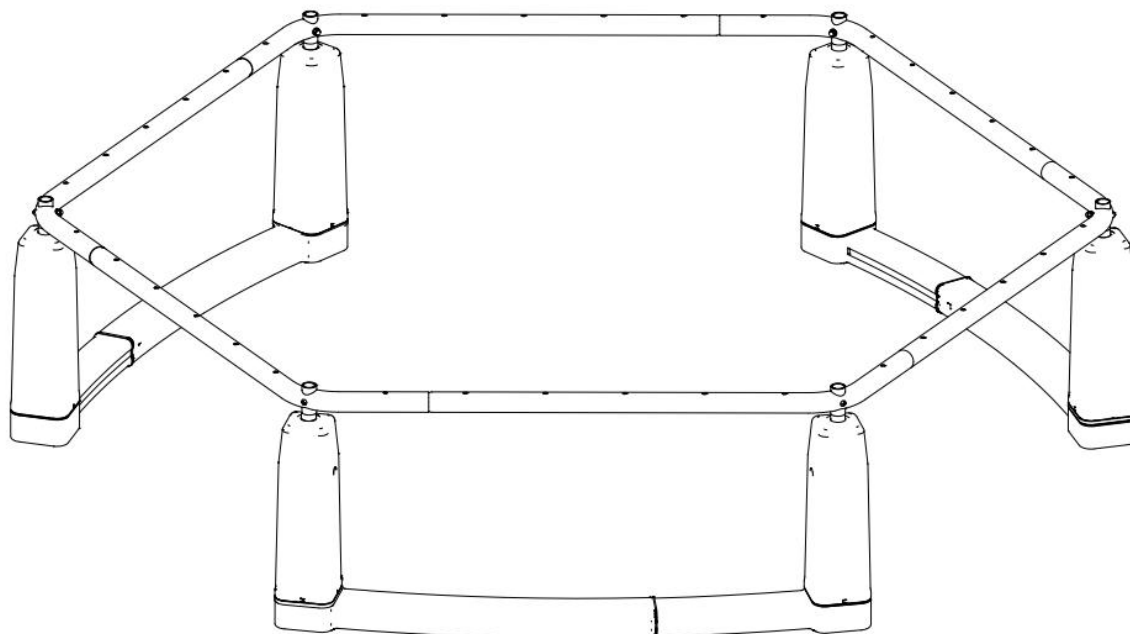
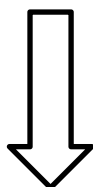
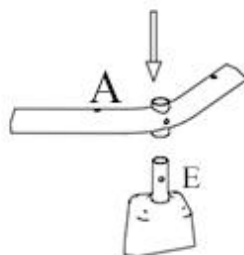
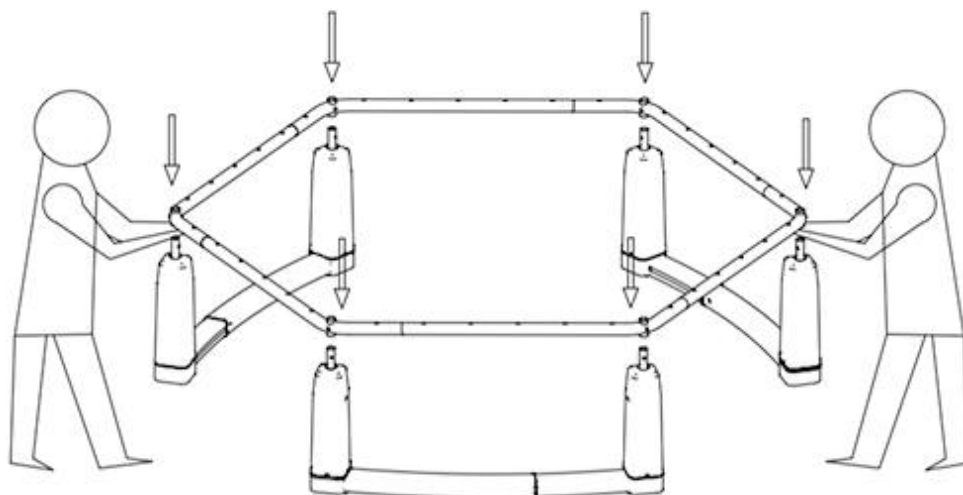
- Repeat this process for all Leg Supports.



TRAMPOLINE ASSEMBLY INSTRUCTIONS

Step 6

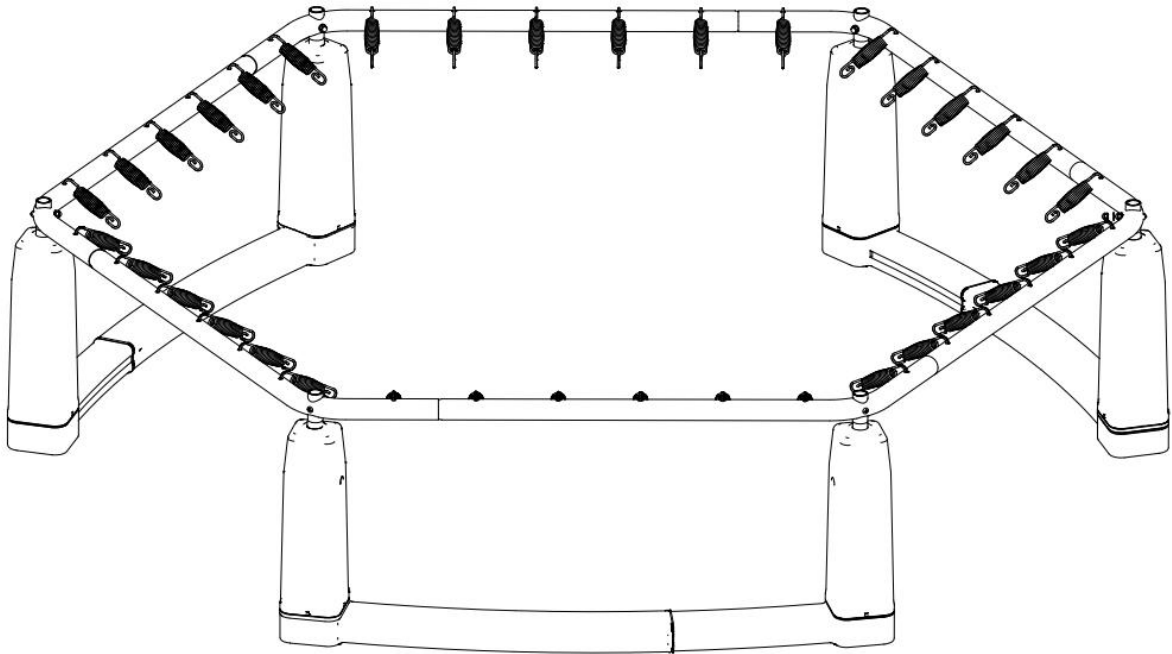
- Pull down the Frame Tube (#A) and insert to the Leg Supports(#E).



SPRING INSTALLATION ON JUMPING MAT

Step 7

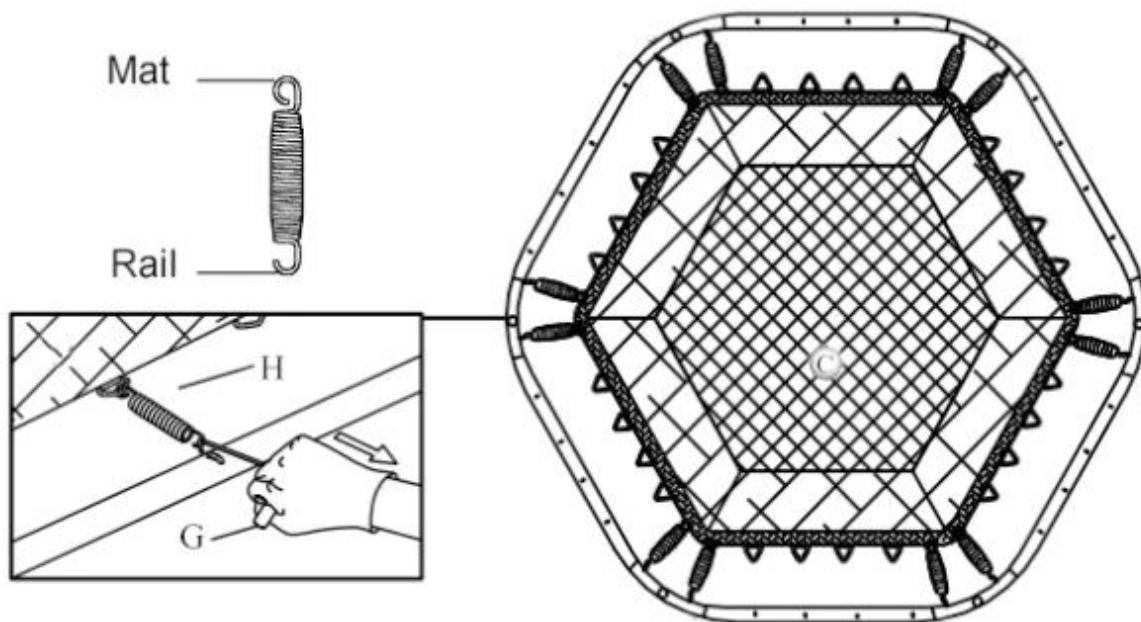
- Put all the springs(#H) on the tube(#A).



SPRING INSTALLATION ON JUMPING MAT

Step 8

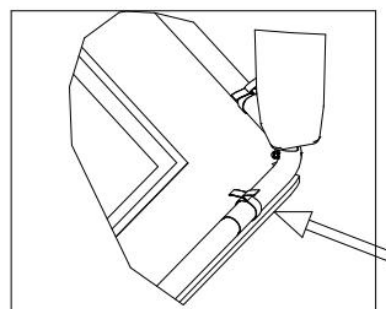
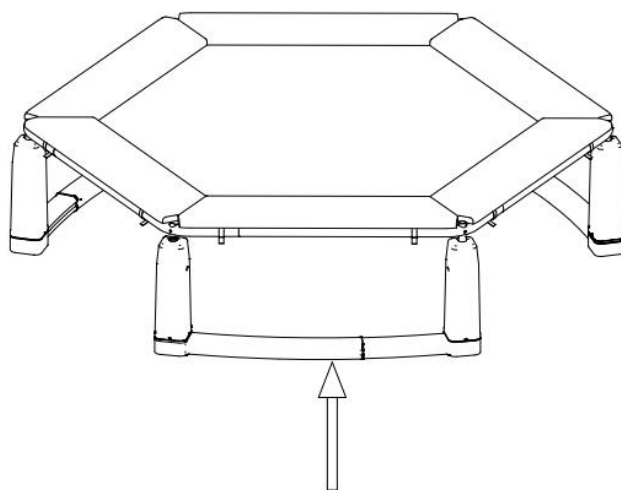
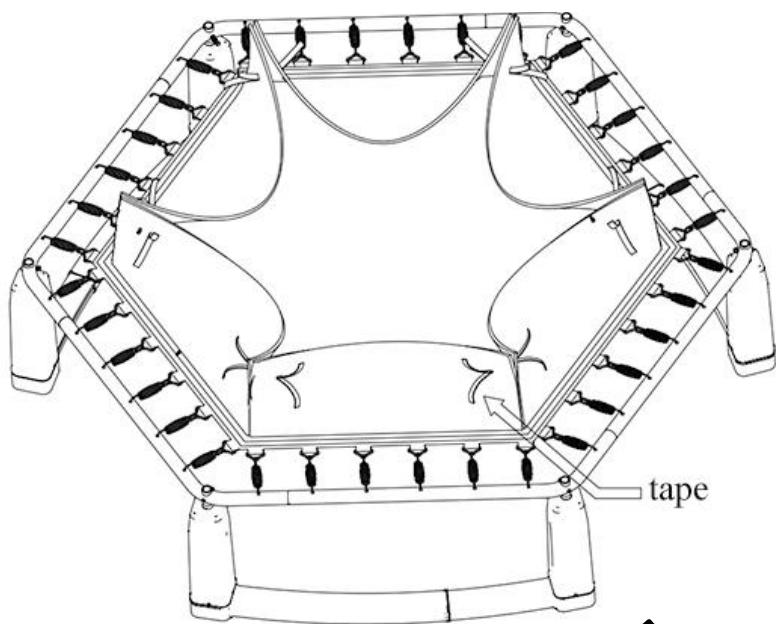
- Holding Spring Loading Tool (#G) under hand, pull the other end of the spring and lock it into the corresponding hole on the rail as shown in Step 7.
- Note: the two ends of the spring are different. Make sure to install the correct ends to the mat and rail as shown below.



SPRING INSTALLATION ON JUMPING MAT

Step 9

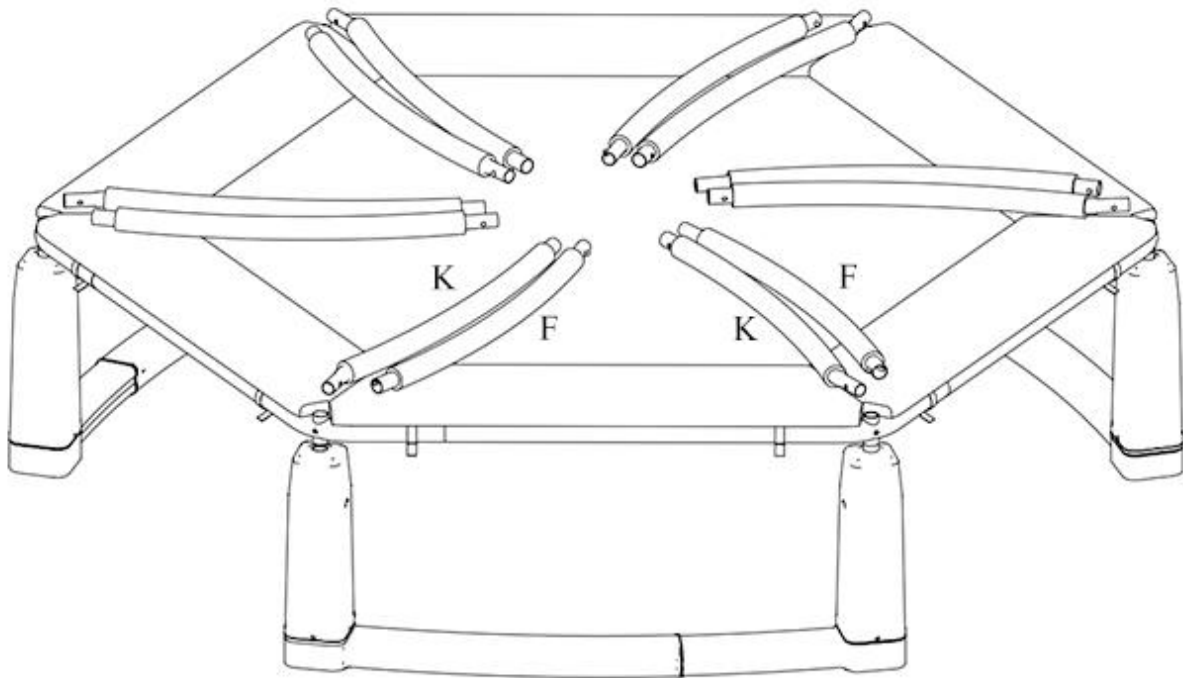
- Straighten out the frame pad (Stitched to the Trampoline Mat) so the springs and steel frame are fully covered.
- Pull the straps tightly around the frame, then tie it into a one-sided bow as shown in Step 9.
- Repeat this step for all of the straps.



ENCLOSURE POLE INSTALLATION

Step 10

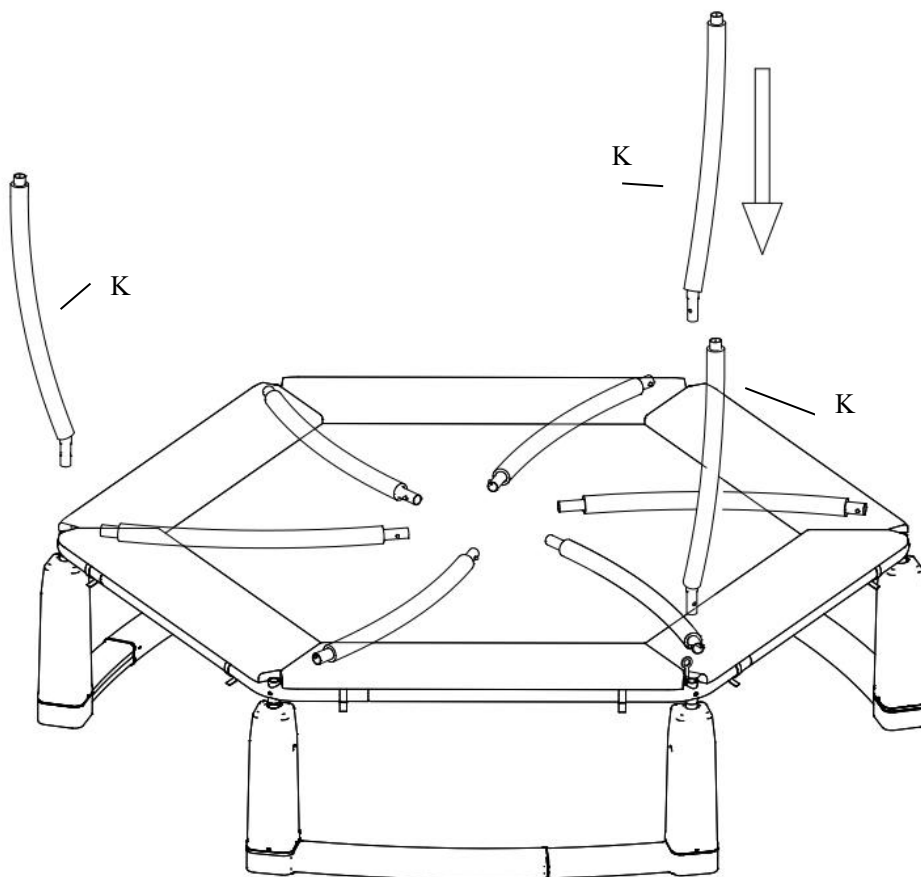
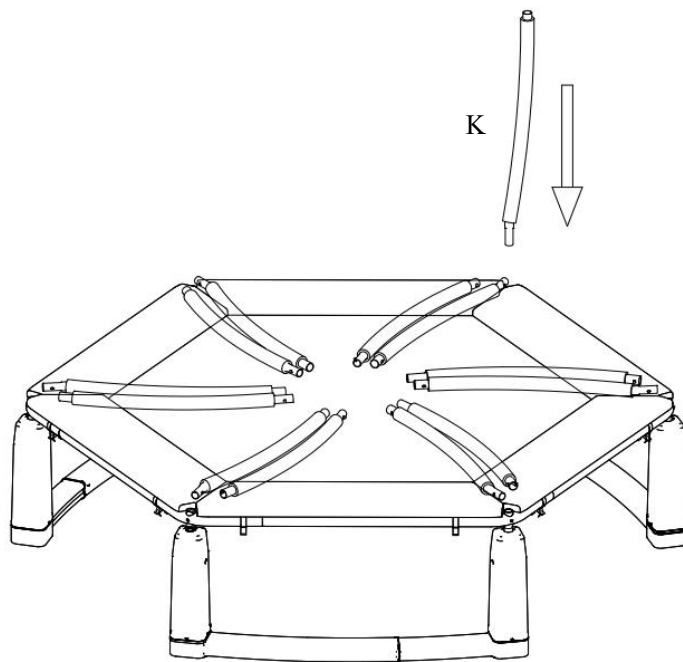
- Lay upper pole (#F) and Lower Enclosure Pole (# K) on the trampoline bed.



ENCLOSURE POLE INSTALLATION

Step 11

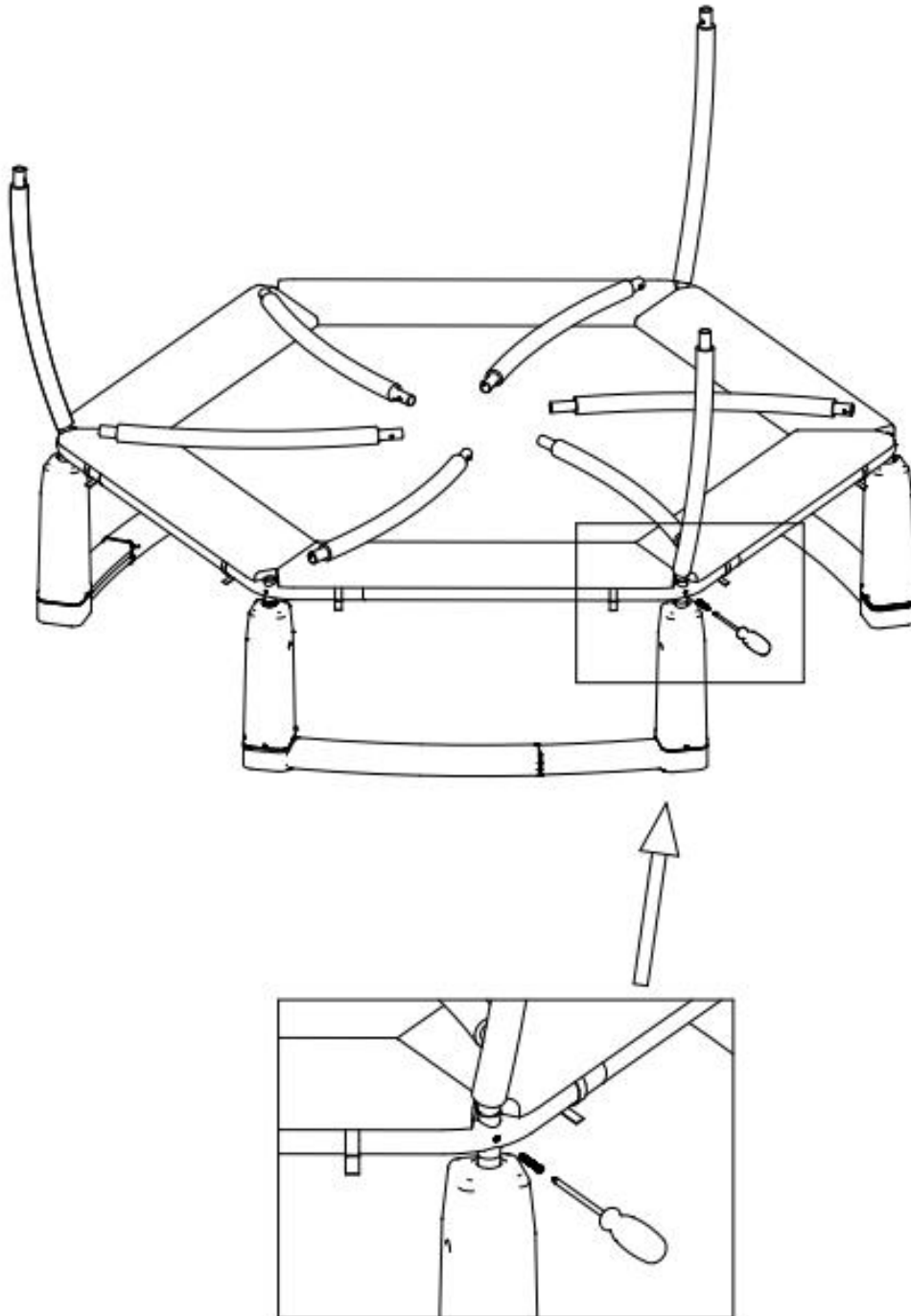
- Insert Lower Enclosure Pole (# K) to Frame Tube (#A).
- Repeat this process for three Lower Enclosure Pole (# K) .



ENCLOSURE POLE INSTALLATION

Step 12

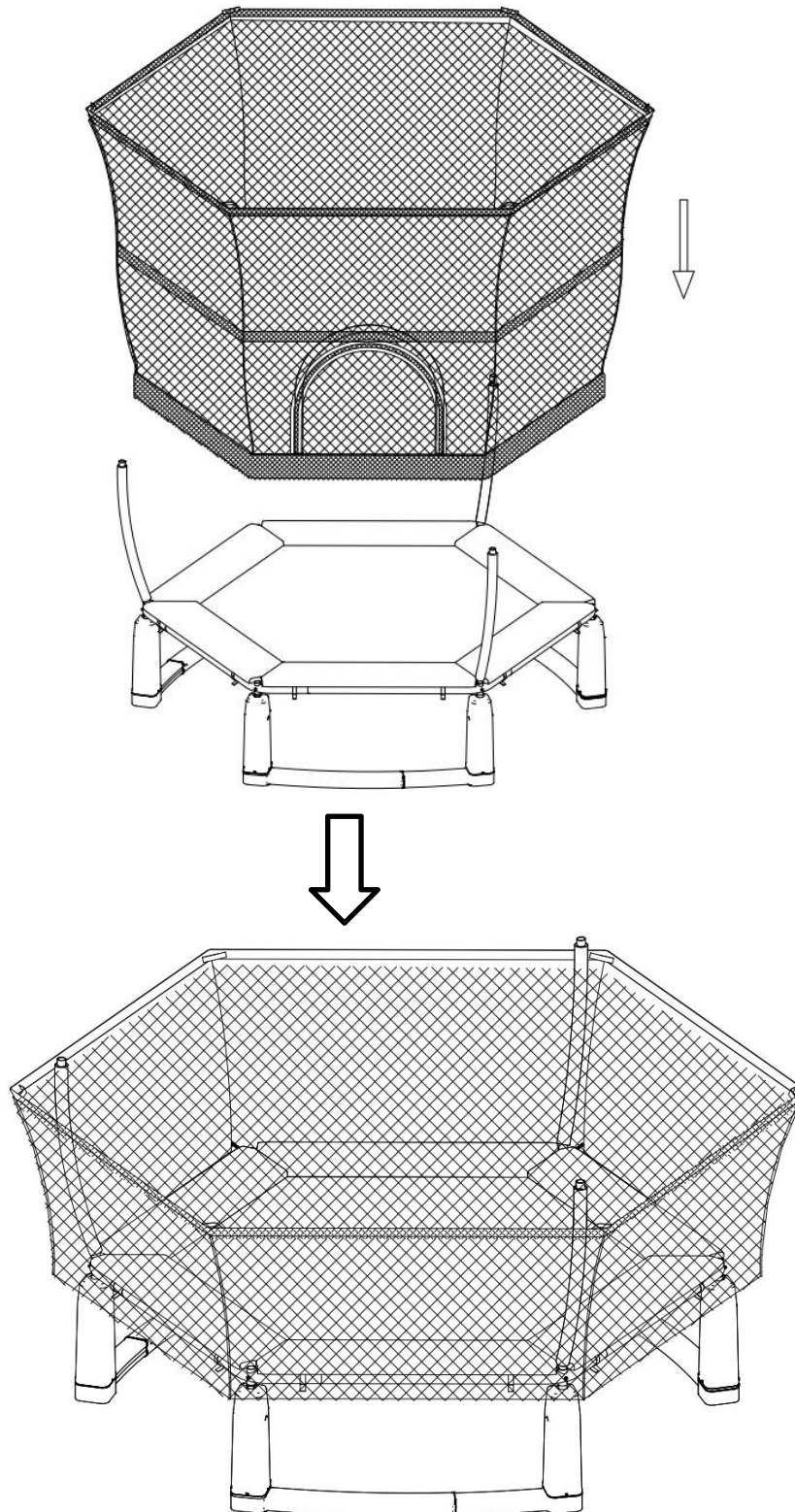
- Align the holes and secure them together using Screw (#M).



ENCLOSURE NET & POLE INSTALLATION

Step 13

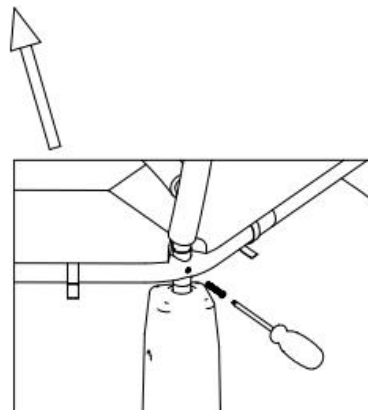
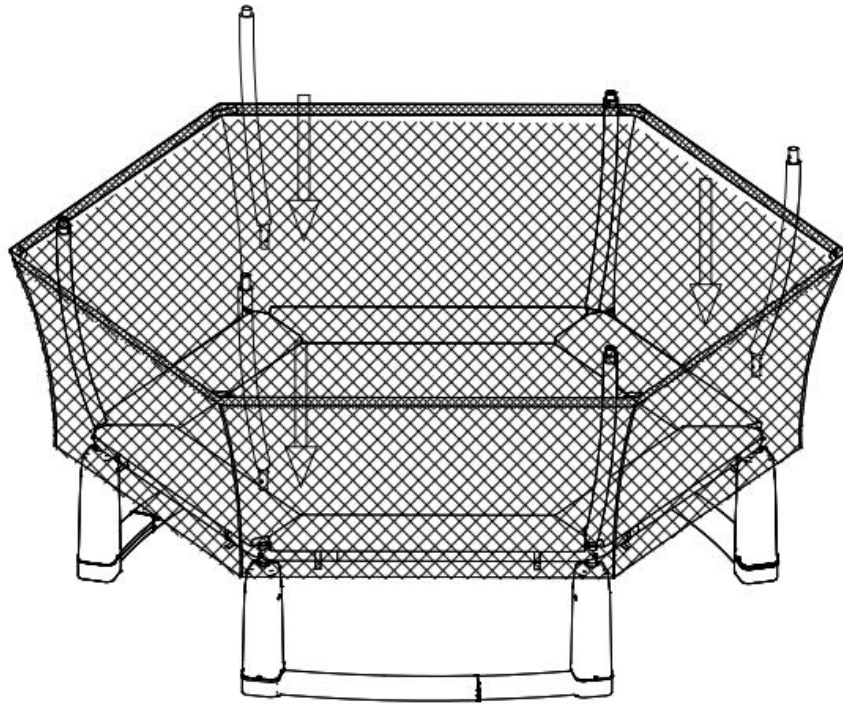
- Put Enclosure Net down to half , through Lower Pole (# K) as shown below.



ENCLOSURE NET & POLE INSTALLATION

Step 14

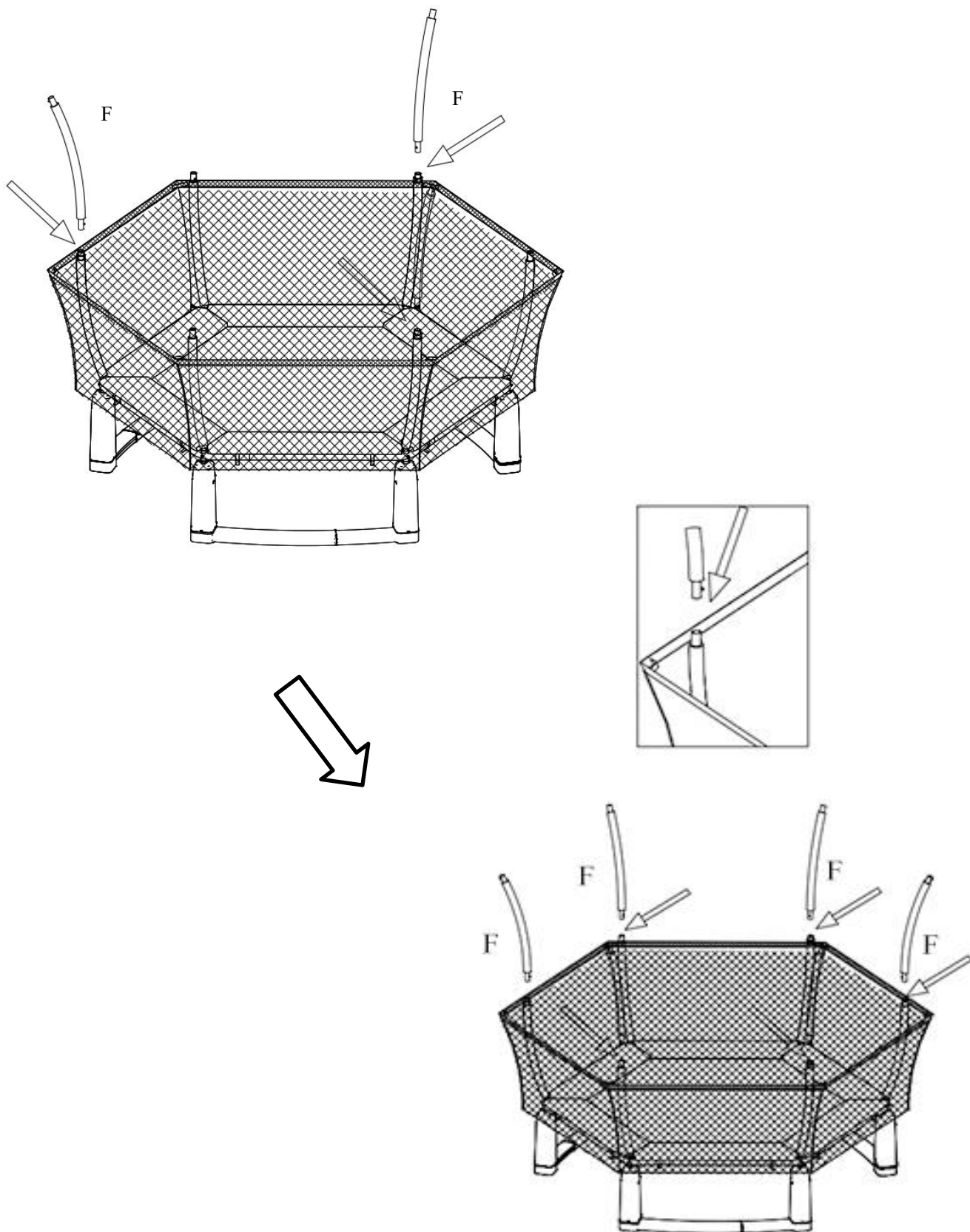
- Insert the rest of Lower Enclosure Pole (# K) to Frame Tube (#A).
- Repeat this process for three Lower Enclosure Pole (# K) .



ENCLOSURE NET & POLE INSTALLATION

Step 15

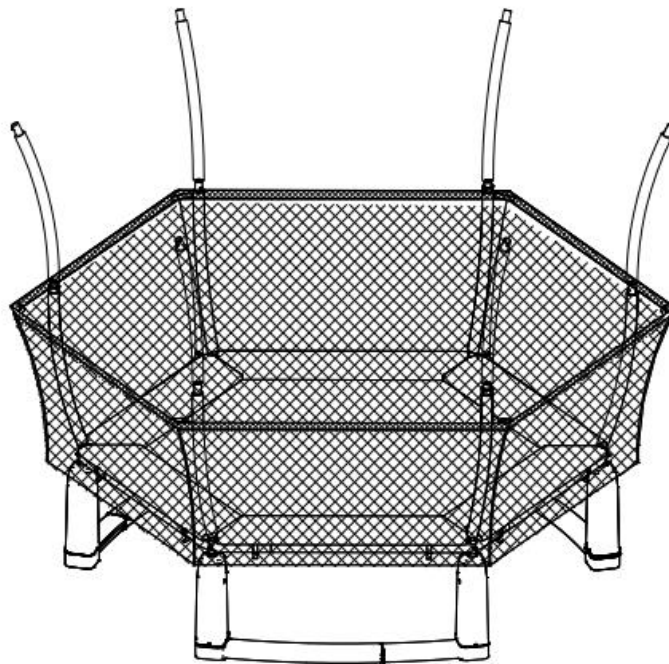
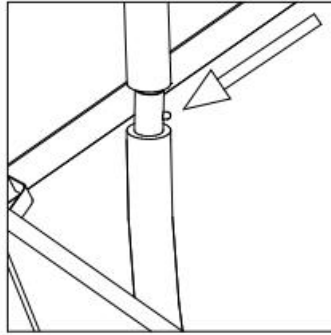
- Insert the Upper Enclosure Pole (# F) to Lower Enclosure Pole (# K).
- Repeat this process for all Lower Upper Enclosure Pole (# F).



ENCLOSURE NET & POLE INSTALLATION

Step 16

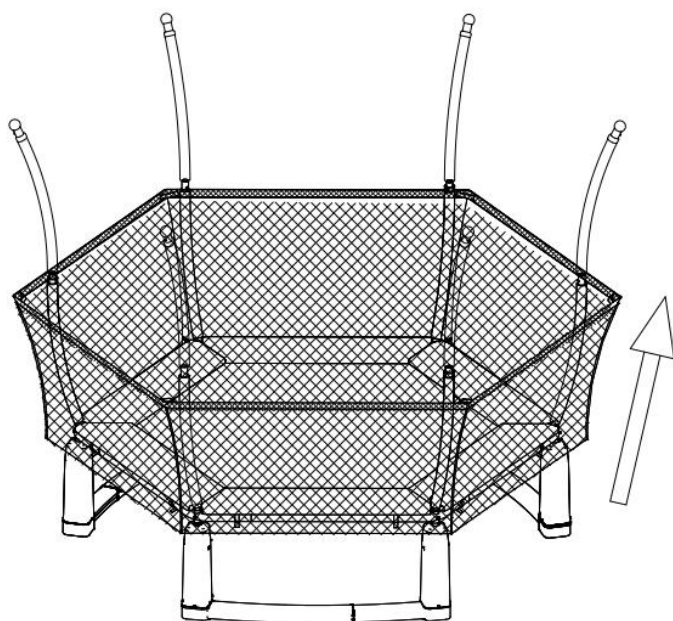
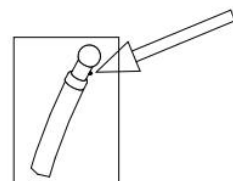
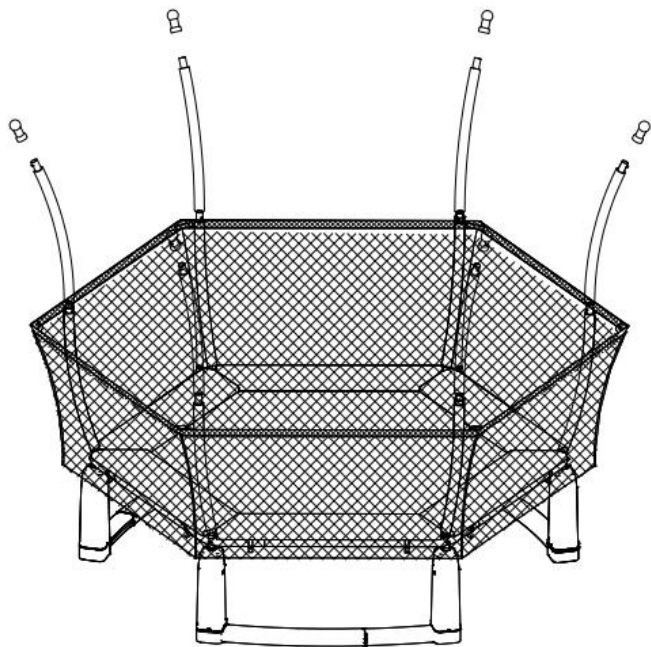
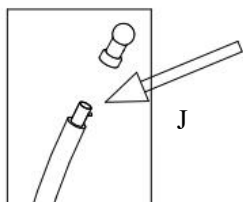
- Secure Upper Enclosure Pole (# F) to Lower Enclosure Pole (# K) using Screw (#M) as shown below.



ENCLOSURE NET & POLE INSTALLATION

Step 17

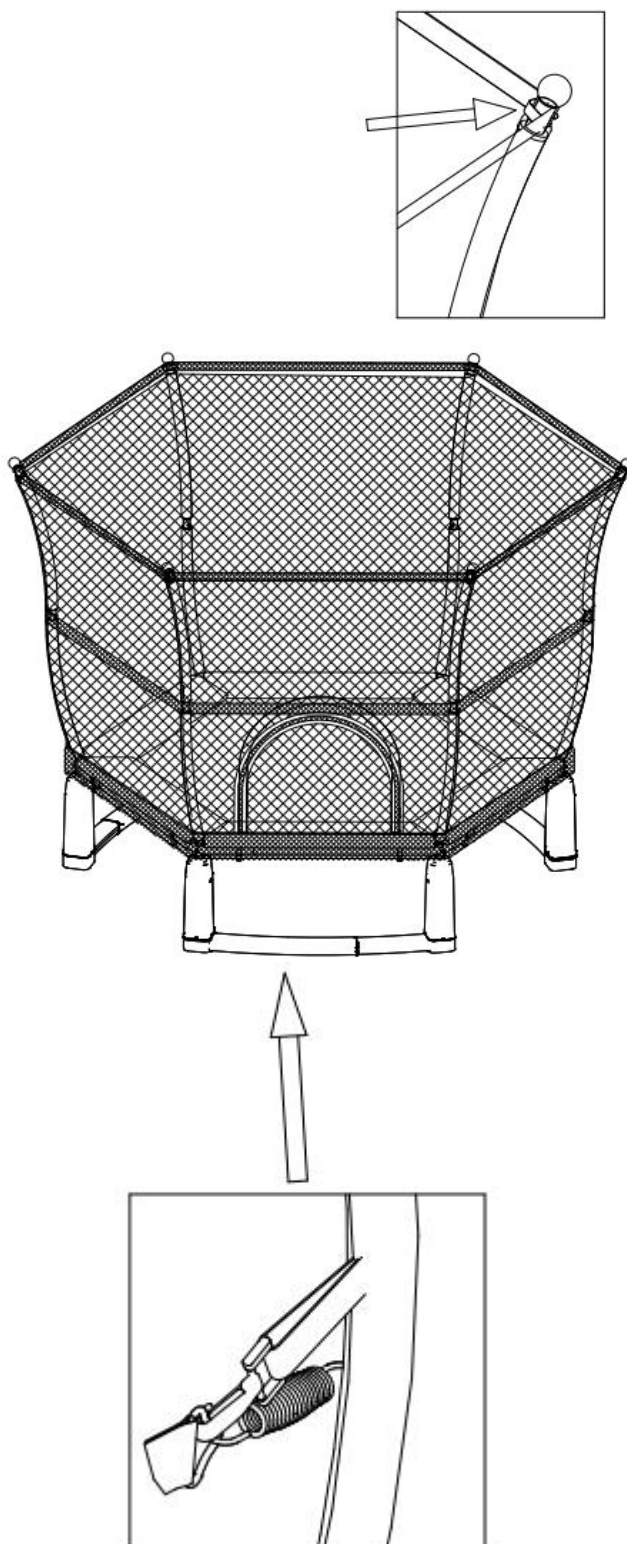
- Insert the Plastic Cap (# J) to the Upper Enclosure Pole (# F) .
- Repeat this process for all Upper Enclosure Pole (# F).



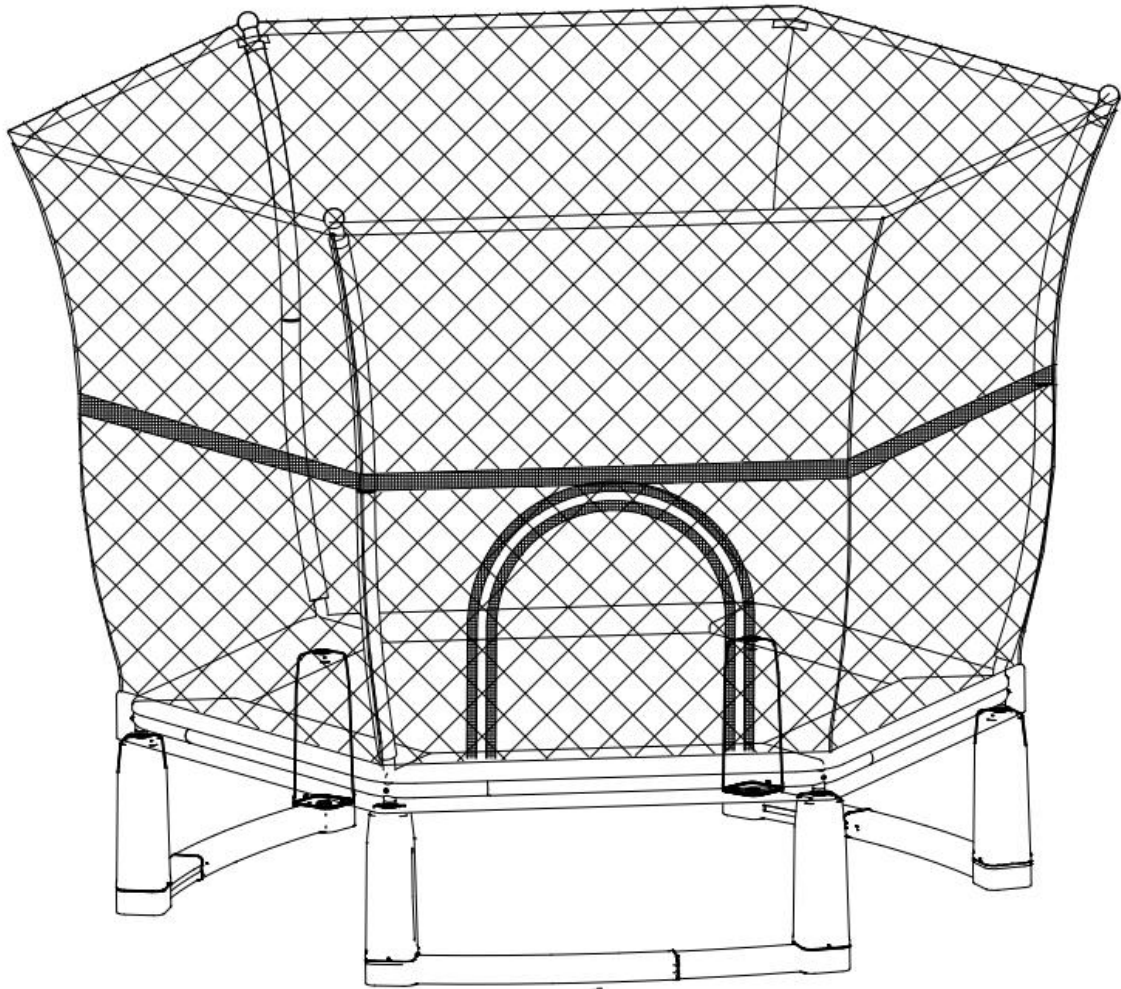
ENCLOSURE NET & POLE INSTALLATION

Step 18

- Pull up the enclosure netting so it evenly wraps around the outside of the pole and completely covers the trampoline.
- Attach the plastic hooks on the bottom of Safety Net (#P) to the triangle rings of Jumping Mat (#C).



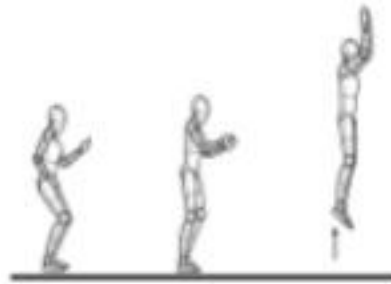
READY TO JUMP!



BASIC TECHNIQUES

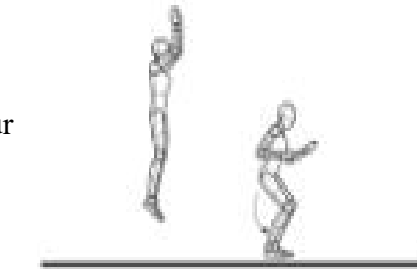
The basic bounce

- Start in an upright position.
- Swing your arms forward in a circular motion.
- After gaining momentum, bring together the tips of your feet pointing downwards while in the air.



Cushioning/slowing down

- Users may lose their balance. The cushioning technique allows balance to be quickly regained.
- Start with a normal jump.
- When you come into contact with the mat, bend your knees to cushion the bounce.



The hand and knee drop

- Start with a basic bounce.
- Land on your hands and knees, with your back straight.
- Concentrate on landing evenly on the four contact points, rather than on the height of the jump.



Seat drop

- Land in a seated position, with your hands on the mat.
- Return to the basic position by pushing with your hands.

